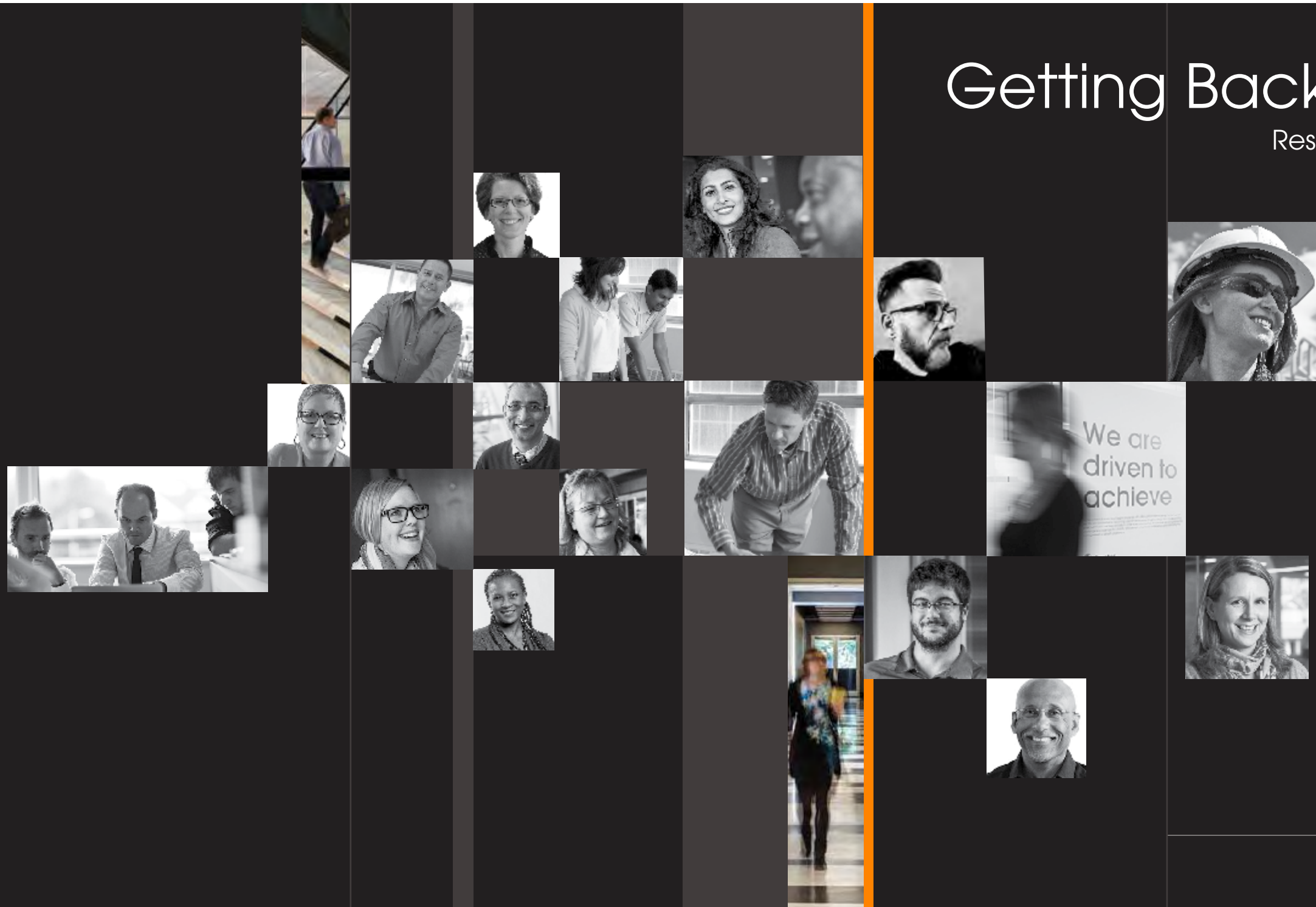


# Getting Back to Social

Responding to COVID-19



A Stantec Initiative | April 2020

IN PROGRESS





“ Resilience.  
I know our community  
spirit is alive and well  
and we remain  
committed to  
serving our clients  
and communities...  
Better Together even  
though we’re apart. ”

**Gord Johnston**  
President & CEO

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# Getting Back to Social

Responding to COVID-19

During this unprecedented COVID-19 event, a top leadership priority has been to keep Stantec’s people and the communities we serve safe. Over the past several weeks, the Stantec Pandemic Committee has worked tirelessly with company leadership to adapt and execute a Pandemic Response Plan. Like countless other corporate pandemic committees around the world, ours is meeting daily to assess global impacts and gain a clear understanding of what government and health officials are recommending or mandating so that the best decisions can be made for our people, communities, and clients.

We believe that the Stantec community spirit is alive and well and remains committed to serving our clients and communities and that we are well positioned to keep projects moving forward despite the current challenging circumstances.

Stantec’s COVID-19 response is aligned with our clients and industry partners. As part of that alignment, this document “Getting Back to Social” is an initiative that is focused on addressing our clients’ needs to address public education and safety as businesses begin a return to more normal operations. An emphasis here is in immediate, short-term measures while work is continuing to develop mid- and longer-term strategies that will assist clients in making decisions in the best interest for each of their projects.

“We are better together” is another of Stantec’s core values. Although we may not be physically together at present—in client meetings, office settings, and industry events—our community spirit is alive and well and remains a testament to a commitment we keep in serving our clients and communities.



Preparing properties for the return of all those who work, visit, live, connect, interact and provide service to these properties with protocols, information, security and amenities that respect, educate and facilitate new behaviors required for proper social distancing, hygiene and safety... in the aftermath of COVID-19 and in preparation for possible future events.

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The purpose of this document is to present a range of ideas to consider as properties begin to return to normal operation. Our thinking thus far has considered the practicality, simplicity and immediate deployment needs for short-term (1-6 month), mid-term (6-18 month) – as well as ideas for long-term (18 month +) implementation and more permanent duration.

#### **Short-Term**

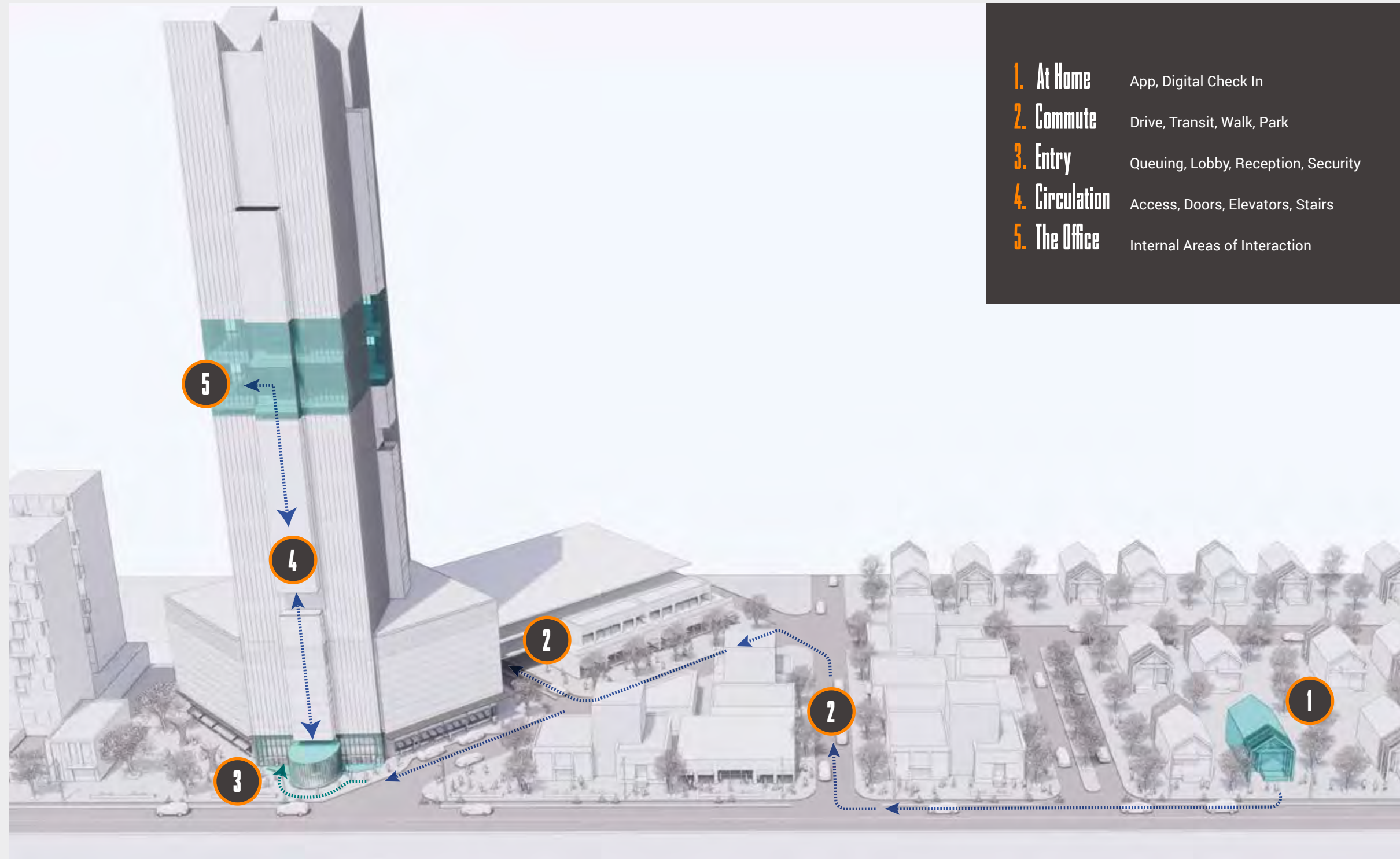
The assumption for immediate deployment strategies centers around maintenance of now familiar social distancing and hygiene protocols, in concert with informational graphics, signage and wayfinding that will support safe behaviors with easily recognizable elements. These elements should share a common visual language and color palette that reflect the quality of the building environment in tone and user experience and that convey a friendly, non-threatening yet authoritative voice of professionalism. Subsequent pages in this document illustrate particular concepts from a range of possibilities. The desired outcome is to provide a “kit-of-parts” library of ideas that can fit a range of individual site conditions.

#### **Mid-Term**

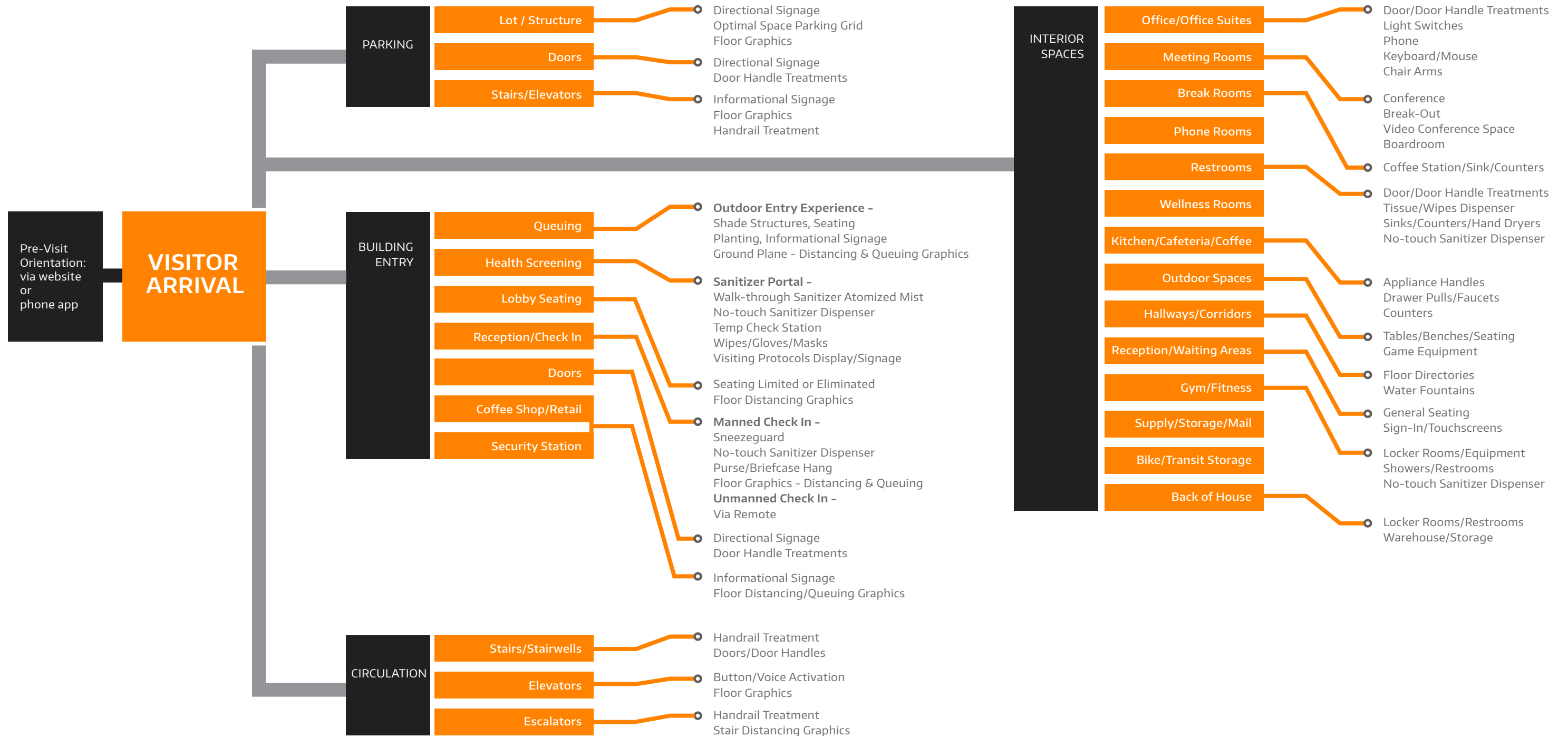
Thinking beyond the short-term need for more overt precautions associated with the resumption of social gatherings, our thinking presumes that much of the procedural and behavioral practices established early will form the basis to reinforce new norms and expectations from the general public. Early phase operations, protocols, furnishings, signage and graphics may become less temporary in function and appearance and more attuned to specific property needs and aesthetics.

#### **Long-Term**

While short-term/mid-term solutions are the most pressing and immediate need for reinforcement of currently routine social interaction restrictions and safety measures, some attention has been paid to related considerations for long-term operations, hardscape modifications, furnishings, and management protocols that require more thought for design, development and implementation. These types of long-term strategies also imply greater cost for more permanent effect.







It may be advantageous to develop a specific brand identity for the “Back to Social” initiative.

An effectively branded identity for the program can provide quick recognition for the user in need of guidance, information and reassurance while reorienting to a specific building environment.

A tone that is proactive, friendly and engaging has the potential for building trust in owner/management preparedness.

The following pages reflect initial ideation for potential program naming and graphic personality as well as intentional visual ties to Stantec or particular client’s branding identity.

