



BENCHMARK

How our Furniture can contribute to WELL Certification



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About BENCHMARK

Leaders in sustainable enterprise and a powerhouse of craft, Benchmark is one of the UK's foremost furniture makers and a member of the International WELL Building Institute.

We design and make beautiful, healthy, sustainable and ethical furniture for workspaces, institutions, hospitality and the home.

Our furniture meets the requirements for WELL Certified buildings, and other healthy building standards.



About WELL

The Well Building Standard is the first building standard to focus on a people first approach to indoor spaces. It includes a set of strategies, backed by the latest scientific research, to help buildings and organisations to design and deliver more thoughtful and intentional spaces that enhance human health and well-being.

As a member of the International WELL Building Institute (IWBI) and WELL AP accredited, we are proud to be part of a leading movement to transform health and wellbeing by creating healthy spaces and furniture products.



WELL Concepts and Features

WELL v2 covers 10 concepts that impact human health and wellbeing: Air, Water, Nourishment, Light, Movement, Thermal Comfort, Sound, Materials, Mind, and Community.

Each concept consists of features with distinct health intents. Features are either preconditions or optimizations.

Preconditions define the fundamental components of a WELL space and are mandatory for certification.

Optimisations are optional pathways.



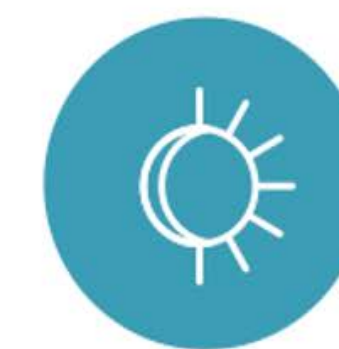
AIR



WATER



NOURISHMENT



LIGHT



MOVEMENT



THERMAL
COMFORT



SOUND



MATERIALS



MIND



COMMUNITY

Furniture Contributions to WELL Certification

WELL v2 operates on a points-based system. Projects must achieve all preconditions, as well as a certain number of optimisation points, depending upon which level of WELL - Bronze, Silver, Gold or Platinum.

Optimisations are weighted with varying point values dependent upon their potential to address and impact a specific health and well-being concern or opportunity for health promotion.

Specification of our furniture can contribute optimisation points towards certification. In this document we have outlined, in simple terms, which of the concepts and features our products can contribute towards.

For a deeper dive into the credentials and scoring, visit *www.wellcertified.com*







Air

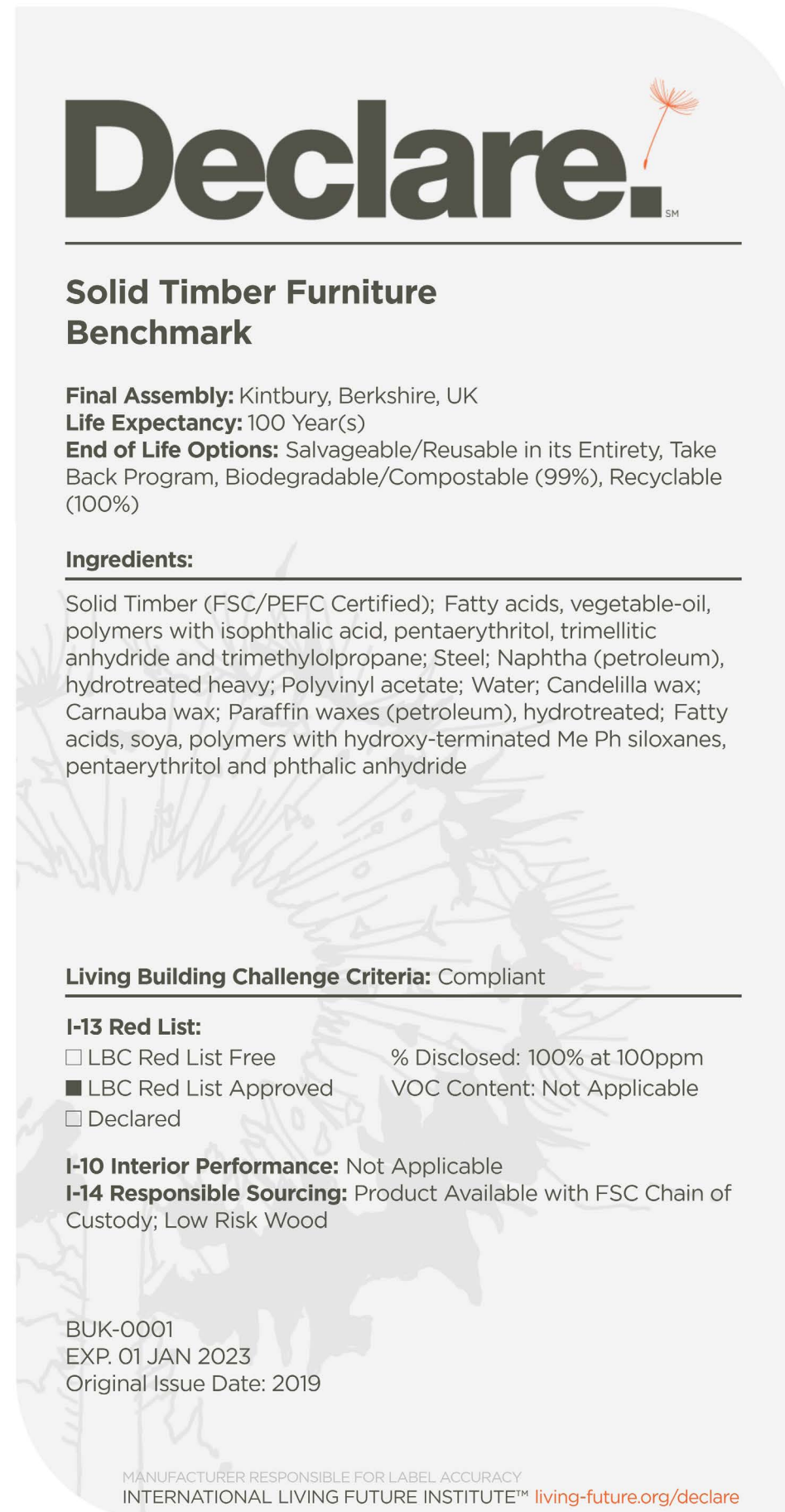
Our furniture can contribute to
WELL Air Quality Features AO1 Air Quality and AO5 Enhanced Air Quality



