

Life Indoors

On a typical day, we spend roughly **94%** of our time inside enclosed spaces.¹

Given this considerable influence of the indoors on our lives, the quality of the spaces we occupy deserves focus and investment to enhance performance — for people and the structure itself.

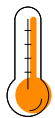
EXPLAINING IEQ

Core Elements of IEQ

Indoor Environmental Quality, or IEQ, is the holistic quality of the conditions inside a building and how they affect occupants. While we can break IEQ down into four focus areas, it's important to consider them together — as a dynamic ecosystem that can create better results when connected and optimized.

Thermal Comfort

How cold am I?

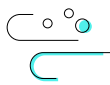


Lighting

Is the lighting right for my task?



The four pillars of healthy spaces.



Indoor Air Quality

What's in the air I'm breathing?



Acoustics

Is noise disrupting my task?

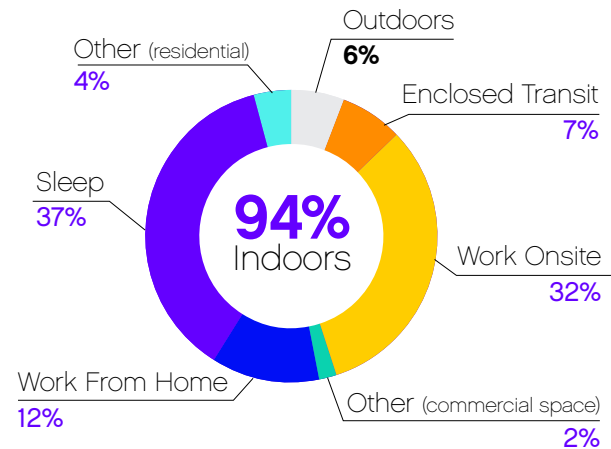
Reducing Health Risk and Improving IEQ

In response to the COVID-19 health crisis, approaches for managing indoor air quality (IAQ) have focused on reducing the spread of airborne pathogen. Using targeted solutions to clean air and decrease health risk is an important measure, and when implemented as part of a comprehensive IEQ strategy, the elements can combine for elevated outcomes.

¹ <https://indoor.lbl.gov/sites/all/files/lbnl-47713.pdf>

Full-Time Employee

Time spent on various activities throughout the day.



OUR APPROACH

Taking a Holistic View

Each space is unique. It consists of interconnected systems, and the interactions between those systems result in an occupant experience heavily influenced by IEQ.

Ensuring these systems work together in the right ways to deliver desired results drives the need for a holistic approach.

Assess

Analyzing the current state to determine immediate needs and projecting how a space may evolve.

Mitigate

Implementing strategies focused on the occupant, to build confidence about health and well-being, and improving sustainability through energy efficiency.

Manage

Ongoing optimization and evolution using data from sensors and occupant surveys to meet the needs of a space as it changes.

CONCLUSION

Better for Occupants. Better for the World.

The evidence is clear — healthier spaces are good for the performance and well-being of people² — and efficient spaces are better for the health of our planet.

Even if the way people spend time indoors changes in a post-pandemic world, the imperative to improve indoor environmental quality, and the resulting quality of life, should be a health, economic and environmental priority.

² <https://www.hbs.edu/faculty/Pages/item.aspx?num=57082>