All One.Together™

Better.Together™

Together One.™

Together As One.™

One Together.™

All One. Together™

All In.Together™

Be One.Together™

All For One™

Be Safe. Together.™

For Goodness Sake!™

Safe & Aware™

Aware is Care.™

Keep it Safe.™

From Me to We™

Respect the Space™



Safe.Clean.Aware.  
Respect the Space

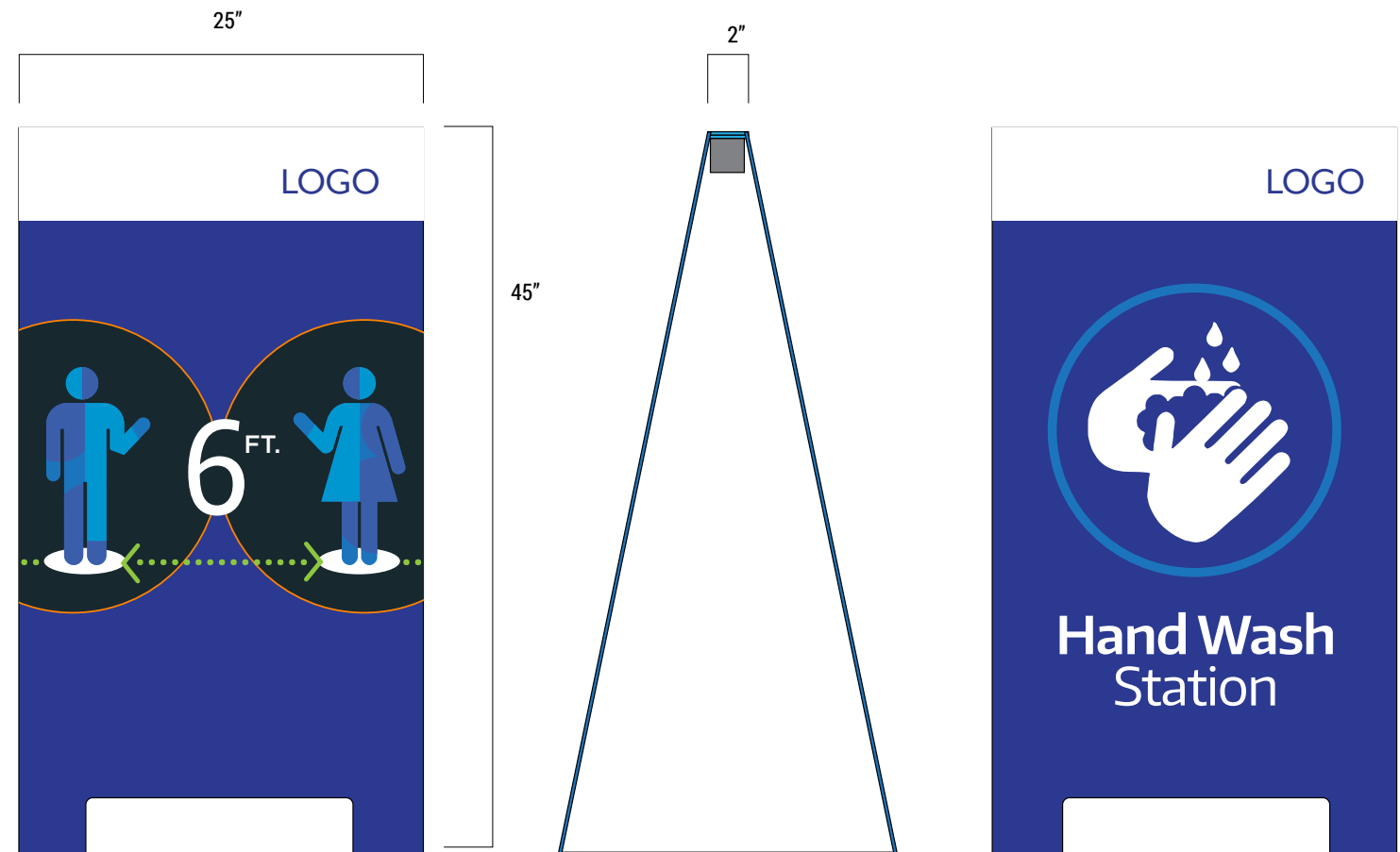
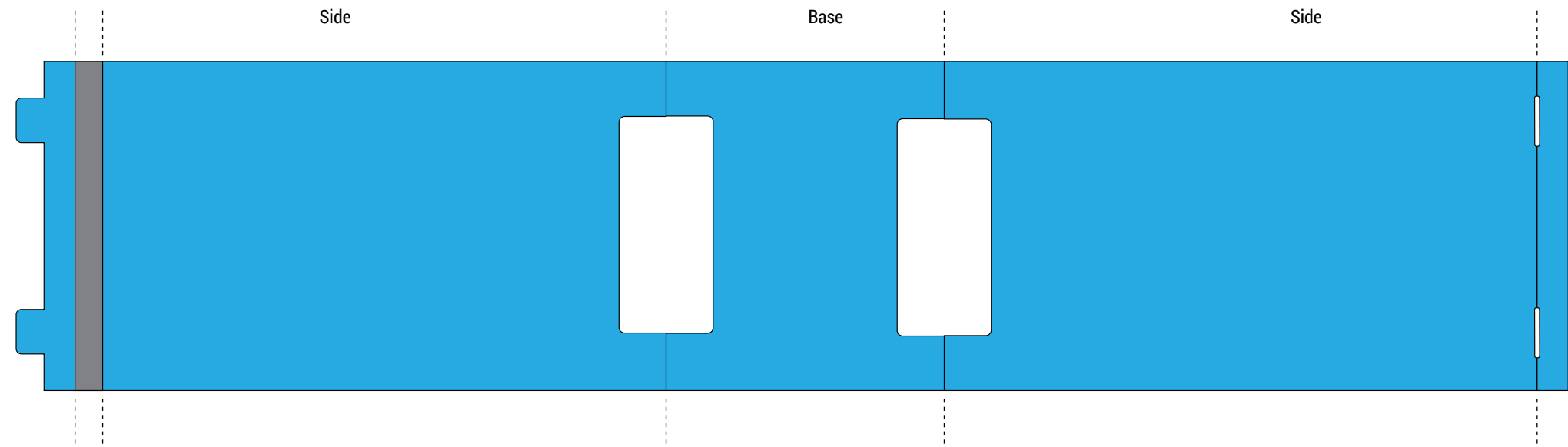
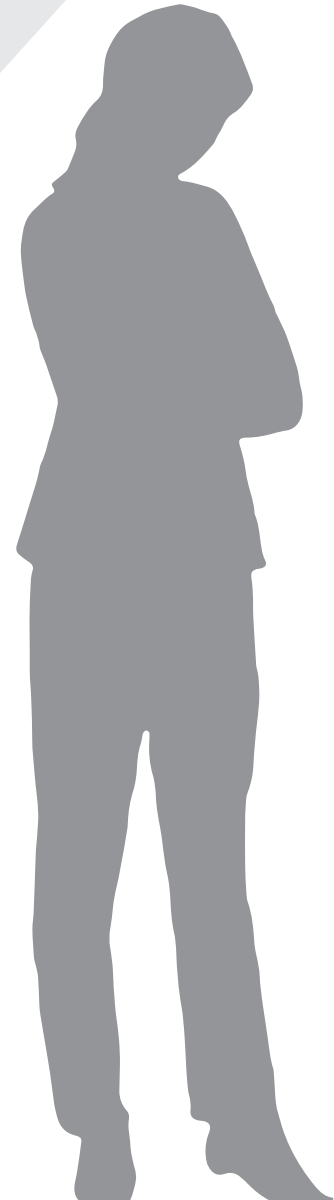


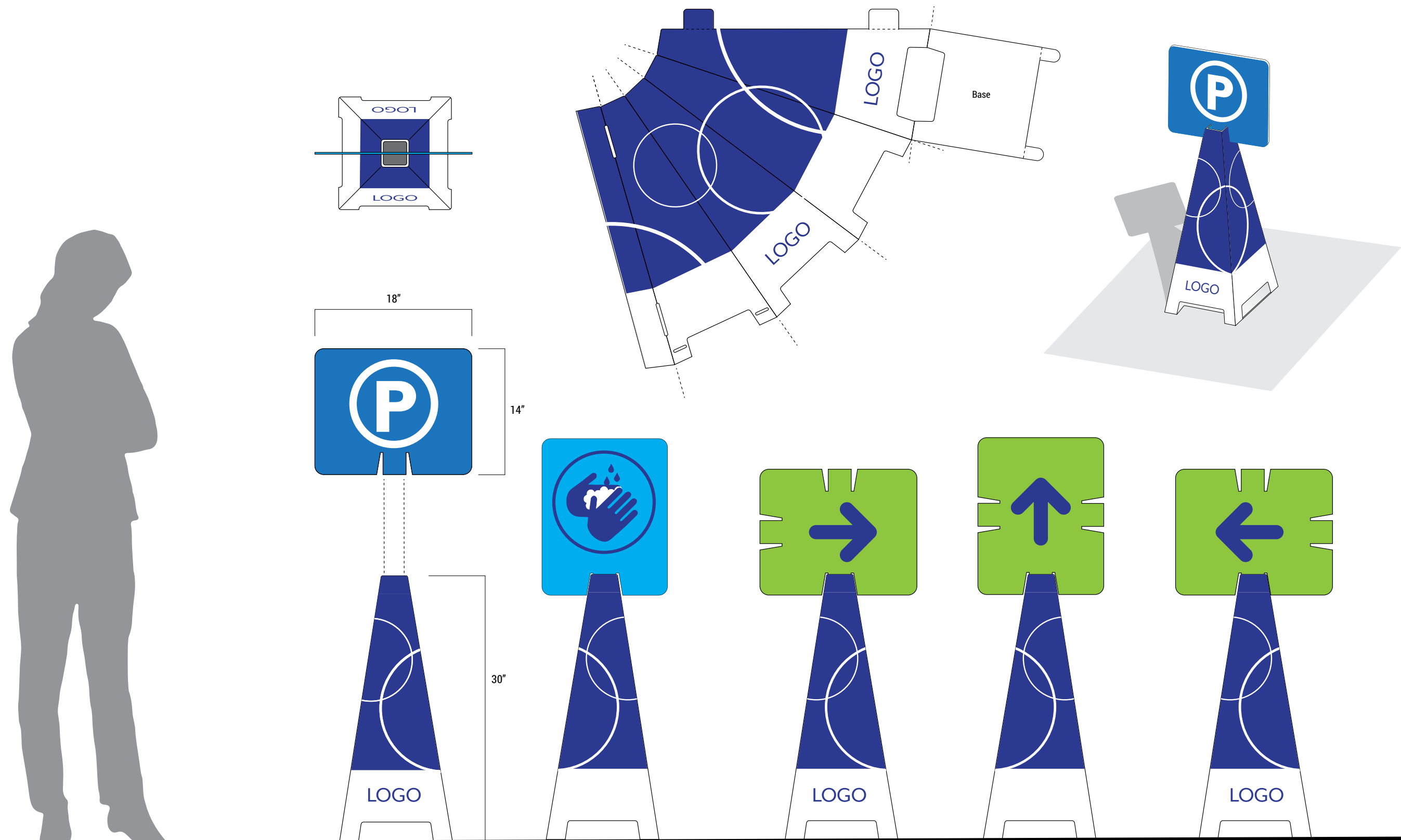
**AWARE IS CARE**<sup>TM</sup>

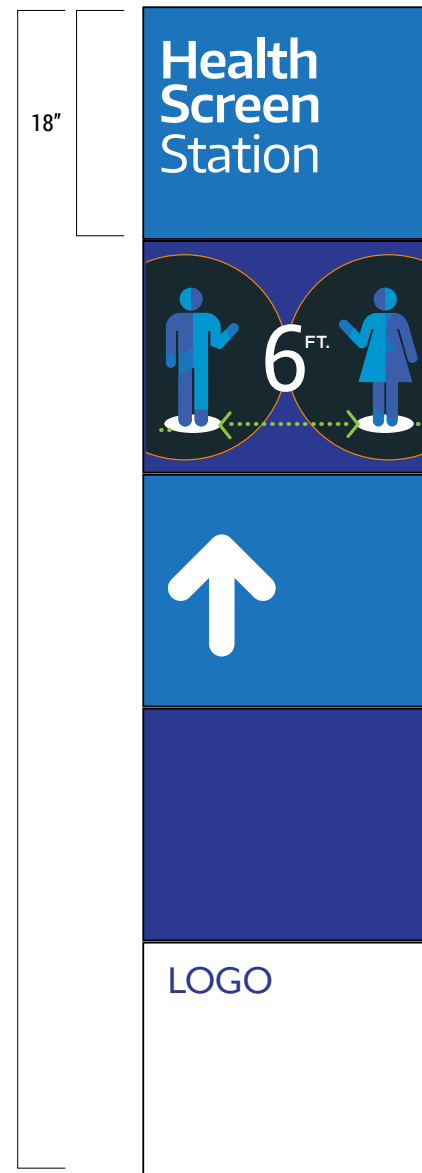
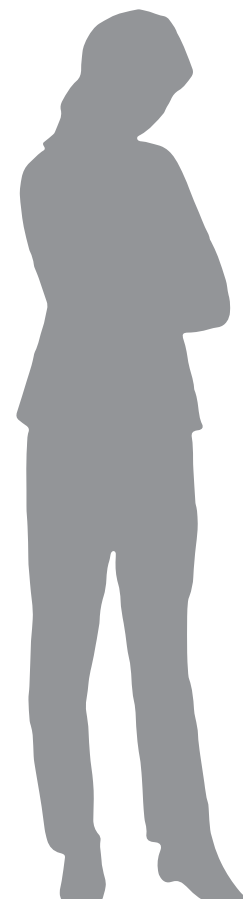
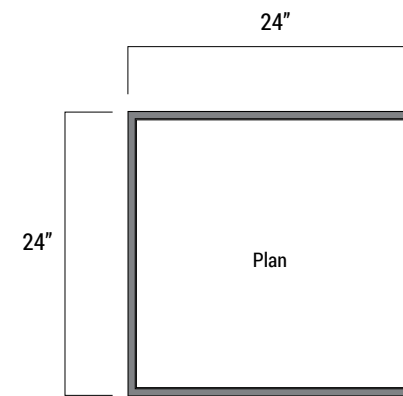




