

STO BUILDING
GROUP

Building for
WELLNESS



Health First

Health first means more than being safe—it's about a safe and healthy future. From our workplace—whether it's a job site or one of our WELL Certified offices—to yours, we're sharing best practices, international partnerships, and vendor relationships to get you back to the office whenever you're ready.

We'll work with your team to discover what is most important to your workplace culture and your vision of your future workspace around the following key components:

1. Ventilation & Filtration
2. Access
3. Cleaning & Hygienics
4. 3rd Party Programs
5. Lighting, Air Monitoring & Water



Finding the Right Solution

In the following pages we've outlined a number of health and safety solutions to make your workplace a thriving environment. Once you've decided to take action, knowing where to turn to can help make the implementation process a lot easier. We'll walk you through who to consult—whether it be your maintenance team, landlord, construction firm or architect and help you consider both short-term and long-term solutions to execute your individual needs.

Look for these icons...



Maintenance Solution



Landlord Solution



Construction Solution



Design Solution

Ventilation & Filtration

At the end of the day, indoor air quality—specifically, fresh air and air changes—is the most critical wellness design element of your space.

Studies have shown that it is the best way to mitigate airborne disease and improve employee wellbeing, morale and productivity. Through our partnerships we can help find the right indoor air quality solution for your space and work with building facilities to determine what changes they may have implemented to your system already and what further actions make sense, bringing in a design partner as needed. When thinking about ventilation and filtration we would look at existing exhaust fans, upgrading existing filters, consider fixing broken operable windows or adding in-line or stand alone filtration systems.

Filtration

Filtration reduces airborne particulates and unhealthy gases by increasing fresh air intake. The latest guidance for reducing the risk for airborne viruses, such as COVID-19* from ASHRAE and the CDC guidance suggests:

- A minimum of MERV 13 filters on recirculating air equipment; confirm all filters and assemblies are in good repair and maintained frequently to minimize filter bypass.
- Maximize outdoor air and/or run systems at 100% outdoor air for 2 hours prior and after daily occupation.
- Ensure restroom exhaust fans are operating at full capacity.
- Provide point-of-use HEPA filters

*Note: While individual COV-SARS-2 viruses are smaller than MERV and HEPA filters, the majority of airborne viruses are bound up in larger droplets and exhaled particles that are within filtration range.

Air Changes

At the end of the day, indoor air quality—specifically, fresh air and air changes—is the most critical design element of your space when it comes to COVID-19 mitigation.

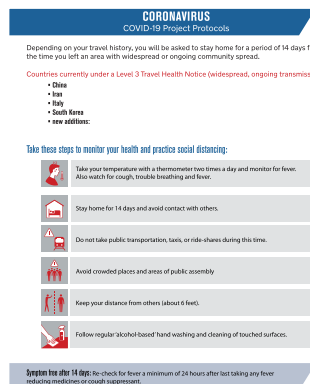
Using the most recent information from public health experts and ASHRAE we can help find the right indoor air quality solution for your space. We'll work with building facilities to determine what changes they may have implemented to your system already and what further actions make sense, including fixing broken operable windows or adding filtration systems.

Access

Signage/Wayfinding

Reinforce Safe Behavior

- Encourage better office hygiene and social distancing protocols
- Display safe directional traffic flows for office and meeting rooms
- Markings on floor designating 6 foot distance when stationary
- Create visual guide to staying six feet away from other employees



Workstation Reconfiguration

Define Personal Boundaries—Rethink Densities

- Retrofit existing workstations with screens at appropriate height
- Reorientation of desks to avoid direct face-to-face positioning—linear v. pin wheel
- De-Densification: Physically distanced people placed at every other workstation
- Reconfigure flex spaces and meeting rooms to accommodate head count;
- Add data cable drop/power outlet (as required)

Pre-screening

Detect Fevers Before Entry Into Your Space

Fever is a common symptom of COVID Infection. Mitigate the risk of COVID-19 Transmission with all-in-one, fully automated application to detect elevated body temperature.

- Thermal camera and software to monitor, measure and track body temperature of people personnel and visitors;
- Fully-automated, no operator, and no touch interface;
- Precise, scans the temperature of the entire face finding the hottest point usually the tear duct
- Optional facial recognition identifies staff members for record keeping



Cleaning & Hygienics

Touch-less Sanitation Stations

- Encourage personal hygiene with fixed hand sanitizing stations and wipe dispensers installed at entries and common areas.
- Look for opportunities to include touch-less fixtures at pantries and restrooms

Door Sleeve/Skins/Stepnpull®

Numerous studies have identified door handles and push plates as prime sources of microbial contamination. Although it is possible to reduce bacteria on standard door handles by cleaning them regularly, even with regular cleaning bacteria were detected on more than 20% of handles examined.

