

MechSE WELLness

L04 Glare Control

Intent: Support circadian health through use of electric lighting.

Glare has been associated with a host of health issues that range from visual impairment and discomfort and eye fatigue to headache and migraines. Individuals under the age of 50 are more sensitive to glare. Since a substantial section of the workforce falls into this age group, it is important to address glare to avoid visual fatigue and glare induced headaches leading to reduction in productivity and increase in absenteeism.

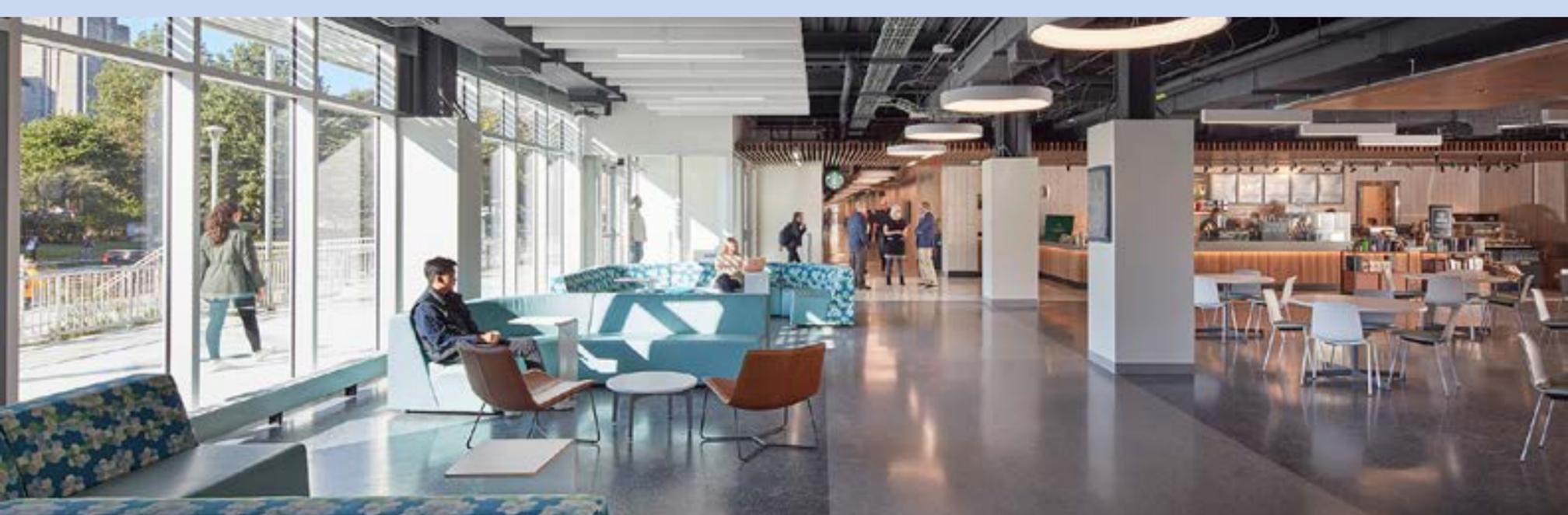
Impact: Mitigating glare minimizes distraction and contributes to overall comfort and focus of users.

What are the requirements to earn this credit?

1. All exterior windows has shading, except lobby type spaces.
2. Occupants control shading to prevent glare.
3. If shading is controlled by occupants, all shades are raised at least twice per week.

How is MechSE accomplishing these requirements?

As we seek to deliver as much daylight as possible to maintain our circadian rhythm, we meet a limit as glare can make it impossible to work or study! Window shades were provided at every exterior space less those in the new addition lobby and south open spaces. The shades are perforated, in that while they are down, they still transmit daylight while reducing glare. Per this credit, facilities and BSWs seeks to visit each space to raise the window shades at least twice per week (or more often). Thus, if you wonder why it is raised when you arrive the next day, or if someone comes to raise them while at work, this is why! Seems counter-intuitive to us honestly, and we continue to review this procedure with the WELL regulatory body.



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