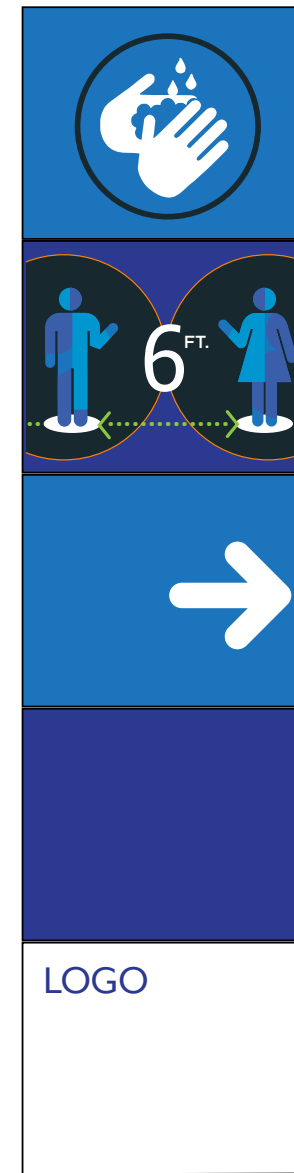




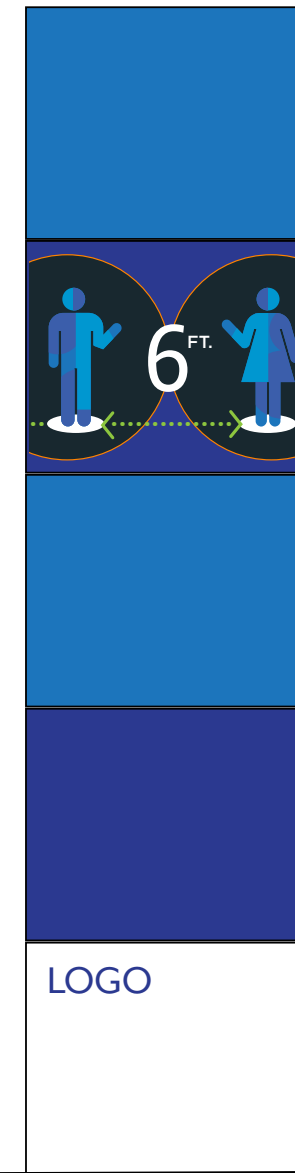




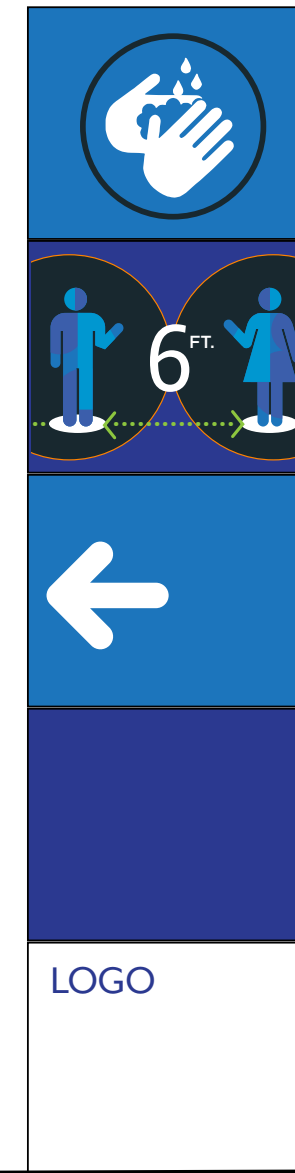
Front



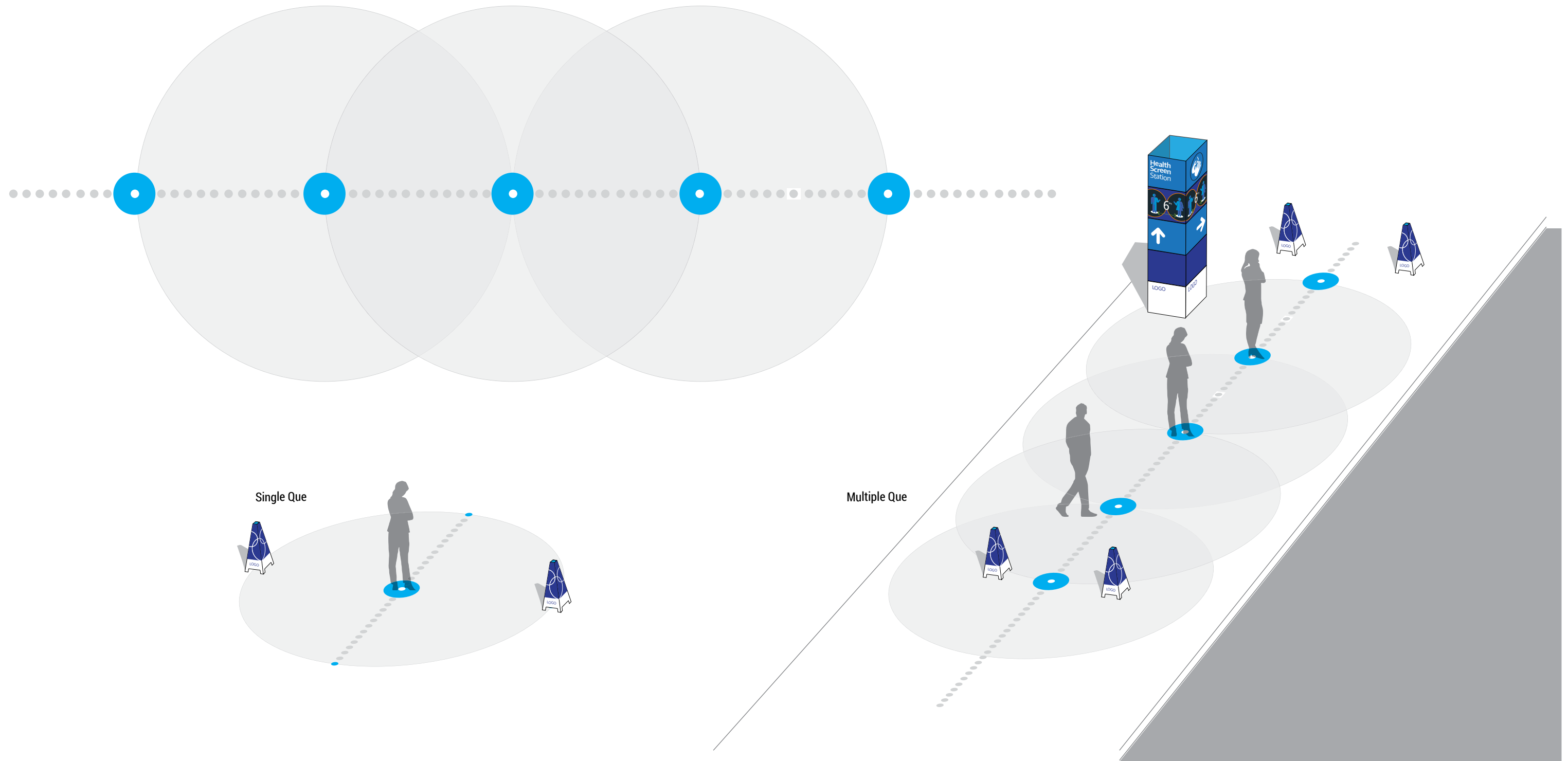
Side

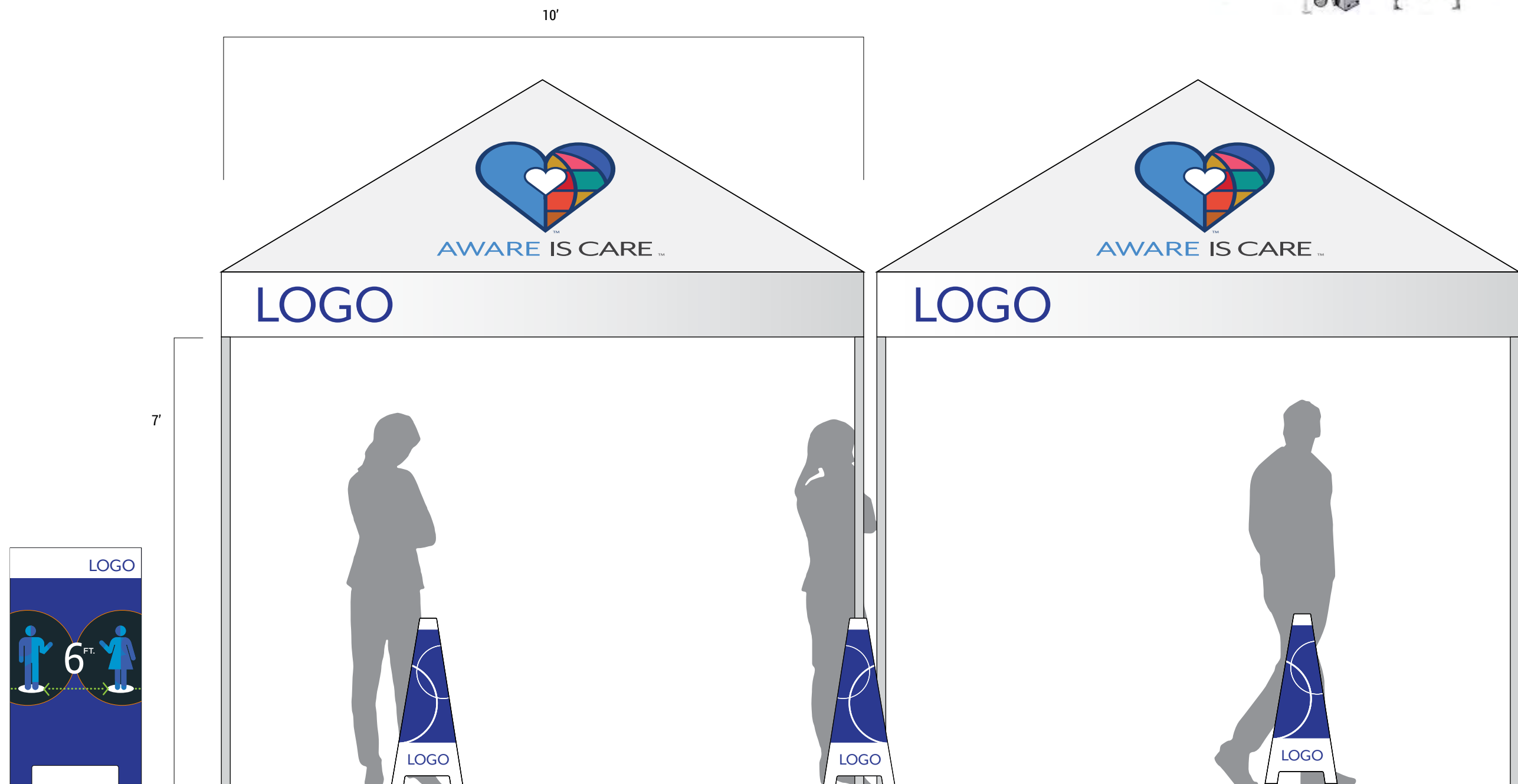


Back

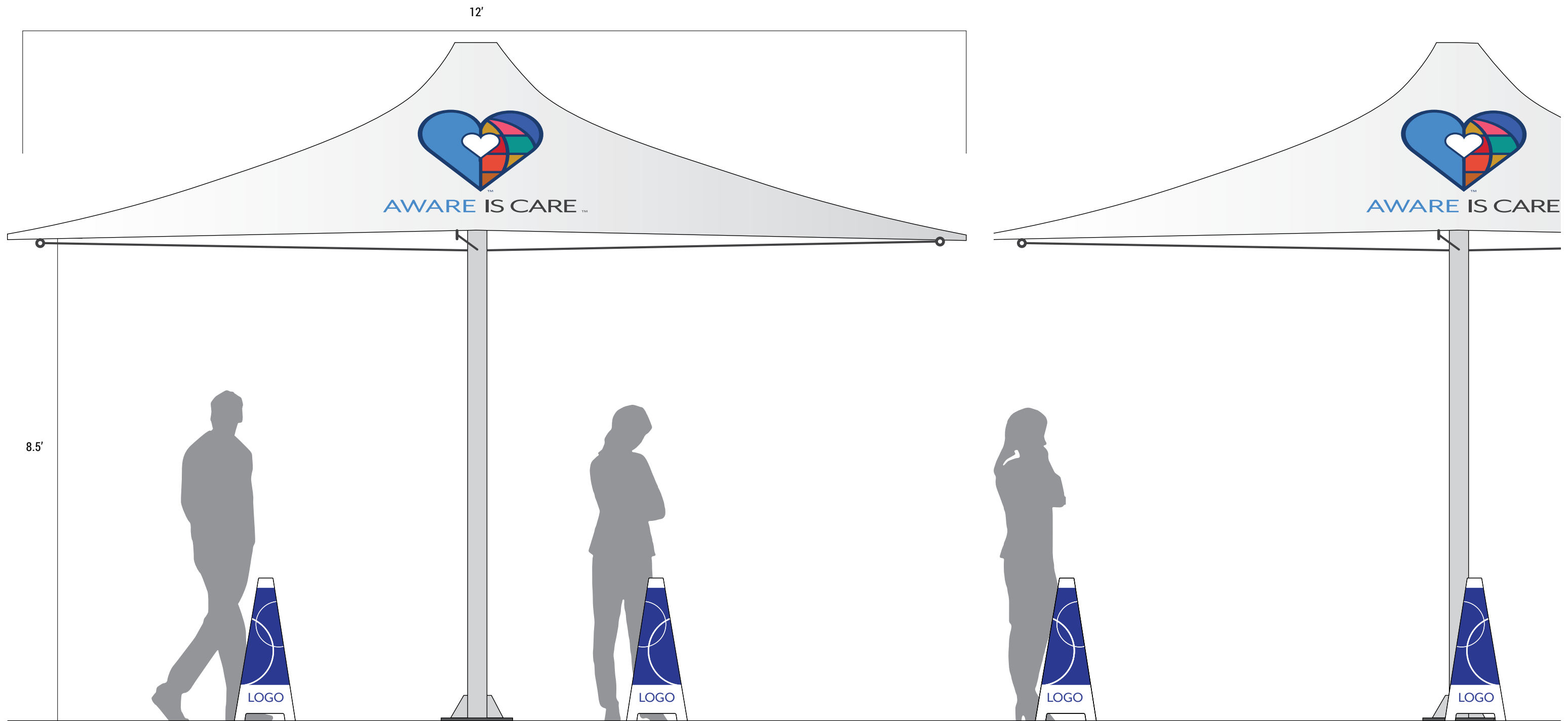


Side



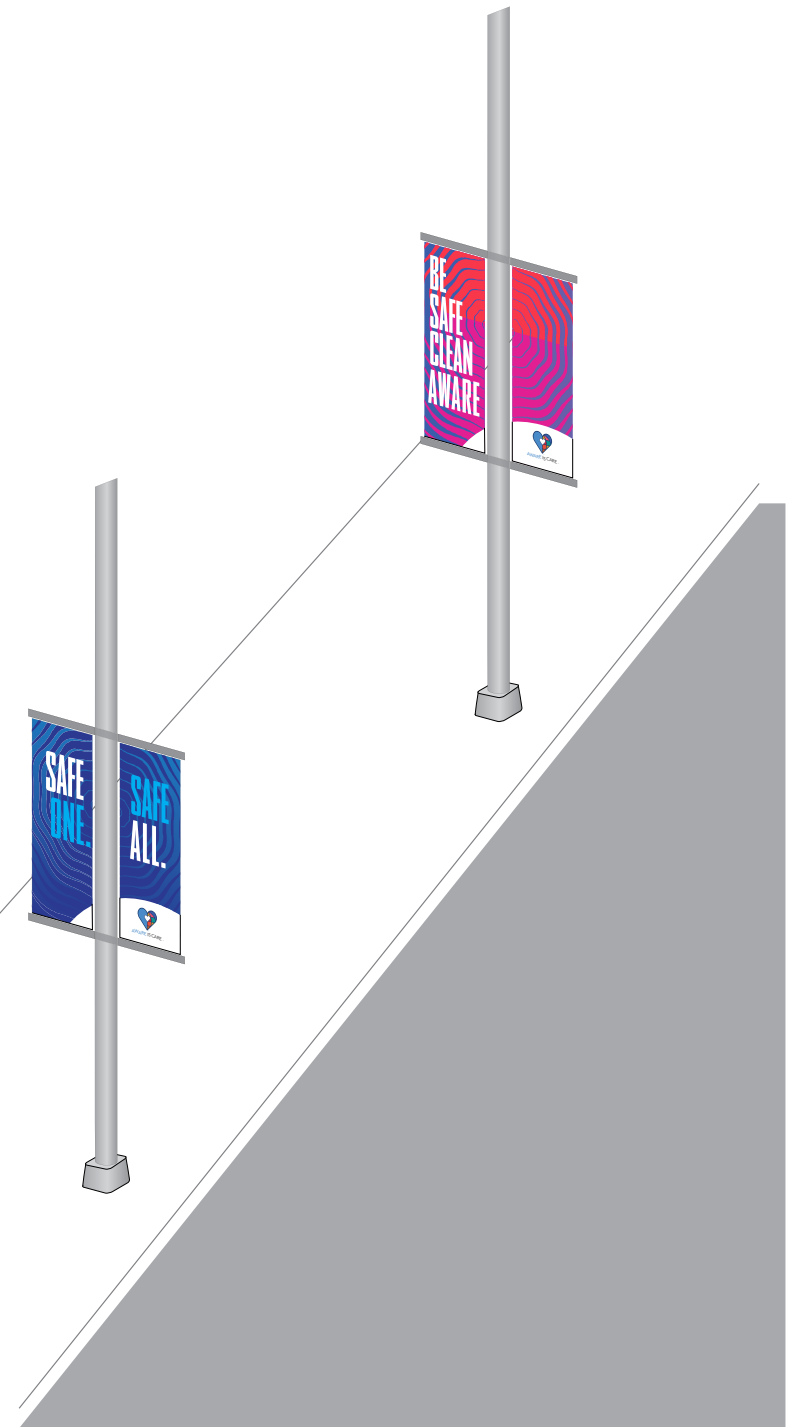
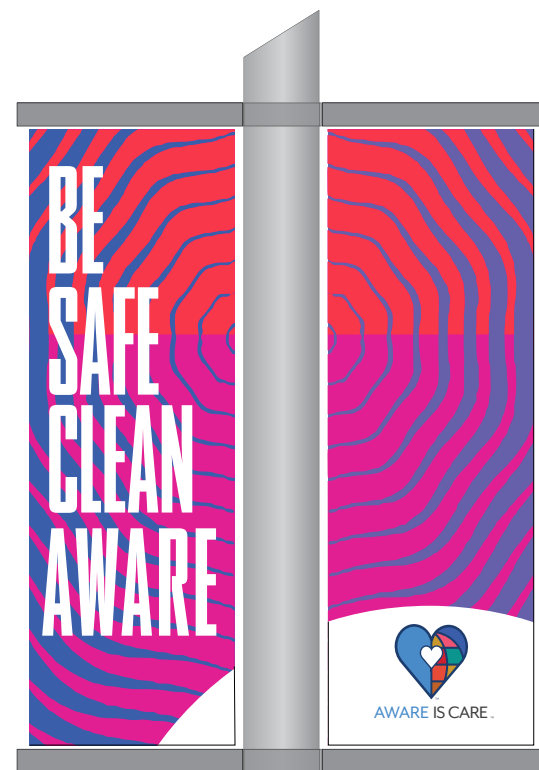








**AWARE IS CARE**™





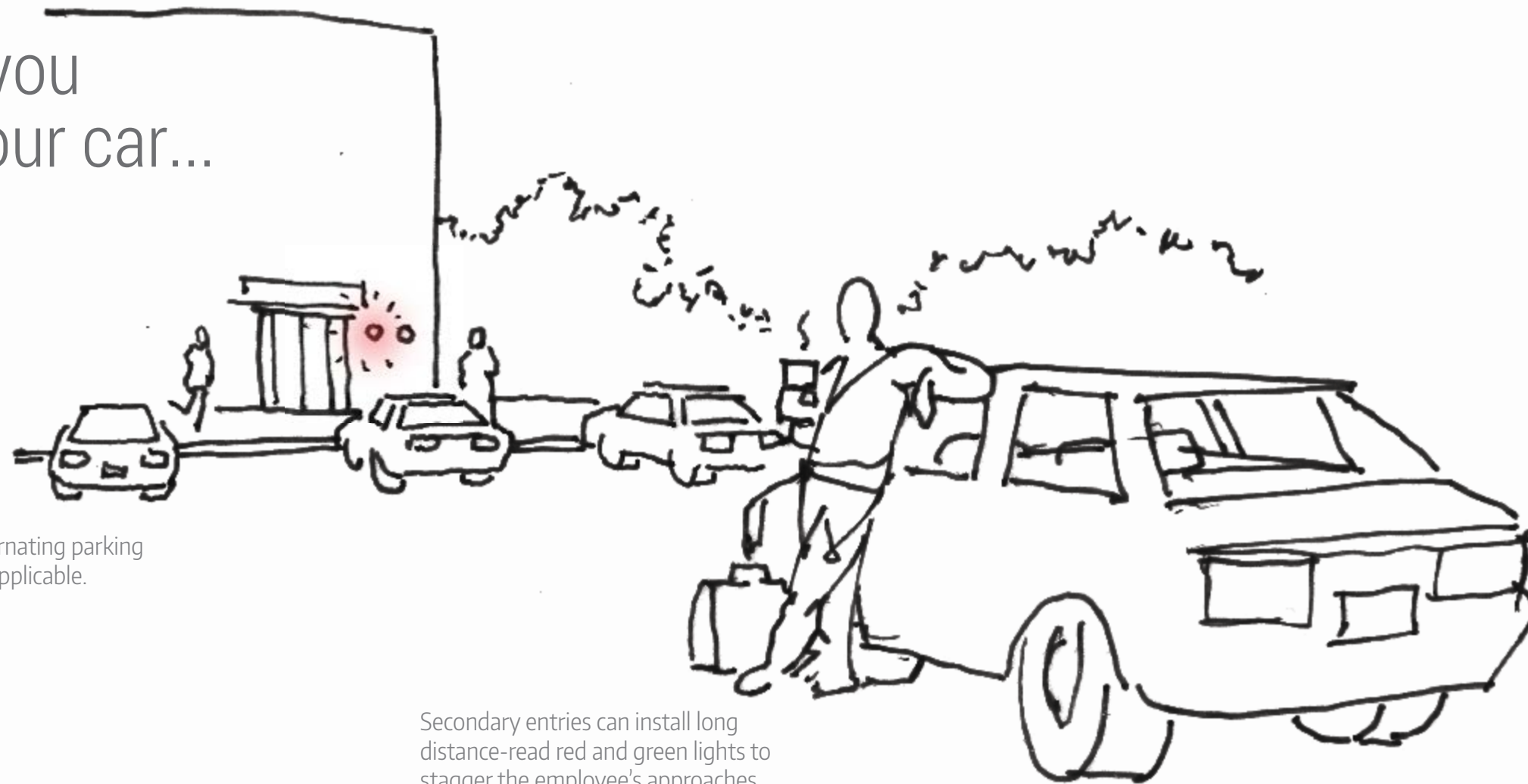
## Before you even leave home...

Check to confirm the building is open  
and see if there is any additional  
guidance or instructions.



Take your own temperature and submit the results using your phone or computer to the building's Security App for confirmed clearance that morning. A pre-confirmed acceptable temperature allows one to bypass the screening station in the building's lobby.

Before you  
leave your car...



Follow prescribed alternating parking  
space instructions if applicable.

Secondary entries can install long  
distance-read red and green lights to  
stagger the employee's approaches.



