



GSA Public Buildings Service

Health in Buildings+Workplace

Engagements, Tools & Offerings

PBS National Customer Forum
May 7 & May 8, 2024

Agenda

1. History
2. Overarching Goals
3. Tool Menu
4. Sample Project Phase Integration
5. Tool Menu Summary
6. Quick Survey



GSA's history of promoting health in buildings



- 2010**
Office Layout & Stress
Denver Federal Center
- 2013**
Circadian Stimulus
Measuring connections between Light & Health
- 2018**
Wellbuilt for Wellbeing
Office Layout & Stress
- 2019**
Measuring a Personal CO2 Bubble & Design Guideline for Circadian-effective Light (UL24480)
- 2020**
Dry Air & Stress
- 2021**
Total Workplace Scorecard, Enhancing Health with Indoor Air
- 2022**
Ventilation as Public Health Strategy; UL Design Guide added to P-100
- 2023**
Testing Design Guidelines (UL24480) and piloting in GSA capital projects

Overarching Goals

What are you trying to achieve?

What is working well that you want to promote?

What improvements do occupants want to see?

What changes might enhance your mission?

Which risks are most concerning?



GSA Healthy Building Tool Menu

Project teams select from the menu of tools based on project and occupant goals.

#	Healthy Building Tool	Occupant / Design Team Benefits	Informs Design	Data Based
1	Team Training	Learn about tools that help build health into a project	✓	✓
2	Occupant Survey	Gather information on occupant needs/wants/issues	✓	✓
3	Facility Scorecard (Total Workplace Scorecard)	Select evidence-based healthy strategies for the project	✓	✓
4	RealSensors	Understand actual conditions which may not be apparent to occupants	✓	✓
5	Occupancy Tool (WIFM)	Compare telework scenarios and understand their space and carbon implications	✓	✓
6	Tip Sheets	Share best practices for the home office	✓	✓

Integrating Tools into Project Phasing

Programming

Requirements



1. Team Training
2. Pre-design Scorecard
3. Pre-Occupancy Survey
4. Deploy sensors
5. Carbon Scenarios
- 6.

Include Health in project goals

Design Development

Prioritize



- 1.
2. As-designed Scorecard
- 3.
4. Future sensor plan
5. Carbon Scenarios
- 6.

Include Health in project design

Design/Construction

Implement



- 1.
2. As-designed Scorecard
- 3.
- 4.
- 5.
- 6.

Maintain Health as critical choices arise

Post Occupancy

Measure & Adjust



- 1.
2. As-built Scorecard
3. Post-Occupancy Survey
4. Deploy sensors
- 5.
6. Distribute Tip Sheets

Include Health in Post Occupancy Evaluation

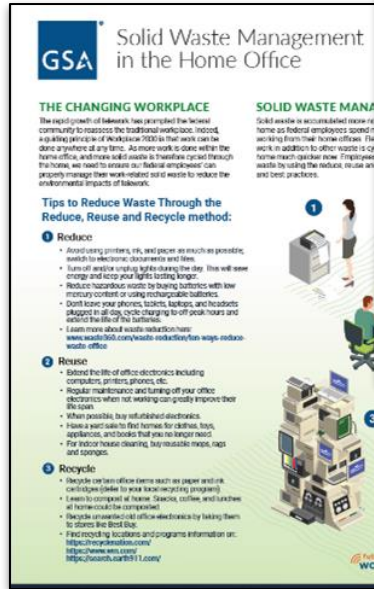
Healthy Building Tools

6. Tip-Sheets:

Include **Work From Home Tip-Sheets** in final workplace engagement report.

- [Improve Health and Wellness](#)
- [Reduce Home Office Waste](#)
- [Reduce Home Office Energy Use](#)

Distribute as part of the move-in communications to occupants.