Surfaceskins are door push pads and pull handles that self-disinfect in seconds, to prevent the transmission of pathogens from one door user to the next, breaking the chain of infection.

Barriers & Screens

All implementations of screens must be reviewed to ensure that air currents in the space are not interrupted and additional indoor air quality issues aren't created.

- Sneeze Guards in workstations, staff kitchen and eating areas;
- Individual booths for food preparation;
- Sneeze Guards/screens at reception area
- Freestanding elements used to promote social distancing.

Decontamination Response

- Engage Hazmat Technicians to disinfect/decontaminate, clean, and disinfect space using only products listed by local regulating agencies such as Health Canada or the EPA that are approved for emerging viral pathogens that are effective for disinfection against COVID-19
- Work with the landlord to create a robust cleaning plan that outlines the frequency of cleanings for high touch and low touch areas or determine if third-party cleaning services are needed.



3rd Party Programs

WELL® Health & Safety

Getting a third-party “stamp of approval” can help, too. [The WELL Health-Safety Rating](#) is a visual symbol that shows your organization has taken operational policies, maintenance protocols, emergency plans, and stakeholder involvement into account around a best-in-class standard for your facility that not only addresses the pandemic, but other potential emergency situations. STO Building Group has a long-standing relationship with Delos and the International WELL Building Institute (IWBI) and has the in-house consulting services to scale the WELL Health-Safety Rating from one office to an entire portfolio.



Delos Edge

Informed by years of research and development alongside some of the leading institutions in the world, the [Delos Edge™](#) program offers:

- A suite of products and proactive, actionable strategies, reviewed by Delos Labs, that are implemented into an existing space.
- A solution to help mitigate the post-pandemic concerns of returning to open space office environments.
- An immediate response to corporate human capital initiatives.
- Robust messaging and education content.

The program components can include:

- Advanced air purification
- Delos Labs COVID-19 Advisory Platform
- Wellness Toolkit™
- Active Green Walls
- Circadian Task Lighting
- Water Filter (Point of Use)
- Soundscaping
- Movement (Wobble Boards, Ergonomic Furniture)
- Thermal + Acoustic Mapping
- MindBreaks™
- Delos™ Dynamic Digital Wellness Library
- Nourishment Advisory
- Enhanced Environmental Quality Assessment Services
- Procurement Advisory and Responsible Operations

Lighting, Air Monitoring & Water

UV Lighting

We're working with our partners on solutions with [Germicidal UV lighting](#), a product with decades of applications from water, air, and surface treatment. This disinfection lighting inactivates viruses, kills bacteria, mold, and fungi, and can be applied to disinfect surfaces, objects, and spaces.

Since UV light can be harmful to occupants as well, these technologies are tricky to employ safely. Some solutions involve putting Germicidal Ultraviolet, or "GUV", lamps inside ductwork, air handlers, and other HVAC systems to sanitize the air flow within a building; while systems within office light fixtures can tie into occupancy sensors and only activate while a space is unoccupied overnight.

There are pros and cons to the utilization of UV lighting, we're happy to discuss this solution with you in order to find the appropriate approach.



Air Monitoring

We're spending more than 90% of our time indoors and indoor air quality monitoring may be worth considering. IAQ monitoring isn't a one-size-fits-all solution - we can help you explore solutions to track key areas of your workplace, or the entire office, and send information to your BMS system where building maintenance or office services can get alerts and respond accordingly.

Air monitoring works hand in hand with ventilation and filtration to help understand all the engineering controls to deliver the best indoor air quality for your space.

Water

The temporary shutdown or reduced operation of a building may lead to domestic water quality concerns. Without regular maintenance and use there is increased risk of waterborne hazards, such as Legionnaire's Disease or mold. Stagnant domestic water may also lead to contamination due to high levels of copper or lead from corroded piping after sitting for a prolonged period of time. The CDC recommends several steps be taken prior to reoccupying an office space to minimize these risks.

- Institute a [water management program](#) prior to re-occupancy
- Flush all drains, appliances, and fixtures to ensure traps are filled and prevent seepage of sewer gases back into the space.
- Ensure all water heaters and storage devices are properly flushed and sanitized per manufacturer's recommendations. Ensure water heater set to 140F minimum.
- Ensure all cooling towers, HVAC piping, and drain pans are flushed and sanitized per manufacturer's recommendations.
- Flush and sanitize all decorative water elements such as fountains or greenwalls.





Chat with us, we'd love to hear from you.

We're happy to share our working knowledge, culture of safety, and long-time partnerships to help build wellness in your workplace.

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