## Secondary Building Entries

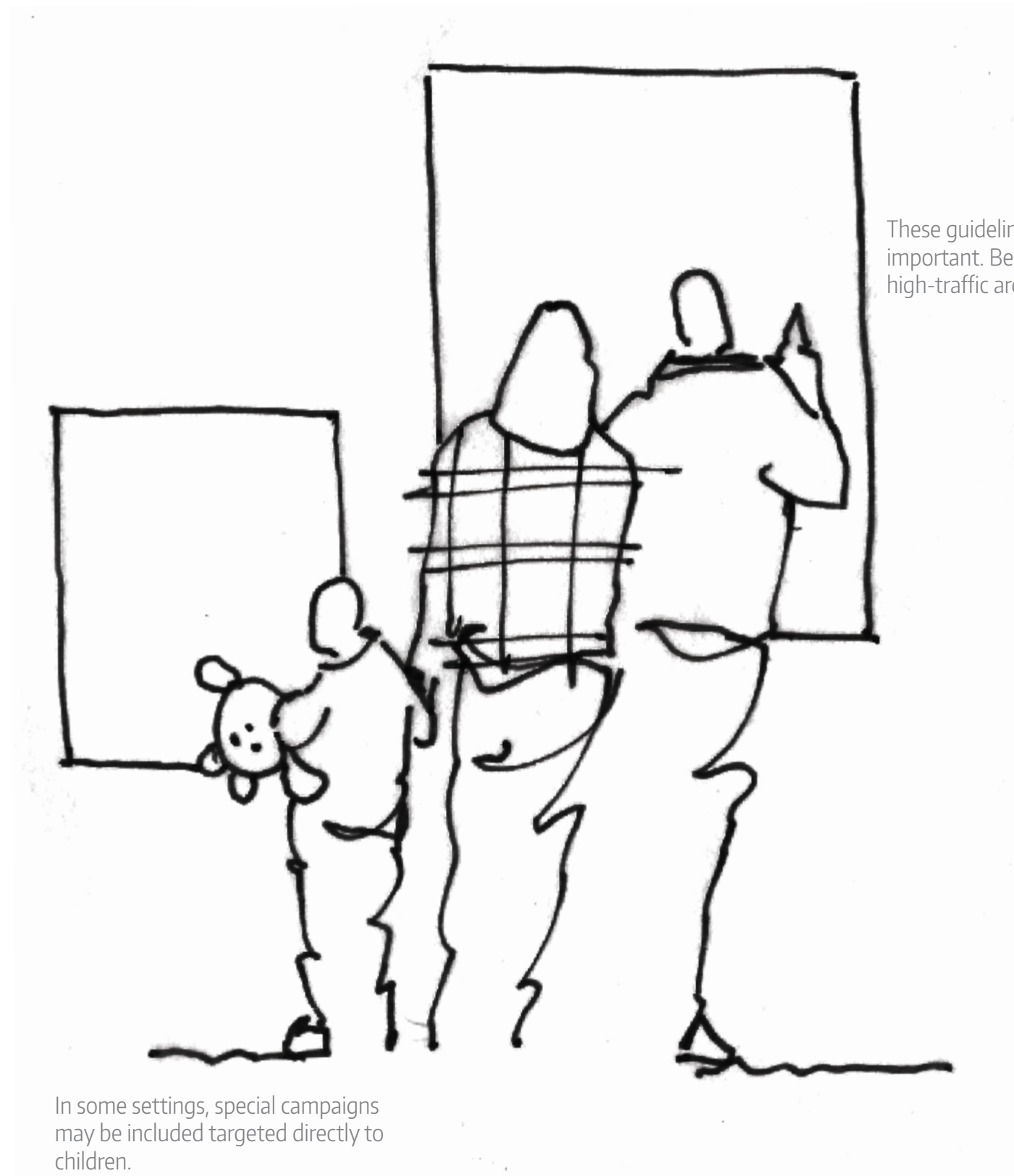
May be dedicated to everyday employees, reserving the main entry for guests and visitors.





## Once Inside...

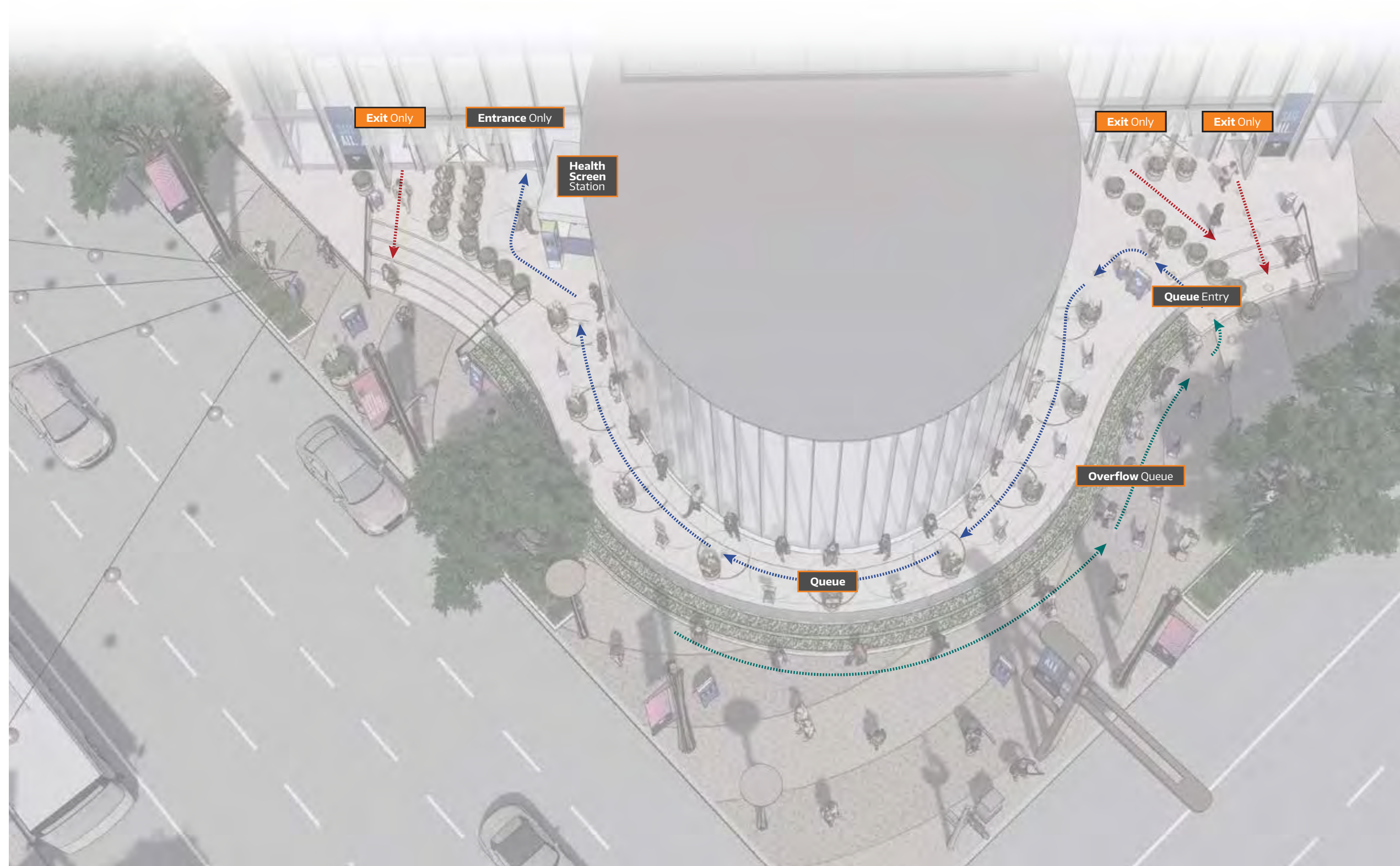
Follow all posted "rules of the road"  
and behavioral expectation guidelines.





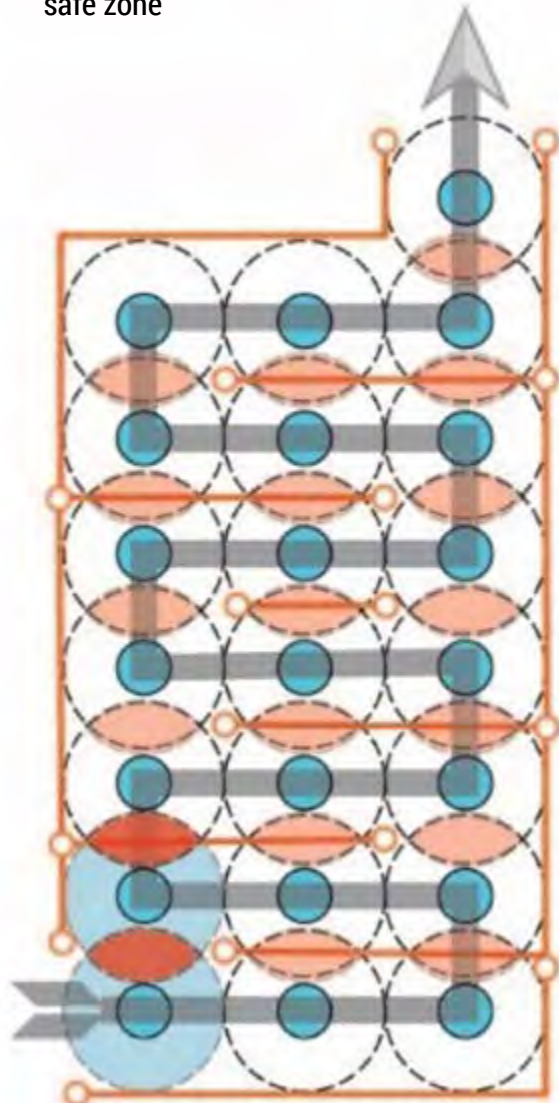






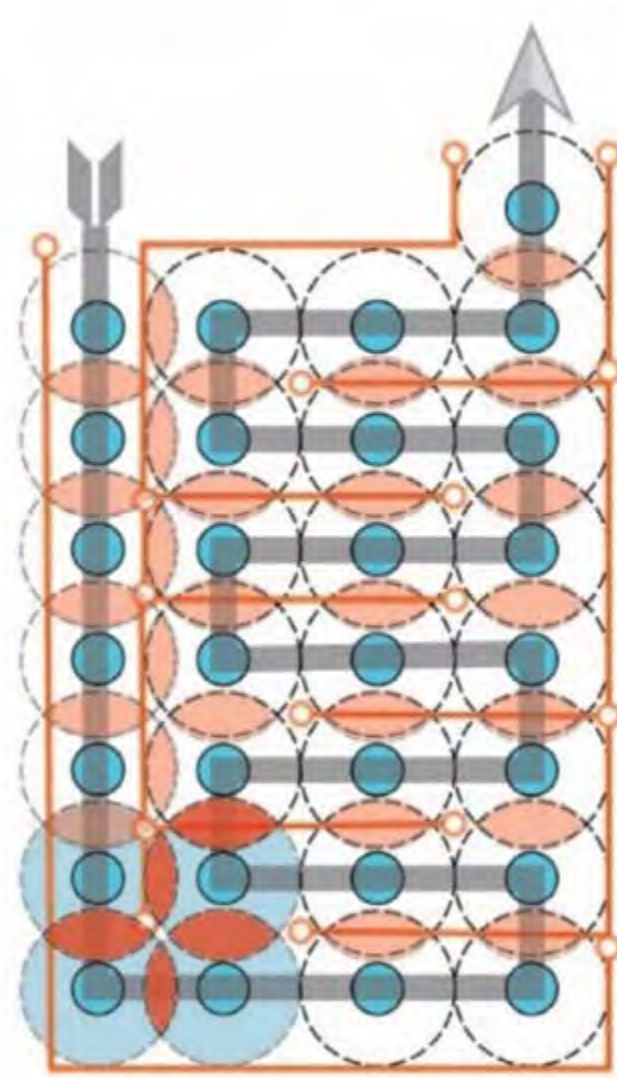


Standard Approach  
creates overlap in  
safe zone



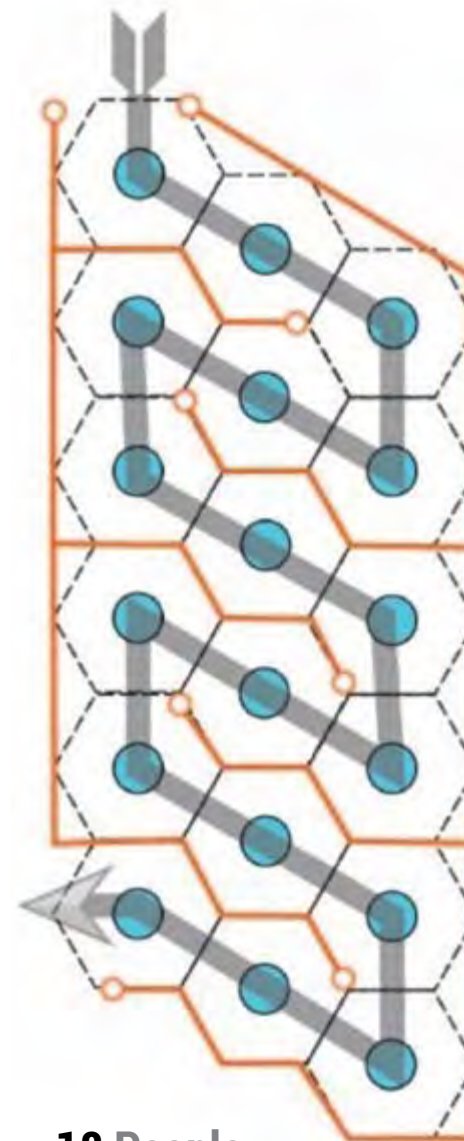
**22 People**

Standard Approach  
with unintended  
overflow

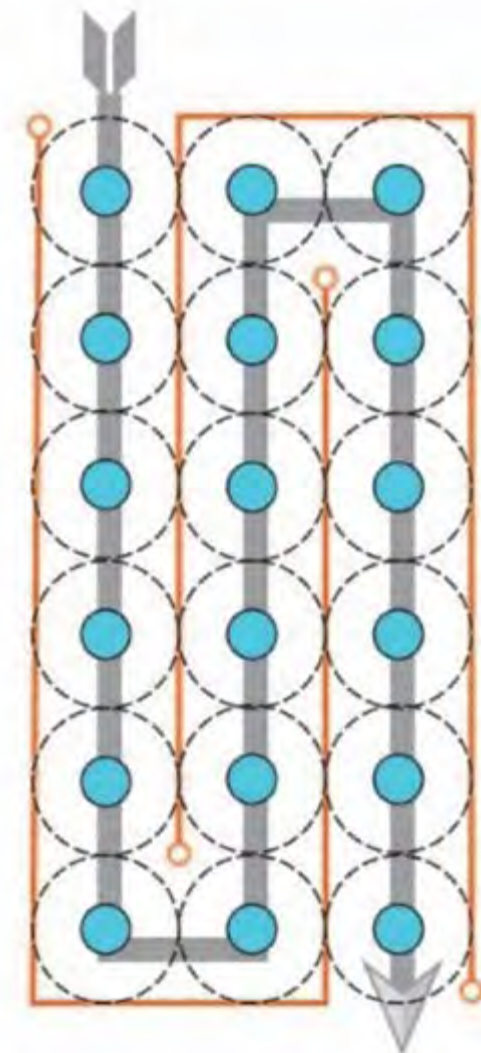


**29 People**

Considers a 360 Degree Safe Zone



**18 People**



**18 People**



## POSSIBLE LOBBY SOLUTIONS

### ADDITIVE:

- 1. Informational Signage
  - a. Building and Space Guidelines for Use
  - b. Hygiene and Wellness Stations
  - c. Reception Desk and Security Area Protocol
- 2. Hygiene Station
  - a. Masks and Gloves
  - b. No-touch Sanitizer Dispensers
  - c. Trash Can
- 3. Receptionist Desk
  - a. Queuing Markers
  - b. "Sneeze Guard" Barrier
  - c. Coatrack and Article Table
- 4. Security Area
  - a. Queuing Markers
  - b. Sanitizing Station after Security
- 5. Wellness Station
  - a. Registered Nurse or Health Care Attendant
  - b. Temperature Station

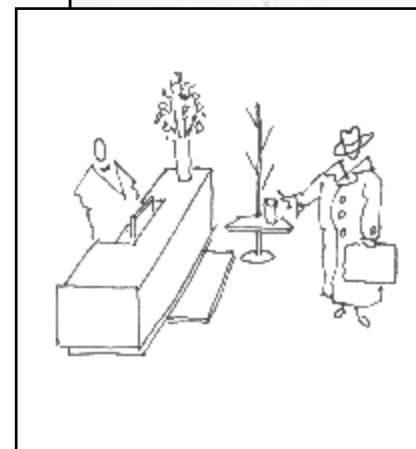
### SUBTRACTIVE

- 1. Removal of Furniture
  - a. Removal of chair arms only (if possible)
- 2. Removal of Reading Material, Paper Brochures, etc.

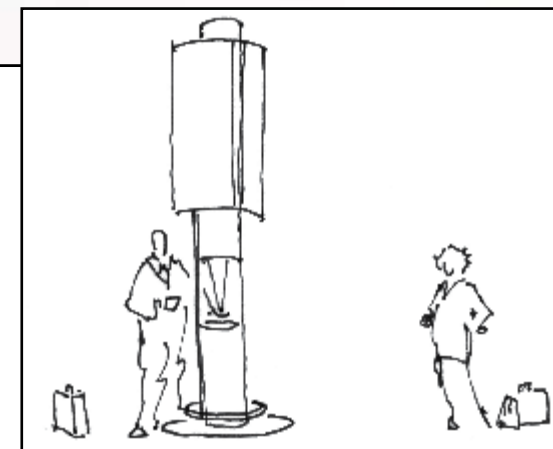
### REPLACEMENT:

- 1. Door Handles
- 2. Keyed Entries
- 3. Furniture Types (per location)

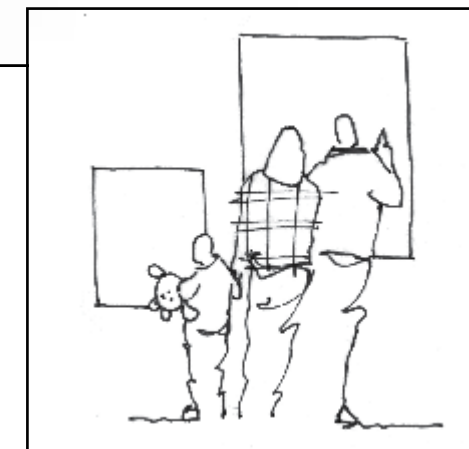
■ Short-term   ■ Long-term



Hospitality-style coat stand station allows for parking personal items at check-in.