GSA Solid Waste Management in the Home Office

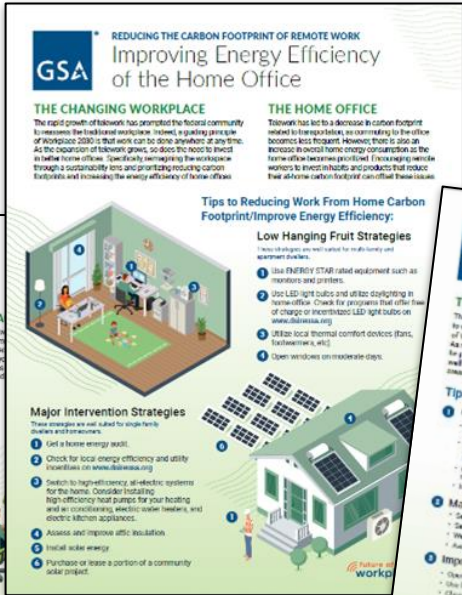
THE CHANGING WORKPLACE
The rapid growth of telework has prompted the federal community to reassess the traditional workplace. Instead, a guiding principle of Workplace 2030 is that work can be done anywhere at any time. As more work is done within the home office, additional solid waste is generated and thrown away. To help reduce the environmental impacts of telework, we need to ensure our federal employees can properly manage their work-related solid waste to reduce the environmental impacts of telework.

SOLID WASTE MANA
Solid waste is accumulated across the home as federal employees spend more working from their home offices. This work, in addition to other waste is fed home trash canisters now. Employees waste by using the reduce, reuse and recycle methods.

Tips to Reduce Waste Through the Reduce, Reuse and Recycle method:

- 1 Reduce**
 - Avoid using printers, etc, and place as much as possible, waste to electronic, clear waste and film.
 - Turn off and/or unplug lights during the day. This will save energy and keep your lights lasting longer.
 - Reduce hazardous waste by buying batteries with low mercury content or using rechargeable batteries.
 - Don't leave your phones, tools, batteries, and headphones plugged in all day, cycle charging to off peak hours and avoid the full of the battery.
 - Learn more about waste reduction here: www.ehpa.gov/waste-reduction/ways-reduce-waste-office
- 2 Reuse**
 - Extend the life of office electronics including computers, printers, phones, etc.
 - Regular maintenance and turning off your office electronics when not working can greatly improve their life span.
 - When possible, buy refurbished electronics.
 - Have a set aside for clothes, toys, appliances, and books that you no longer need.
 - For indoor house cleaning, try reusable mop, suds and sponges.
- 3 Recycle**
 - Recycle on-site office items such as paper and ink cartridges (ask to see recycling program).
 - Learn to compare at Home Depot, Costco, and Lumberjacks at home office for computers.
 - Recycle unwanted old office electronics by taking them to stores like Best Buy.
 - Find recycling locations and programs information at: <http://recycling.fedex.com/>
 - <http://eicp.hawaii.gov/>
 - <http://recycling.com/>

Future of Federal workplace 2030



GSA Reducing the Carbon Footprint of Remote Work
Improving Energy Efficiency of the Home Office

THE CHANGING WORKPLACE
The rapid growth of telework has prompted the federal community to reassess the traditional workplace. Instead, a guiding principle of Workplace 2030 is that work can be done anywhere at any time. As the population of teleworkers grows, so does the need to invest in better home offices. Specifically, minimizing the workspace through a sustainability lens and prioritizing reducing carbon footprints and increasing the energy efficiency of home offices.

THE HOME OFFICE
Telework has led to a decrease in carbon footprint related to teleworkers, as commuting to the office becomes less frequent. However, there is also an increase in total home energy consumption as the home office becomes prioritized. Encouraging teleworkers to invest in habits and products that reduce their home carbon footprint can offset these issues.

Tips to Reducing Work From Home Carbon Footprint/Improve Energy Efficiency:


Low Hanging Fruit Strategies
These strategies are well suited for teleworkers and apartment dwellers.

- 1 Use ENERGY STAR rated equipment such as monitors and printers.
- 2 Opt LED light bulbs and utilize daylighting in home office. Check for programs that offer free or discounted LED light bulbs on www.doe.gov.
- 3 Utilize local thermal comfort devices (fans, towel warmers, etc).
- 4 Open windows on moderate days.

Major Intervention Strategies
These strategies are not suited for single family owners and homeowners.

- 1 Get a home energy audit.
- 2 Check for local energy efficiency and utility incentives on www.doe.gov.
- 3 Switch to high-efficiency air-heating systems for the home. Consider installing high efficiency heat pumps for your heating and air conditioning, electric water heaters, and electric kitchen appliances.
- 4 Assess and improve attic insulation.
- 5 Install solar energy.
- 6 Purchase or lease a portion of a community solar project.

