

## V02.5 Provide Workstation Orientation

### Policy and/or Operations Schedule

WELL Building Standard™ version 2 (WELL v2™), Q1 2021 addenda



#### HOW TO USE THIS DOCUMENT:

This document is intended to serve as a guide on how to create a project policy to reduce the risk of physical strain on the body through ergonomic design at workstations that supports neutral body positions for seated and standing work and provides opportunities to alternate between seated and standing positions.

This document is meant to demonstrate an acceptable degree of detail for a documentation submission. The Feature cannot be demonstrated solely through a confirmation that the requirements have been or will be implemented. The level of detail is up to the discretion of the project team, but the documents must include specific details demonstrating that the actual policies/protocols have been enacted in the project boundary.

This document and similar tools are intended to assist projects in their pursuit of WELL v2 but use of this document and/or similar tools are in no way a guarantee of achievement of any rating or designation, and no representation or warranty is made regarding the likelihood of achieving any rating or designation.

**Note:** The below document is based on the Q1 2021 addenda of the WELL Building Standard™ version 2 (WELL v2™). Project teams are required to implement the feature requirements from the addenda version assigned to their project or any more recent addenda version.

#### FEATURE PART REQUIREMENTS:

##### *For All Spaces*

##### ***The following requirement is met:***

- a. *All eligible employees receive an orientation (e.g., in-person training, interactive education, video or smartphone-based education with competency verification) to workstations in the space covering, at minimum, the following:*
  1. *Ergonomic and adjustability features of a given workstation and their benefits.*
  2. *Demonstration on how to make adjustments based on individual needs.*
  3. *Available resources that can be used for future reference and where to access them.*

#### WELL Core Guidance:

Meet these requirement in non-leased spaces.



The below sample documentation is intended to provide guidance in creating a Workstation Orientation policy. It is not a template. You may note included components that are not required to demonstrate compliance with this Feature.

#### Example document for Feature Part 5

##### **[Company] Workstation Orientation Policy**

**Location:** [project address]

[Company]'s goal is to ensure that all full-time and part-time employees receive ergonomic workstations and an orientation on how to get the most benefit from them.

As part of each new employee's onboarding, they are required to watch a pre-recorded video *[name of video]* created by *[name of ergonomist]* introducing them to the features of their workstations. The video includes the following elements:

1. Introduction to the importance of ergonomics and [Company]'s commitment to wellness.
2. "How to customize your workstation!", which includes:
  - a. The possible adjustments of the chair, desk, monitor, keyboard and mouse provided to all employees, demonstrated by the ergonomist.
  - b. How to determine which adjustments to use to maximize wellness benefits based on physical attributes of a person, with examples given by actors with a variety of anthropometry (e.g., height, weight).
  - c. The wellness benefits associated with each type of adjustment.
3. The video will conclude with a list of resources (which will also be included in the emailed onboarding package) for occupants to use including:
  - a. Links to written guides with pictures on how to adjust each part of their workstation, created by the ergonomist.
  - b. Contact information for the ergonomist if the user has any questions while they are setting up their workstation.

#### Example document for Feature Part 5

##### **[Company] Workstation Orientation Onboarding Policy**

**Location:** [project address]

Each office employee is given an appointment with an ergonomist within their first week of employment. The ergonomist will:

1. Manually customize the workstation for the employee.
2. Demonstrate how adjustments on their workstation set-up, including at minimum: chair, desk and monitor work and why certain adjustments are correct for their needs.
3. Answer any questions on the employee's home office workstation set-up (for employees that work either partially or fully virtual) and make recommendations on possible improvements.
4. Send a follow-up email that includes guides for each of the adjustable workstation elements that the employee can reference.

Each (e.g., *assembly line station, hotel check-in counter, supermarket check-out counter*) employee is given an ergonomics workstation orientation as part of their training, provided by *[manager name]* *[contact information]*. It will include details on how to properly use and maintain workstation standing support elements, including the anti-fatigue mats and the footrail (where they can rest their feet throughout the day.)

For questions on ergonomic needs, all project employees may contact *[name]* *[contact information]* for assistance.

#### **TIPS FOR MULTIPLE LOCATIONS**

- For organizations participating in WELL Portfolio or the multiple projects pathway, this Policy and/or Operations Schedule is categorized as Shareable. It may be shared across multiple projects, as long as they all meet the strategies that are outlined in the document.