Lobby-scaled Hand Sanitizing Station with Signage



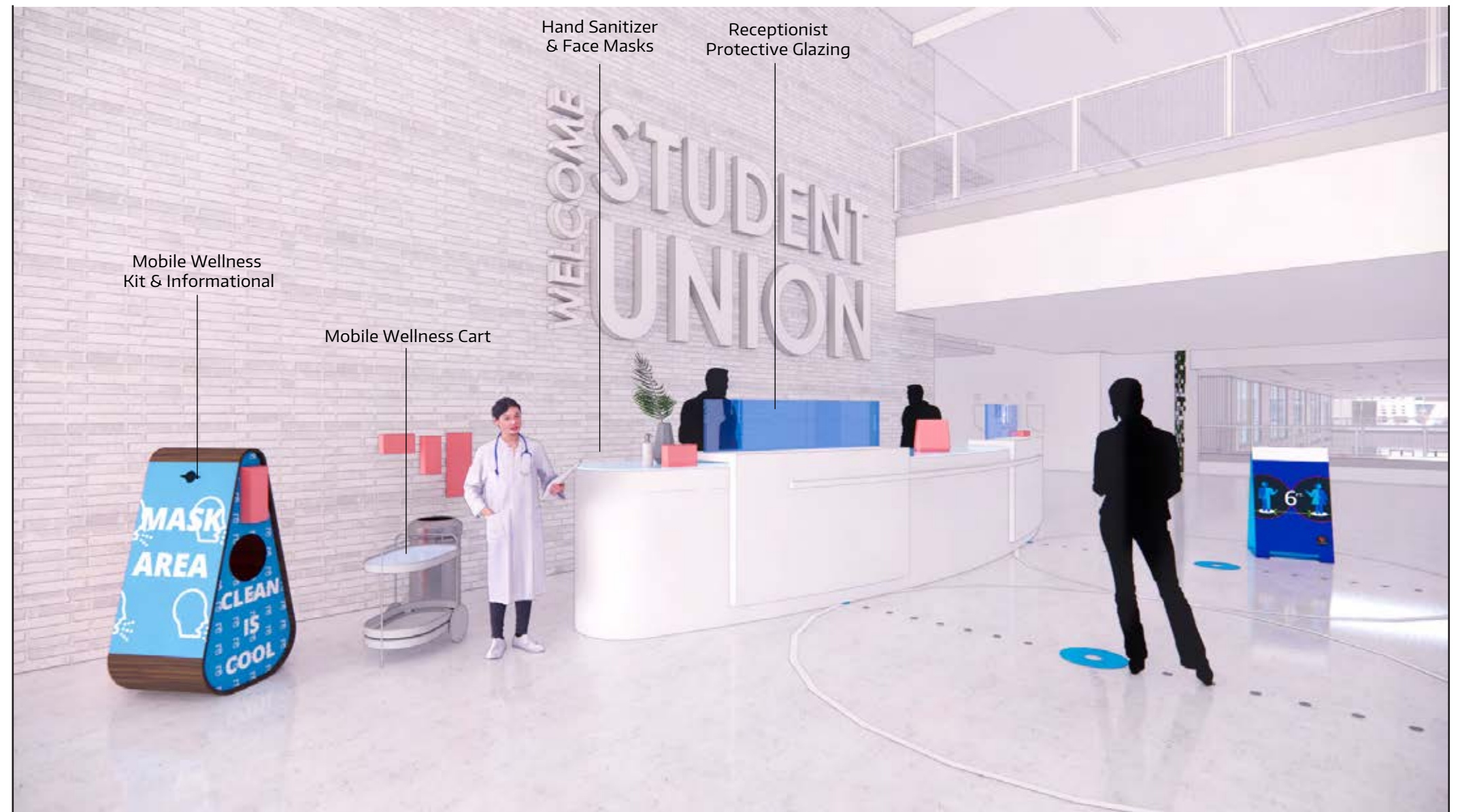
Posted behavioral guidelines oriented to adults and children.



## POSSIBLE LOBBY SOLUTIONS

### ADDITIVE:

- 1. Informational Signage
  - a. Building and Space Guidelines for Use
  - b. Hygiene and Wellness Stations
  - c. Reception Desk and Security Area Protocol
- 2. Hygiene Station
  - a. Masks and Gloves
  - b. Purell Dispensers
  - c. Trash Can
- 3. Receptionist Desk
  - a. Queuing Markers
  - b. "Sneeze Guard" Barrier
  - c. Coatrack and Article Table
- 4. Security Area
  - a. Queuing Markers
  - b. Sanitizing Station after Security
- 5. Wellness Station
  - a. Registered Nurse or Certified EMT Attendant
  - b. Temperature Station



### REPLACEMENT:

- 1. Door Handles
- 2. Keyed Entries
- 3. Furniture Types (per location)

■ Short-term    ■ Long-term



## POSSIBLE DINING SOLUTIONS

### ADDITIVE:

- 1. Informational Signage
  - a. Building and Space Guidelines for Use
  - b. Hygiene and Wellness Stations
  - c. Reception Desk and Security Area Protocol
- 2. Hygiene Station
  - a. Masks and Gloves
  - b. Purell Dispensers
  - c. Trash Can
- 3. Cashier Station
  - a. Queuing Markers
  - b. "Sneeze Guard" Barrier



## POSSIBLE CORRIDOR SOLUTIONS

### ADDITIVE:

- 1. Informational Signage
  - a. Building and Space Guidelines for Use
  - b. Hygiene and Wellness Stations
- 2. Hygiene Station
  - a. Masks and Gloves
  - b. Purell Dispensers
  - c. Trash Can
- 3. Corridor Organizers
  - a. Queuing Markers
  - b. Distancing Markers

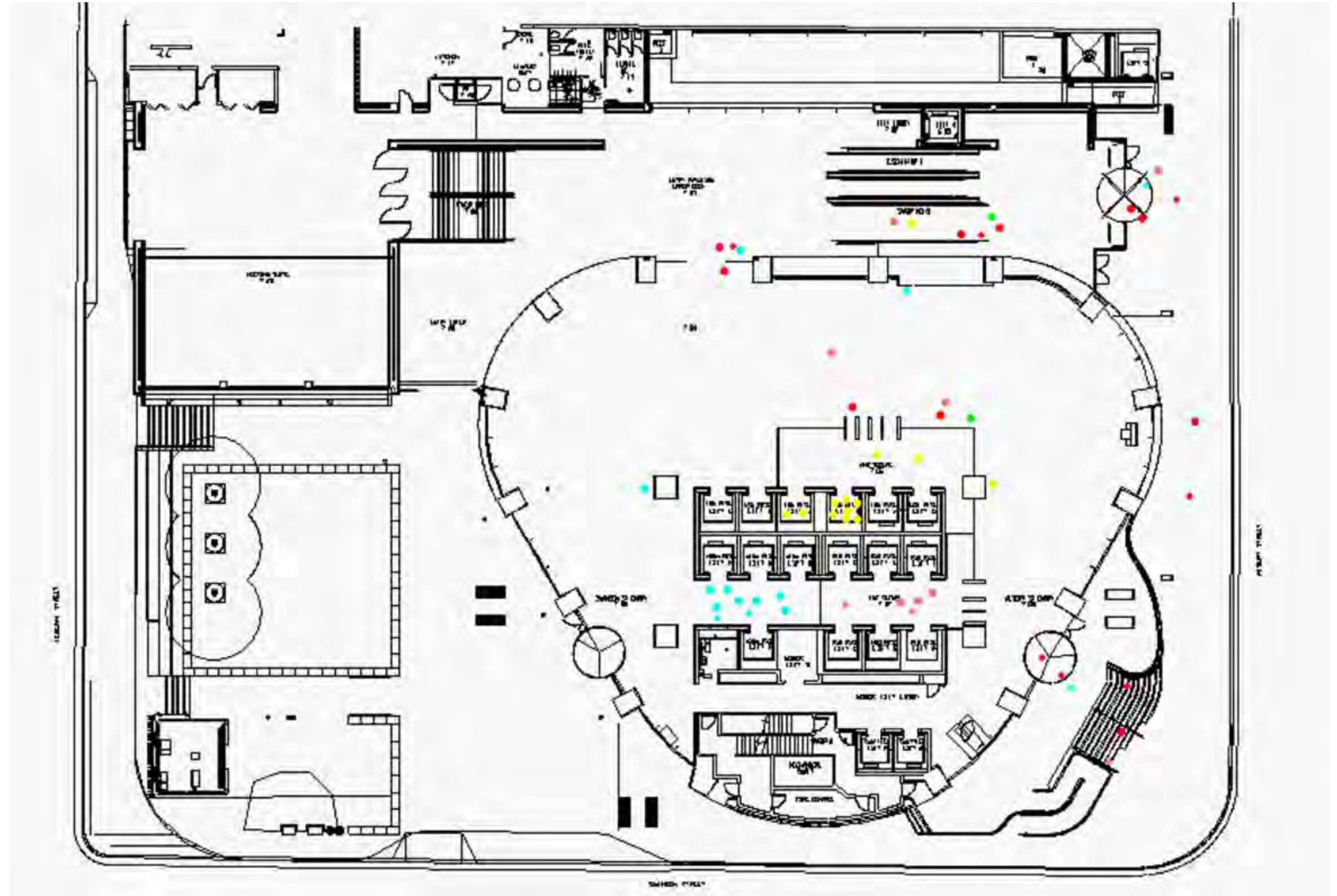


### REPLACEMENT:

- 1. Door Handles
- 2. Keyed Entries

■ Short-term    ■ Long-term







- Rate at which people can enter the building. This will be used, along with the floor occupancies, to provide guidance on staggering start times, meal times and end times to minimize disruption and accumulation of people in the lobby;
- Level of queuing that develops at each of the processes in the lobby. This will be used to identify safe mechanisms for managing this queuing in a way that maintains social distancing (along the lines of the image on page 28 (Figure 2); and
- Whether alternative elevator operational strategies should be employed to improve efficiency.

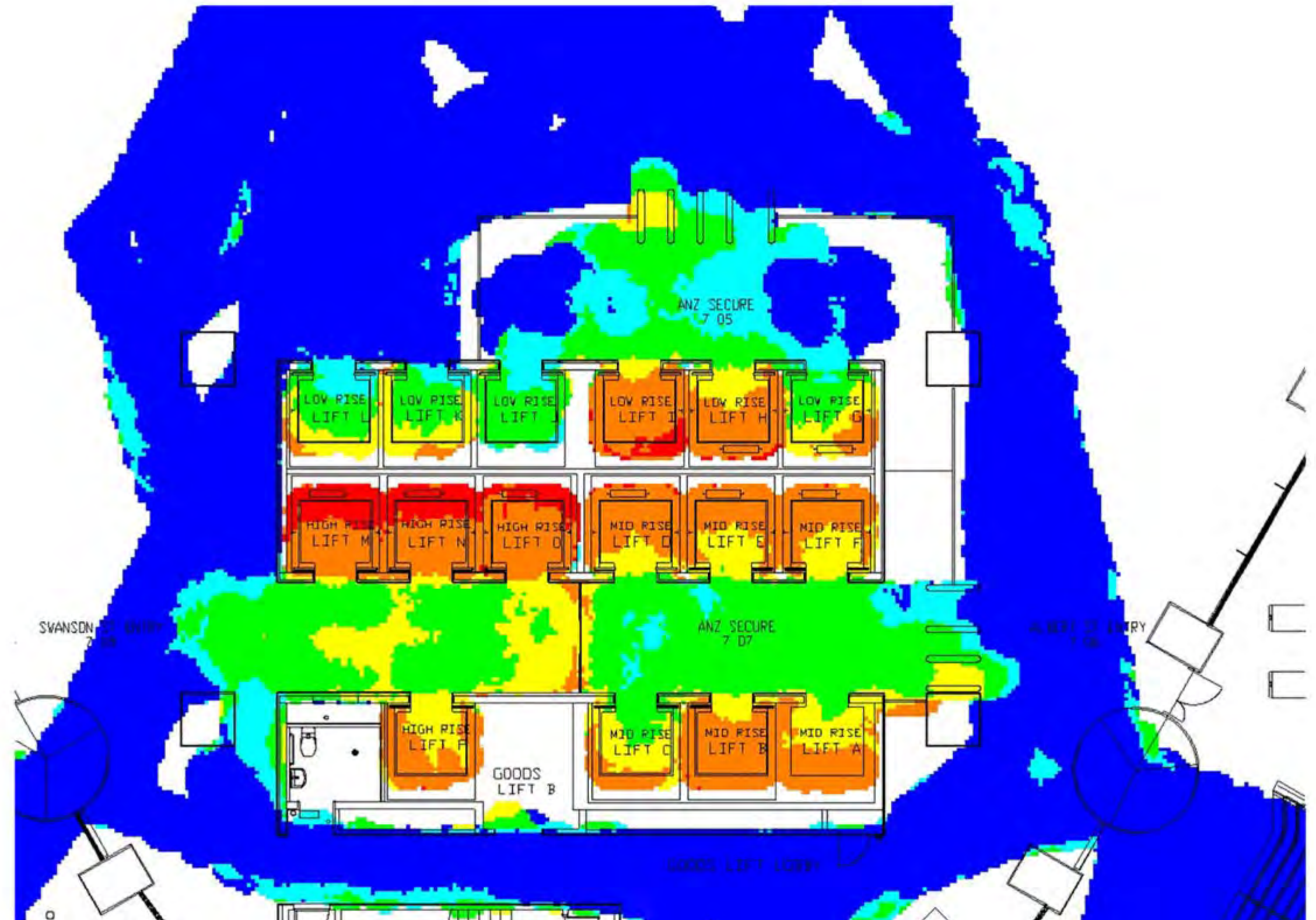


Figure 1

### Pre-Pandemic Conditions

Stantec New York City Office

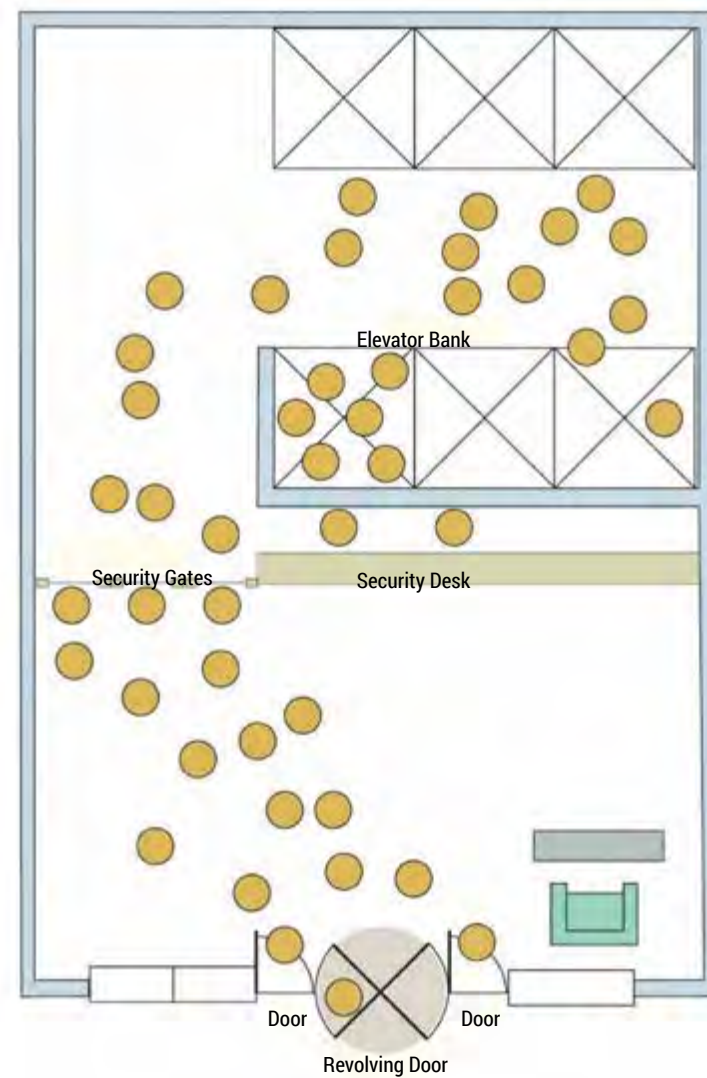
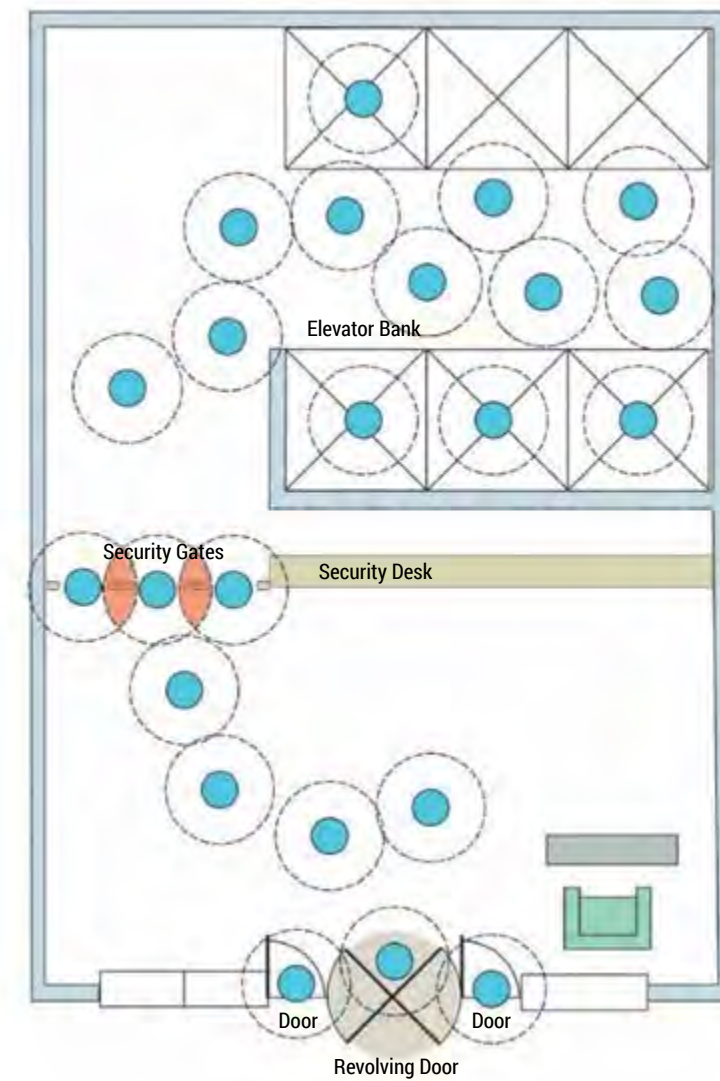


Figure 2

### Post-Pandemic Conditions

Stantec New York City Office





## POSSIBLE ELEVATOR SOLUTIONS

### ADDITIVE:

- 1. Designated Elevator Graphics
  - a. By Name
  - b. By Floor
  - c. By Department
  