Future of Federal workplace 2030



GSA Promote Productivity, Health & Well-being While Working From Home

THE CHANGING WORKPLACE
The rapid growth of telework has prompted the federal community to reassess the traditional workplace. Instead, a guiding principle of Workplace 2030 is that work can be done anywhere at any time. As more work is done outside the office, more attention needs to be paid for ensuring our teleworkers have good personal habits and creating healthy workspaces so water where we work.

BEYOND AVOIDING ILLNESS
Health and well-being means more than just being sick. They require conditions that help us thrive. Creating comfortable and healthy work environments, leading more connections, reducing work-related anxiety, and connecting coworkers are all key. There are many ways to reduce this.

Tips to Promote a Healthy and Productive Remote Workplace:

- 1 Optimize your work space**
 - Create a dedicated work space area with good task lighting if possible.
 - Select work area ergonomic design and move the worktable height to your level.
 - Choose comfortable ergonomic work furniture. Check out the resources on OSHA.gov's ergonomics blog for help. Include helpful ergonomic elements like house plants.
- 2 Make thermal comfort a priority**
 - Set a comfortable temperature.
 - Seal or avoid drafts around windows.
 - Wear clothing that fits the season.
 - Avoid cold air and windows that get warm in cold to the touch.
- 3 Improve your air quality**
 - Clean windows after rain.
 - Use fans to circulate indoor air when possible.
 - Change the air filter on your furnace or heating/cooling system at least quarterly.
 - Change your air filter's MERV rating based on local air quality levels. Visit www.epa.gov for more information.
 - Consider air purifiers. (Check reviews for air-flow and actual efficiency of various units).
- 4 Make time for social contact**
 - Try to sit down for a call, get up and go to work or just informally check in.
 - Connect with colleagues for regular socializing activities.
- 5 Move around and get outside**
 - Take regular breaks to move and make space for movement.
 - Get outdoors for a dose of daylight and fresh air.

Future of Federal workplace 2030

It's Audience Poll Time!

Your feedback will help us:

- Integrate health into the goals for every workplace engagement
- Ensure health remains in goals as critical questions arise during design and construction
- Evaluate how well we do after occupancy

Poll 1

1. In your opinion, which areas of health are in greatest need for tools and guidance during workplace engagements? (choose your top 3)
 - Air Quality
 - Thermal Comfort
 - Lighting
 - Acoustics
 - Physical and Musculoskeletal Health
 - Nutrition
 - Social Emotional Health

Poll 2

2. What kinds of tools would be most helpful to integrate into workplace engagements? (choose your top three)

- Team Training
- Occupant Survey
- Facility Scorecard
- (Total Workplace Scorecard)
- RealSensors
- Occupancy Tool (WIFM)
- Tip Sheets

Poll 3

3. Please identify the areas of greatest impact to study for employees working mostly or exclusively from home (choose all that apply)

- Physical Activity
- Nutrition
- Ergonomics
- Air Quality
- Isolation and Loneliness
- Work-Life Balance
- Financial Health
- Personal Control
- Noise
- Lighting / Daylight
- Layout / Workplace Design
- Biophilia and Views of Nature
- Other (suggest in the “Chat”)

Poll 4

4. Please enter your email address below so that we can reach out with more information (short answer)

For more information

Are you are interested in learning more about
Workplace Engagements and Healthy Workplaces,
please email:

workplace@gsa.gov

Questions?



Patrick M. Conboy
Workplace Strategist
GSA PBS Center for Workplace Strategy



Liz York
Sustainable Design Program Expert
GSA PBS Office of Federal High-
Performance Green Buildings

[Speaker Bios](#)

Contacts



® **Office of Governmentwide Policy (OGP)**
Office of Federal High Performance Green Buildings (OFHPGB)
Health in Buildings+Workplace Team (B+H)

Brian Gilligan	brian.gilligan@gsa.gov
Bryan Steverson	bryan.steverson@gsa.gov
Michael Bloom	michael.bloom@gsa.gov
Liz York	liz.york@gsa.gov

Public Buildings Service, Office of Architecture & Engineering (OAE)
Center for Workplace Strategies (CWS)

Jonathan McIntyre	jonathan.mcintyre@gsa.gov
Patrick Conboy	patrick.conboy@gsa.gov
Mark Nyquist	mark.nyquist@gsa.gov
Samantha Cioffi	samantha.cioffi@gsa.gov