- 2. Instructional Graphics
  - a. Mask-Only Area
  - b. Limited Occupancy
  - c. Designated Floor Markers for Standing
  - d. Button-Pressing Instructions
  
- 3. Tissue Dispenser (wall-mounted)
  - a. Trash Can + Tissues (inside and outside)
  
- 4. Mask Station
  - a. Mask Dispenser and Graphic
  - b. Trash Can
  
- 5. Disinfecting Cycle
  - a. Manual (misting and/or wipe)
  
- 6. Automatic Opener (touch-free)

### REPLACEMENT:

- 1. New Hardware
  - a. Taller Buttons / Extensions
  - b. Large Foot Buttons
  
- 2. New Interface
  - a. Voice-controlled
  - b. Touchless
  
- 3. Disinfecting Cycle
  - a. Automatic Misting

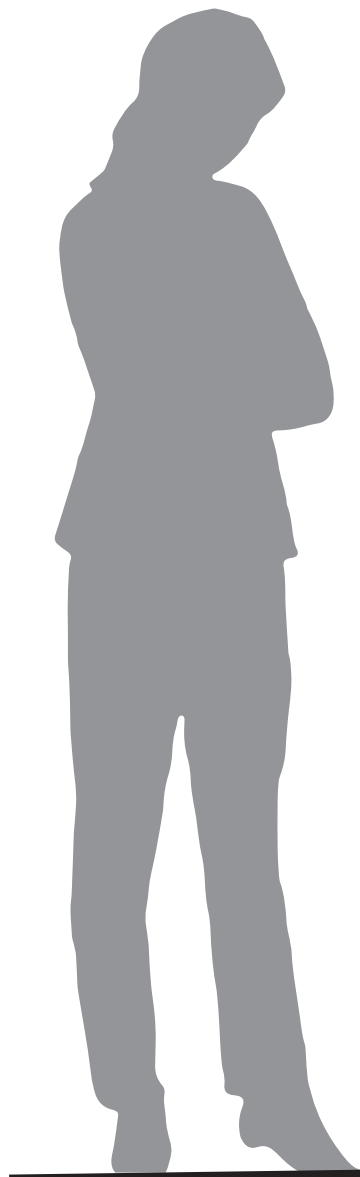
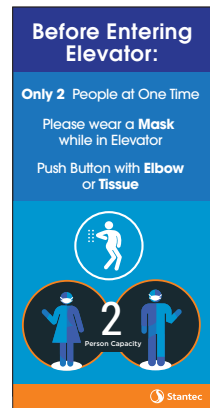
■ Short-term    ■ Long-term





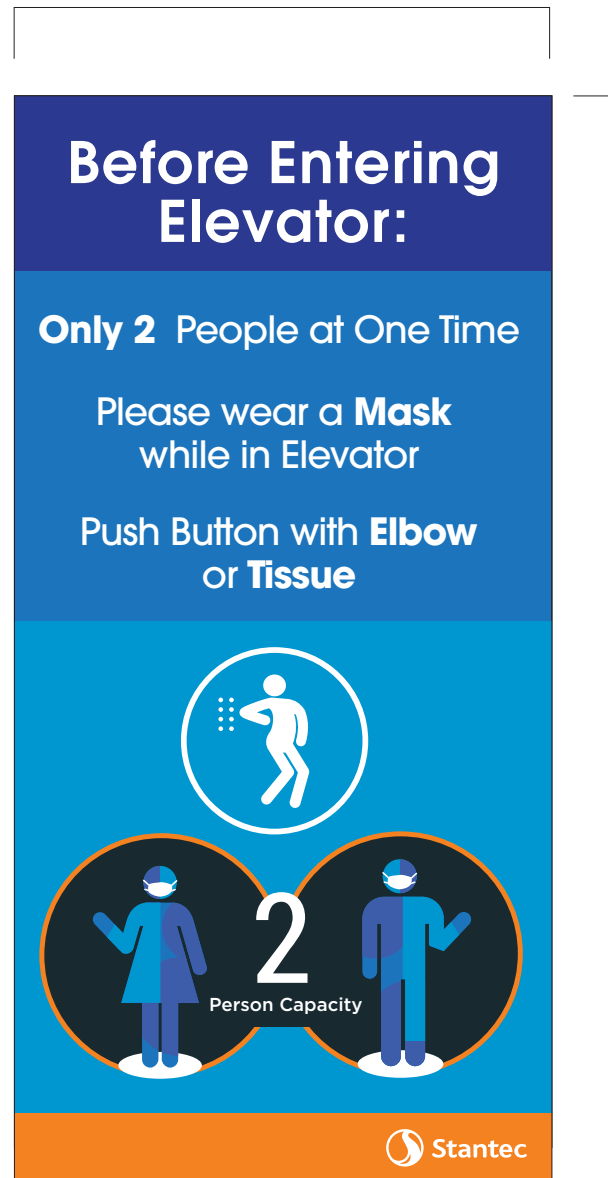


5.1



5.2 Elevator Rules Poster

11"



22"

## POSSIBLE SOLUTIONS

### ADDITIVE:

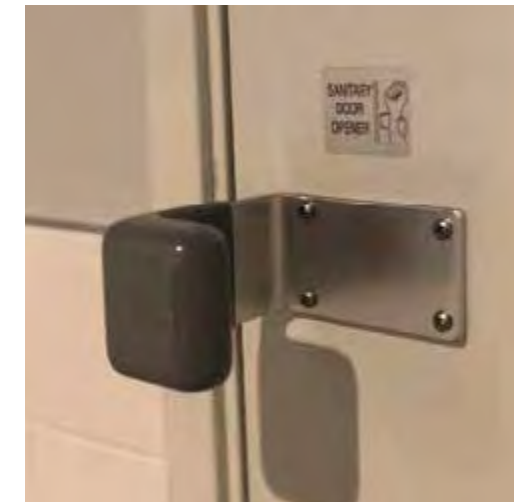
- 1. Hand/Arm
  - a. Push-plates
  - b. Pullers
- 2. Foot
  - a. Kickplates
  - b. Toe Pulls
- 3. Tissue Dispenser (door-mounted)
  - a. Trash Can + Paper Towels
- 4. Motor-assist
  - a. Button
  - b. Push/Pull
- 5. Automatic Opener (touch-free)
  - a. Sensor

### REPLACEMENT:

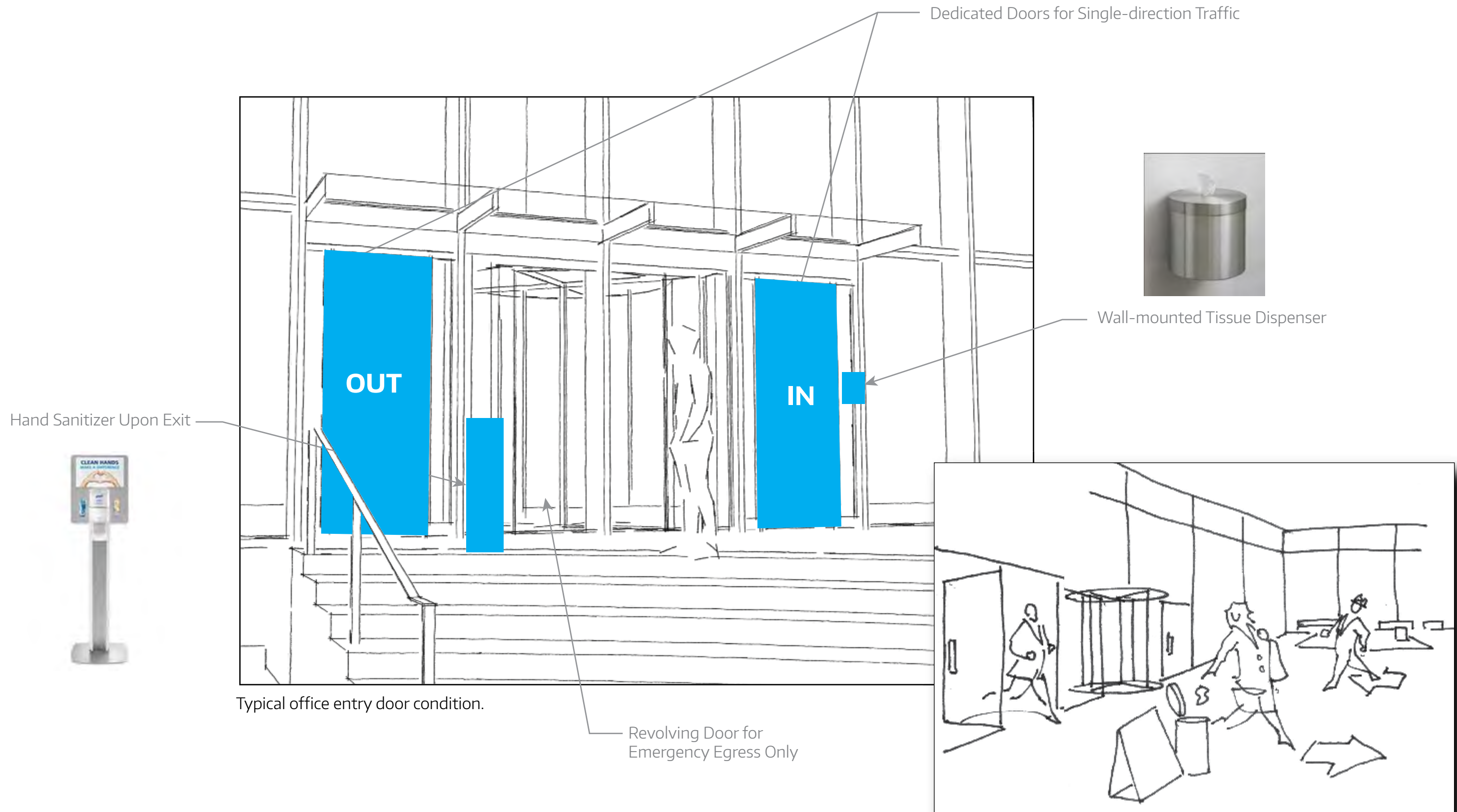
- 1. New Hardware
  - a. Off-the-shelf
  - b. Custom
- 2. New Door with integrated hardware

### RECONFIGURE:

- 1. Door Removal
- 2. One-way door traffic
- 3. Double-swing (code permitting)



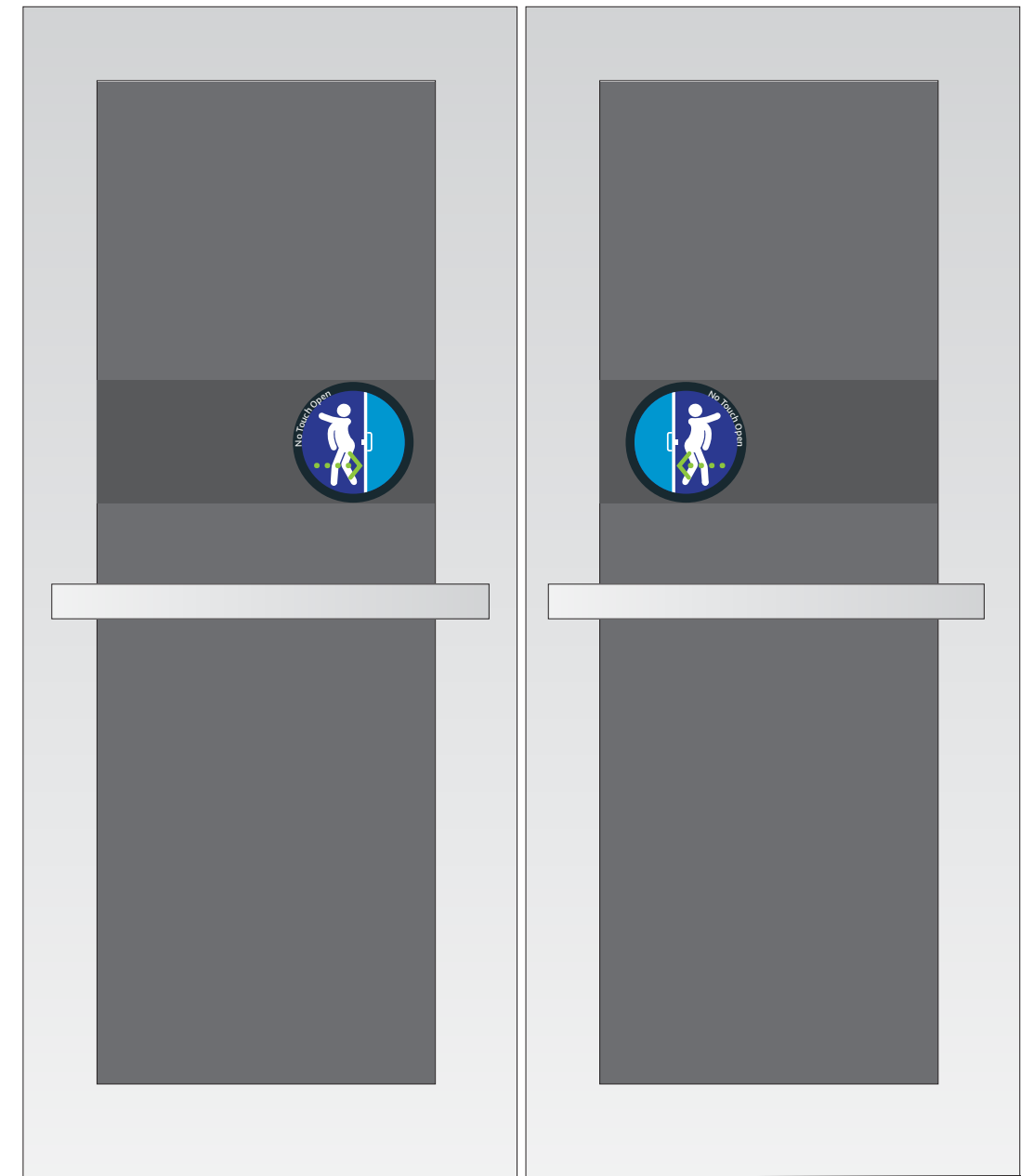
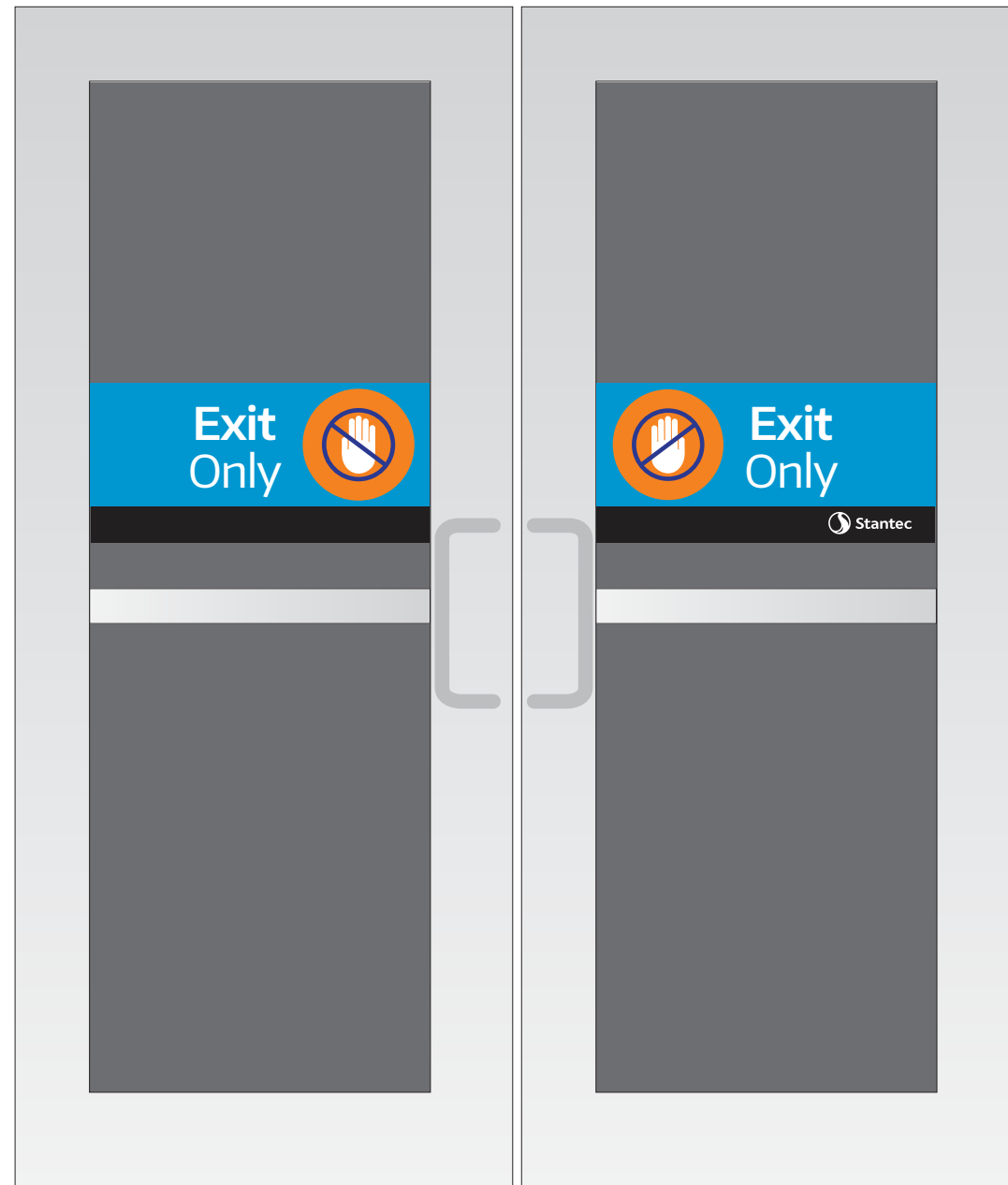
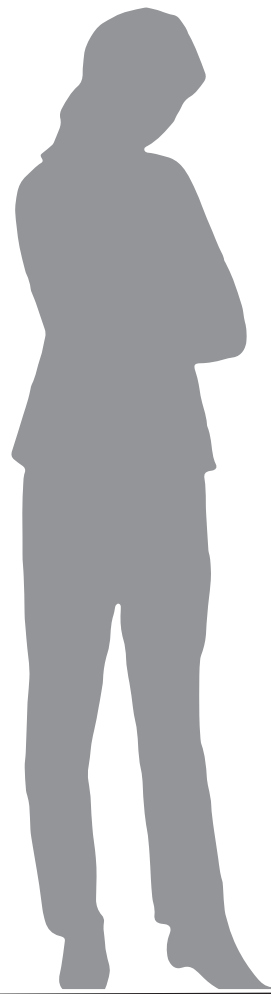
■ Short-term      ■ Long-term





2.2

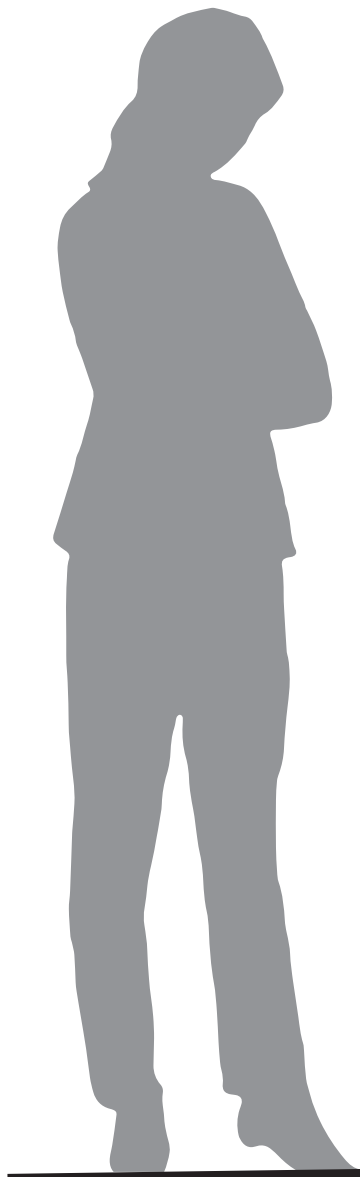
2.3



Exit Doors - Exterior Side

Exit Doors - Interior Side





5.1



11"

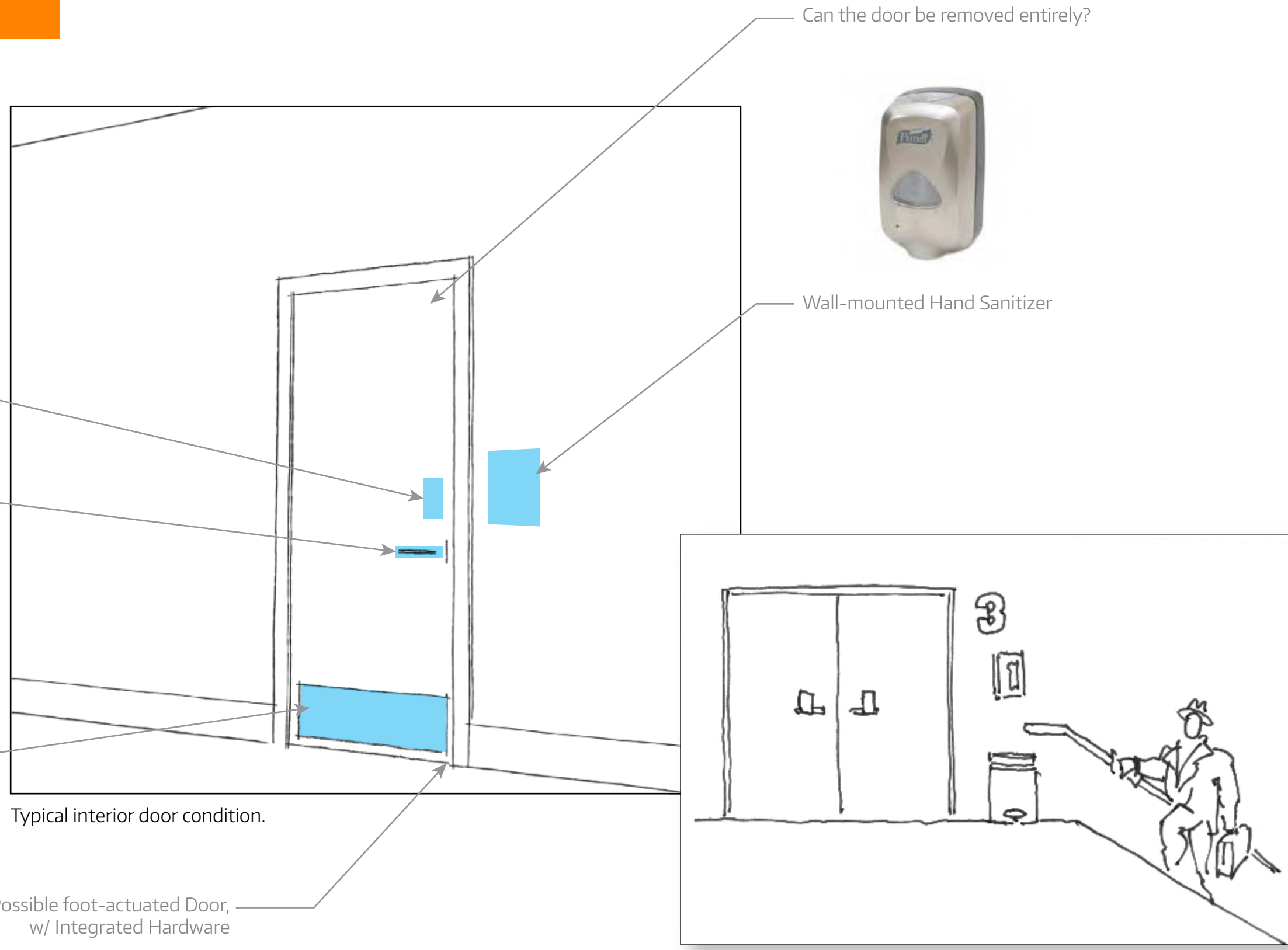


24"

5.1

Vestibule Rules Poster





Informational Graphic about Door Operation

Touchless Hardware or hardware removal where possible



Additional Kick Plate

Typical interior door condition.

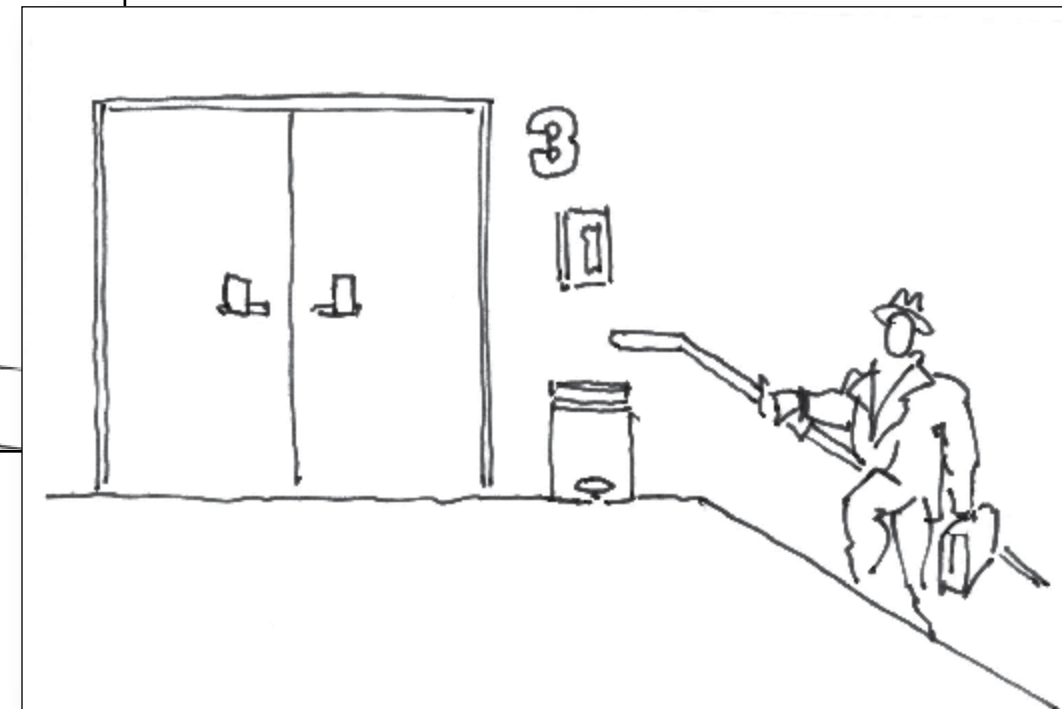
Possible foot-actuated Door, w/ Integrated Hardware

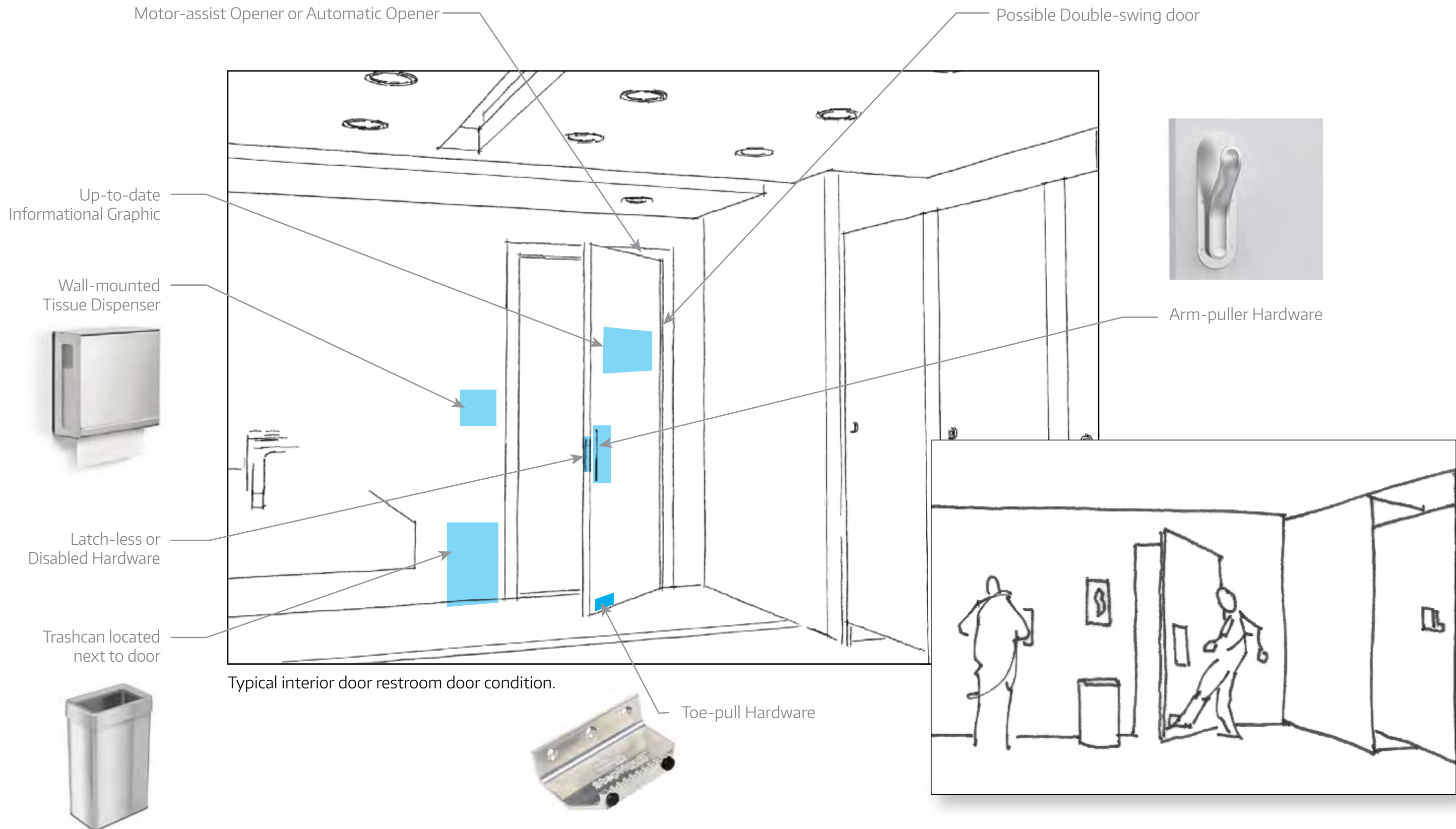


Can the door be removed entirely?

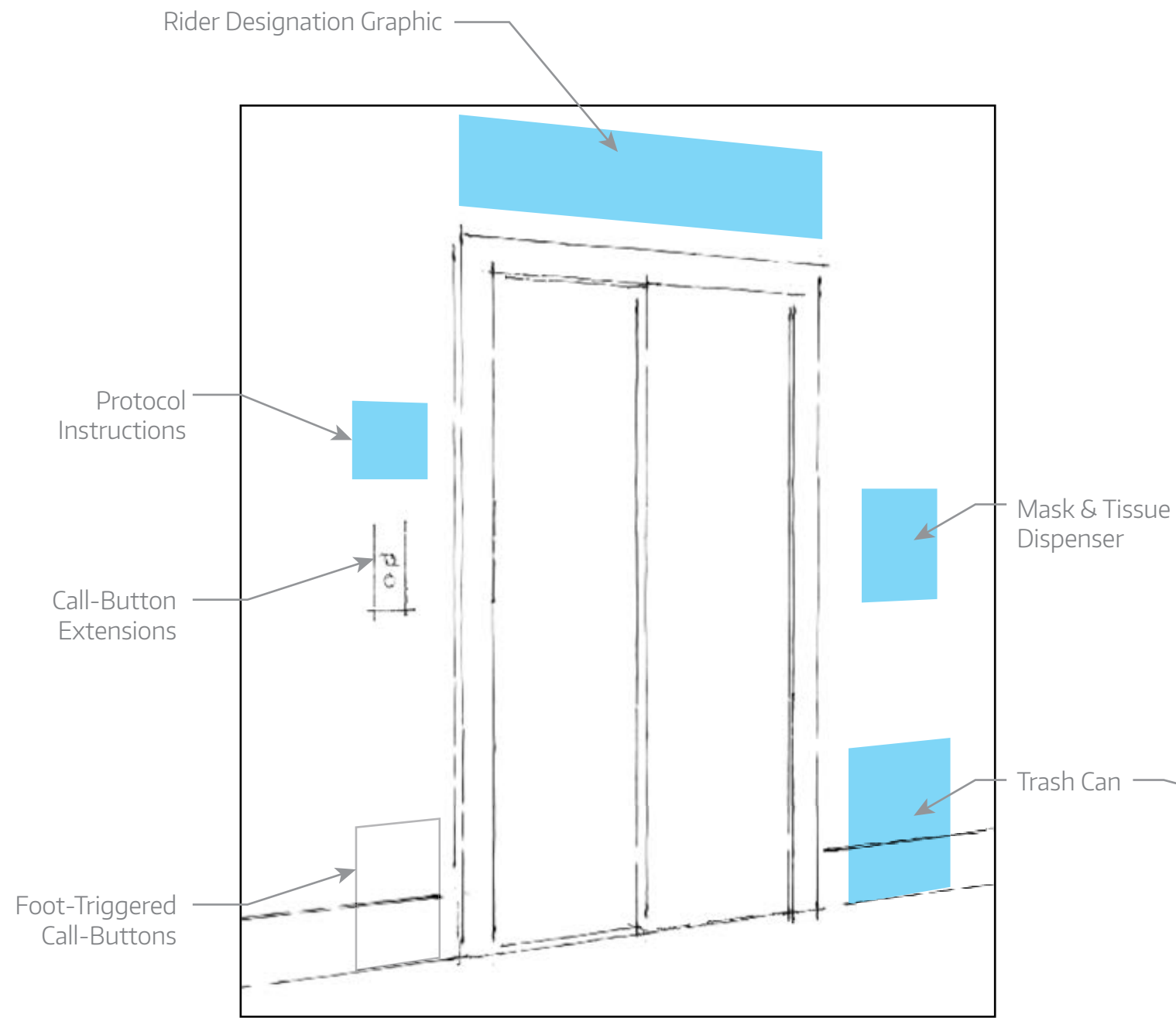


Wall-mounted Hand Sanitizer

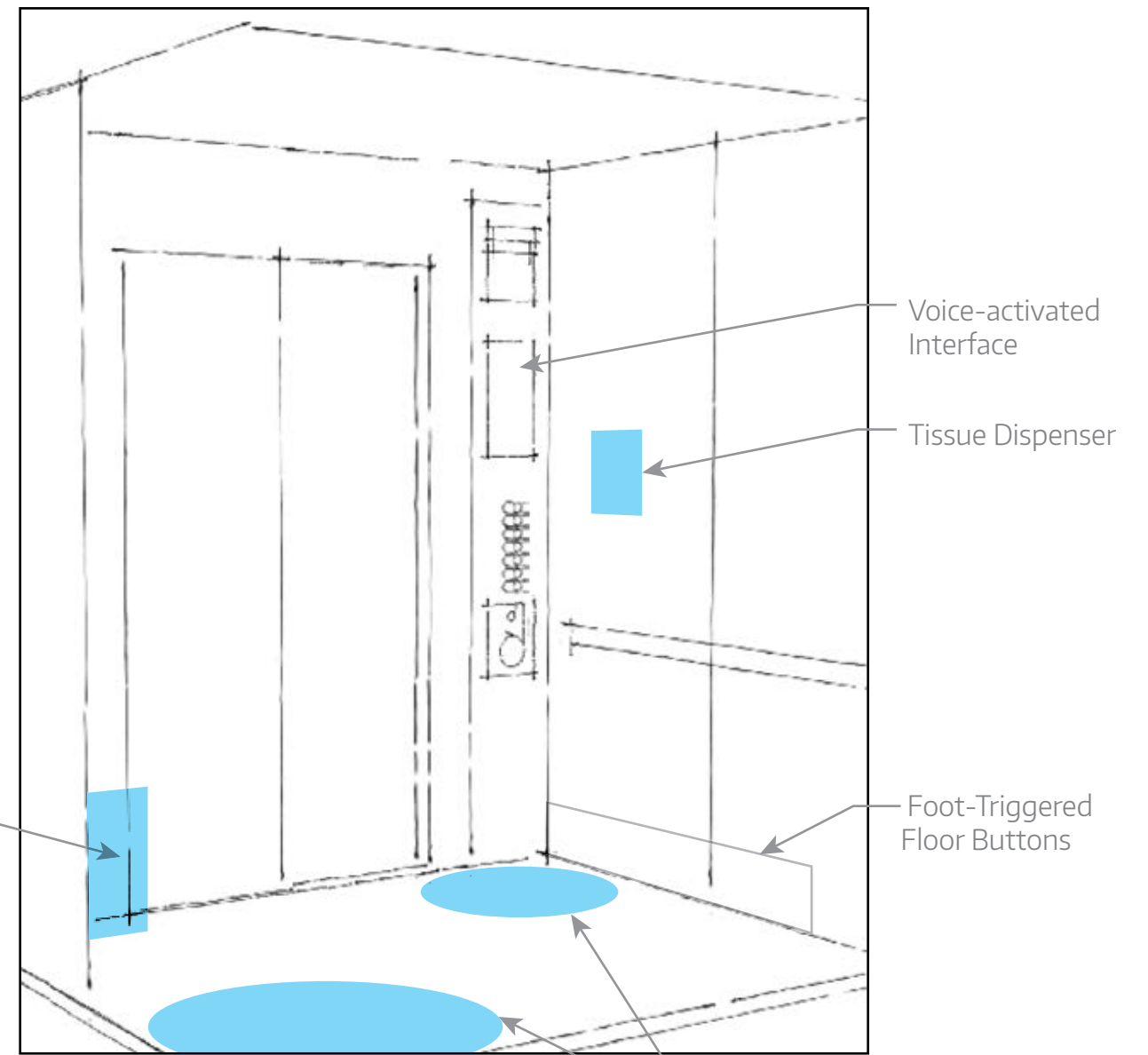








Typical elevator exterior conditions.



Typical elevator interior conditions.

Floor Markers for Standing



# FACILITY PROTOCOL RECOMMENDATIONS

Responding to **COVID-19**

Maintaining a healthy and safe built environment for occupants while minimizing disruption to business continuity.

### Safe at Work Plan

- 1** Develop a plan for each facility that considers the level of risk associated with the facility and the region.
- 2** Stay updated on federal, state, and local recommendations and incorporate into the workplace in real time.
- 3** Conduct a staff/occupant assessment to address remote working and in-office comfort and needs.
- 4** Create policies and procedures for staff and/or occupants to follow and management to enforce.
- 5** Consider the exposure risk of the staff, general public, customers and/or clients when developing a plan.
- 6** Plan should address the following:
  - a.** Increased worker absenteeism, especially essential operations
  - b.** Downsizing operations, staggered schedules, social distancing, and remote service delivery
  - c.** Interrupted supply chains and delivery delays
  - d.** Steps the building management and employers are taking to reduce occupant exposure in their workplace environments
  - e.** Emergency communications strategy that identifies building and office contacts and a platform to share information to building tenants and office staff
  - f.** Revisit the plan weekly to assess what is working and what is not working
  - g.** Be nimble with making changes and react quickly

### Occupant Safety & Health

- 1** Recommendations for daily personal protection for tenants, management, and employees:
  - a.** Provide resources and a work environment that promotes good personal hygiene
    - For example, provide tissues, no-touch trash cans, hand soap, alcohol-based hand rubs containing at least 60% alcohol, disinfectants, and disposable towels for workers to clean their work surfaces
  - b.** Wash hands with soap and water for a minimum of 20 seconds immediately upon entering the building and office. If a sink is unavailable, use an alcohol-based hand sanitizer with at least 60% alcohol.

- c.** Wash hands or use hand sanitizer frequently and after touching public surfaces and using the restroom throughout the day.
  - d.** Avoid touching your eyes, nose, and mouth
  - e.** When sneezing, cover your nose and mouth with a tissue, dispose of it into an appropriate (preferably closed) container, and wash or sanitize hands.
  - f.** Do not share equipment between staff without properly disinfecting first
  - g.** Provide access to face masks for employees
- 2** Consider a staggered staff schedule in office spaces, scheduling a percentage of staff to work remotely, determined by risk of contagion in region
- 3** Recommend that all staff and building personnel maintain a distance at minimum of 6' apart
- 4** Space staff sharing open office space in every other workstation if possible
- 5** Implement a one-way circulation pattern in areas that cannot accommodate a 6' minimum separation between individuals
- 6** Minimize activities where groups congregate. If an in-person meeting must take place, keep them to a maximum of 10 people in spaces where social distancing of 6' minimum can be maintained
- 7** Encourage virtual meetings whenever possible
- 8** Ask occupants/staff that traveled internationally or been in contact with a COVID-19 positive individual to work remotely for 14 days
- 9** Occupants/staff that have fever and/or symptoms should stay home
- 10** Individuals that have a positive diagnosis should not report to the office and should follow quarantine guidelines from CDC
- 11** Report back to supervisor and/or management if exposed or diagnosed
- 12** Encourage self-reporting as a means of daily check in for those staff/occupants working remotely



### Cleaning & Disinfecting

- 1** Prior to occupants re-entering building, consider deep cleaning services for biohazard remediation that follows OSHA and CDC Pathogen Standards for a science-based, safe approach to ensure potential contaminations are properly disinfected.
- 2** Follow EPA recommendations for all cleaners and disinfectants.
- 3** Increase frequency of daily cleaning throughout the day.
  - **Maintain restrooms, break rooms, and common area facilities by cleaning hard surfaces with disinfectant throughout the day**
- 4** Clean carpet and soft surfaces:
  - **According to the EPA there is not a disinfectant that can claim to disinfect soft surfaces or carpet**
  - **A minimum of once daily vacuuming, more frequent in common areas, with high-efficiency particulate air (HEPA) filters that trap 99.97% of airborne particles**
  - **Ensure that equipment has been properly maintained and filters are free of particulates prior to cleaning**
  - **Wipe down equipment with an approved disinfectant wipe or spray**
  - **Clean and maintain HVAC filters and equipment prior to staff entering facility and maintain the recommended schedule by manufacturer**
- 5** Request and receive photos and documentation ensuring that all surfaces and areas have been properly disinfected from deep cleaning contractor and/or regular cleaning crews. Change and use high efficiency air filters regularly.
- 6** Maintain HVAC systems according to manufacturer's schedule, possibly accelerating filter changes during the time of an outbreak. Contact manufacturer for recommendations.
- 7** Consider installing air quality sensors in occupant spaces to measure risk of air filtration overload.
- 8** Increase ventilation and circulation in spaces for optimum air quality.

### Communication & Transparency

- 1** Communicate any government mandates and regulations to property management and tenants and provide any changes in facility or office procedures immediately.
- 2** Openly advertise safety protocols for visitors, social distancing and housekeeping to establish a sense of trust that occupants and employees' health and safety are top priorities.
- 3** Communicate often with the occupants and visitors the measures that have been taken to disinfect areas.
  - a.** Provide cleaning reports from contractors and janitorial staff
  - b.** Post signs in public areas and restrooms with details of steps taken to protect areas
  - c.** Post pictures and future schedules to give occupants peace of mind that all steps are being taken to protect their health
  - d.** Encourage personal cleanliness by posting signs with handwashing procedures and fun ideas for counting the recommended 20 seconds of cleansing
- 4** Implement a change communications program to outline the "new normal" and consider change management techniques.
  - a.** Examples include: establishing safe-at-the-office champions, tours and instructions for safety and health in the office space
  - b.** Consider change communication documents, such as "Frequently Asked Questions" postings and/or "Stay-Safe Etiquettes" guide

#### Resources:

OSHA: Guidance on Preparing Workplaces for COVID-19

<https://www.osha.gov/Publications/OSHA3990.pdf>

IFMA Foundation: Pandemic Preparedness Manual

<https://ifmacdn.azureedge.net/sfcdn/docs/default-source/Coronavirus-Resources/foundation-pandemic-preparedness-manual.pdf?sfvrsn=0>



HEALTH & WELL-BEING  
Responding to COVID-19

## Fostering resilience and adapting to change



As communities emerge from quarantine and work-from-home, it's very likely that residual fear about workplace health and safety will linger. We'll all be more acutely aware of the hazards associated with surfaces we touch, and the people we interact with after this prolonged period of social distancing. This awareness will take a toll on our physical and, most notably, mental health.

In the wake of the COVID-19 pandemic the connection between the physical environment and wellness has never been so clear. We'll view the spaces and places in which we live, work and play through a different lens now. Is the air in this building filtered? Are there proper hand-washing facilities? Are there enough sanitizing stations? How many surfaces do I need to touch and how clean are they? Where can I go for a quiet break if the office crowd is too much after being away?

**Employers, property owners, and facility managers must prepare for the new mindset.**

Our wealth of experience in the healthcare sector combined with our deep understanding of wellness certifications like WELL and Fitwel have taught us how to leverage design, operations and policies to proactively address risks of pathogen transmission, and create restorative environments where building occupants feel safe, comfortable, and supported. We know what it means to design for a strong and resilient workforce.

These are unprecedented times, calling for creative and innovative responses founded in human empathy. Our goal is to help communities foster human resilience as we navigate a rapidly changing world.

Oil & Gas Workplace (confidential client) · Denver, Colorado





## Immediate Actions



Stantec New York Office · New York City, New York



Office Cafe of a Confidential Client · San Francisco, California

How do we help our clients realize measurable value on investment into the health, well-being, and happiness of building occupants?

A focus on people has never been more important.

People are fundamental to design, construction, operations and development decisions. When we focus on the human experience of the buildings and spaces we design, we have the ability to add meaningful value to real estate assets, generate savings in personnel costs, enhance human health and well-being, and enrich the overall experience of spaces and places.

The WELL Building Standard™ is a comprehensive framework for the design strategies, operations protocols and organizational policies that aims to measurably improve the safety and health of people in indoor spaces. From our architects and interior designers, to our mechanical engineers and sustainability consultants, our WELL Building experience enables us to provide a facility assessment with respect to human health and well-being. In the context of the most pressing issues arising from COVID-19, we encourage all employers and property managers to consider the following strategies and measures:

**Indoor Air Quality (IAQ); Hand-washing Infrastructure; Building Condition Assessment & Recommissioning; Industrial Hygiene; and Mental Health Design Support.**

### Hand-washing Infrastructure

#### Pandemic-Related Priorities

Increase adoption and cultural engagement in proper hand-washing practices to mitigate concerns in shared workspaces and reduce the risk of pathogen transmission among occupants.

### Immediate Interventions

- Carry out water quality and hand-washing infrastructure assessment, testing, and building audits.
- Sanitizing stations using at least 60% IPA sanitizer.
- Develop and/or review of operational policies for access, custodial services, and maintenance of hand-washing facilities.
- Provide situational cues, messaging, and branding to engage and educate all occupants in proper hand-washing practices.

### WELL Building Reference Criteria

- Enhanced Water Quality
- Water Contaminants
- Hand-washing

## Indoor Air Quality (IAQ)



Knotel Inc.  
New York City, New York

Well designed, installed, and monitored mechanical and plumbing systems produce healthy indoor environments where pathogens are filtered, diluted and removed from the occupant breathing zone. Our mechanical engineers apply fundamental principles of thermodynamics and building physics (humidity, air flow, differential pressurization), smart controls and sequencing of operations, and innovative ventilation and filtration technologies to mitigate the presence and spread of potential pathogens and allergens.

### **Pandemic-Related Priorities**

Rapidly address indoor air quality issues—perceived and actual—in existing buildings.

### **Immediate Interventions**

- **Conduct air quality assessments, testing, design and provide engineering guidance to improve ventilation effectiveness of existing HVAC systems, support long-term air-quality monitoring, and create air-quality awareness.**
- **Adapt controls and sequencing to accommodate and monitor additional filtration needs.**
- **Develop messaging and education for building occupants—dashboards, apps, situational cues—to reduce concerns regarding potential pathogen transmission.**

### **WELL Building Reference Criteria**

- Enhanced Air Quality
- Ventilation Effectiveness & Enhanced Ventilation
- Air Quality Monitoring & Awareness
- Pollution Infiltration Management
- Air Filtration
- Microbe and Mold Control



## Building Condition Assessments & Retro-commissioning



### Pandemic-Related Priorities

Assess building systems and controls functionality, including air and water quality issues, in buildings that have been vacant for a period of time.

### Immediate Interventions

- Building assessment, audits and retro-commissioning of HVAC, plumbing, lighting, IT, and fire protection systems to verify operational ability after a prolonged shutdown or reduction in occupancy-related loads.
- Controls testing.
- Building flush-out, if necessary (e.g. in event of damage or contamination).
- Full electrical system inspection - from outside transformers to each panel, breaker, circuit, switch, receptacle, low voltage, etc.
- Quality assurance procedures that focus on building enclosure components, including:
  - Implementation of materials that are durable and can easily be cleaned.
  - Installation of negative air pressure systems to prevent the spread of infection.
  - Inspection and removal of mold, asbestos, and lead.

Stantec Tower · Edmonton, Alberta

### WELL Building Reference Criteria

- Criteria noted above for air quality, ventilation effectiveness, water quality
- Thermal performance, zoning control, monitoring
- Electric light quality

## Industrial Hygiene



117 Kendrick Street · Needham, Massachusetts

Our team of industrial safety specialists comprises electrical, mechanical, and structural engineers; certified industrial hygienists; certified safety specialists; microbiologists; toxicologists; and risk assessment specialists. We have experience in biological hazards, safe work practices, and infection control procedures (proper containment, personal protective equipment and disinfectant use). We collaborate with you to ensure safety requirements are satisfied with minimal impacts to production or maintenance activities. We work with building owners and operators to identify the worksite hazards and evaluate the risk, and confirm that appropriate precautions and controls are being implemented. We know that mitigating harm to workers is key to bolstering human resilience in the face of disaster.

### **Pandemic Priorities**

Manage remediation and cleaning of contaminated workplaces and sites.

### **Immediate Actions**

- **Site risk assessments.**
- **Support during remediation and cleaning activities of contaminated sites, including training, emergency response planning, occupational exposure assessments, and indoor air quality assessments.**
- **Develop strategies for communicating complex and rapidly changing information on infection control to employees in a way that addresses their concern.**

### **What is Industrial Hygiene?**

Industrial Hygienists address the health and safety risks facing people in the built environment, from exposure to hazardous chemicals and contaminants, to emergency response planning and occupational injury or illness



## Mental Health Design Support



Center for Addiction and Mental Health · Toronto, Ontario

The fear and stress associated with the COVID-19 pandemic is unprecedented for most of the world and will have both short- and long-term mental and physical health impacts.

Fear about leaving home—which is being promoted as the safest space—along with the strain of changing work-life balance and increased isolation in an already lonely society creates an opportunity for long-lasting trauma. Already people are developing agoraphobic tendencies, where they are scared to leave their home, and children are likely picking up on the stress felt by their families. Perceived and actual safety and comfort is paramount during this time and for the years to come.

As we come out of our work-from-home situations and physical distancing, harnessing the power of design to heal gives us an incredible opportunity to aid in psychological recovery.

### **Pandemic-Related Priorities**

Mental health concerns arising from prolonged periods of physical and social distancing, fear of repeat infection and exposure to pathogens in public spaces and workplaces.

### **Immediate Interventions**

- **Building assessment to identify opportunities to enhance or implement evidence-based restorative design strategies and building features in existing buildings.**
- **Development and implementation of biophilic design principles proven to have an immediate, positive impact on mental health.**
- **Operational protocols and organizational policies that impact the mental health and well-being, safety and security of occupants. Strategies are grounded in the principles of biophilic design principles.**
- **Consulting and facilitation of WELL Building Standard certification. WELL is the industry leading framework for addressing indoor environmental quality related to the prevention of contaminant sources and distribution, and mental health and organizational resiliency via design, operational preparedness, and policies.**

### **WELL Building Reference Criteria**

- **Mental Health Promotion, Support, and Education.**
- **Access to Nature**
- **Restorative Opportunities, Programming, and Spaces.**

## Project Spotlight

### **BCIT Health Science Centre**

Burnaby · British Columbia

The Health Science Centre is the newest addition to the ever-developing BCIT campus. The building will be designed as a collaborative open space that brings allied health programs together into a facility that allows them to learn and practice their skills together.

All educational facilities in British Columbia are required by the Ministry to meet LEED® Gold certification. But BCIT wanted to challenge the status-quo and developed a more progressive approach to global sustainability. The HSC is pursuing WELL certification, a standard which seeks to support and advance human health and wellness—in direct support of the prime directive of the Project Spotlight program—as well as targeting a highly energy efficiency and low-carbon building footprint. Thermal comfort and indoor air quality are key design elements for the building, which focuses on the overall well-being of students, faculty, and staff. At every floor, building occupants can step outside – onto generous vegetated roof terraces - and gaze across campus. These opportunities to pause and step outdoors are central to the faculty's wellness philosophy and provide students with accessible moments of decompression in a learning environment which can often be stressful and overwhelming.



## Project Spotlight

### **Lakehouse on 17th**

Denver · Colorado

Lakehouse is a mixed use, for-sale residential building located prominently in Block One of the St. Anthony's Hospital redevelopment at the edge of Sloan's Lake in Denver. Currently in design, the 12-story condominium project will occupy a full city block with townhomes, retail and lobby spaces fully wrapping the at-grade and below-grade parking.

The project is pursuing a first-of-its-kind WELL Multifamily Building certification, and its focus on health conscious design for residents and the community is expressed on the exterior façade in the form of large garden terraces and oversized balconies to allow for better views and connection back to the park and mountains. Along with Stantec's design for the St. Anthony's master plan and streetscape improvements, Lakehouse will be an example of Stantec's full service design capabilities – from urban design and landscape to architecture, interiors, and lighting.



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Getting Back to  
**Social**

MID-TERM

LONG-TERM

SOLUTIONS.

Beyond the short-term, our Team is continuing to consider and develop creative ideas and strategies for getting our world “Back to Social” – responsibly and safely.

# Thank You.

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