The quality of air people breathe indoors directly impacts their health and well-being and constitutes one of the most important aspects of buildings that can support human health.

There are many different chemicals classed as harmful VOCs including formaldehyde, benzene and ethylene.

Formaldehydes are particularly concerning. Long term exposure to low levels in the air or on the skin can cause respiratory problems and skin irritation, while higher concentrations can be dangerous to life.



Furniture production can often involve the use of harmful chemicals with board materials, foams, glues, paints and treatments, emitting gases both during production and long after.

Our furniture collection, upholstery fillings and fabric collection all come with Red List Free and Declare Labelling. The Declare label is an internationally recognised ingredients list for products that provides complete transparency; showing where a product comes from, what it is made of, and where it goes at the end of its life.

Red List Free certifies that our furniture does not contain toxic chemicals nor emit harmful VOCs, and that it meets the requirements for WELL Certified buildings - and other healthy building standards.



Many manufacturers apply toxic chemical flame retardants to make their upholstery foam fire resistant. Fire retardants pose a serious risk to our health and are actually banned in other European countries.

Our upholstered furniture is made with 100% natural materials which are inherently fire-retardant and meet fire regulations without the need for toxic chemical treatment.

- 1 Coconut Fibre
- 2 Organic British Lambswool
- 3 Natural Latex





Nourishment

Our furniture can contribute to
WELL Nourishment Feature NO8 Mindful Eating



NOURISHMENT

Our dietary patterns are influenced by a complex mixture of personal, cultural and environmental factors, including the buildings and communities where we spend the majority of our time and consume the majority of our meals.

The WELL Nourishment concept requires the availability of fruits and vegetables and nutritional transparency; and encourages the creation of food environments, where the healthiest choice is the easiest choice.

We supply furniture for communal dining with standard and bespoke designs for both small and large groups to encourage communal and mindful eating.





Light

Our furniture can contribute to
WELL Light Features L02 Visual Lighting Design, L04 Electric Light Glare
and LO7 Visual Balance



Lighting environments can help to improve mental health, reduce stress and improve visual acuity. The WELL Light concept aims to provide a lighting environment that reduces circadian phase disruption, improves sleep quality and positively impacts mood and productivity.

Humans and animals have internal clocks that synchronize physiological functions on a roughly 24-hour cycle called the circadian rhythm. The circadian rhythm is synchronized with the natural day-night cycle through different environmental cues, the main cue being light. Disruption or desynchronization of the circadian rhythm has been linked with obesity, diabetes, depression and metabolic disorders.



LIGHT

Given that people spend much of their waking day indoors, insufficient illumination or improper lighting design can lead to drifting of the circadian phase.

Selecting light timbers and finishes for furniture helps to reflect light and improve overall room brightness.

Our furniture is made from wood with low sheen finishes which minimises glare.

We supply furniture with integrated lighting to aid visual comfort and enable individual users to light their space to their personal preference.





Movement

Our furniture can contribute to
WELL Movement Features VO1 Active Building and Communities, VO2
Ergonomic Workstation Design and V07 Active Furnishings



MOVEMENT

Sedentary behaviour has been linked to numerous negative health outcomes. The WELL Movement concept promotes physical activity through environmental design, policies, and programmes to ensure that movement opportunities are integrated into our culture, buildings and communities.



The supply of ergonomic furniture encourages movement and activity.

Our collection includes sit-stand desks and meeting tables, as well as high huddle and collaboration tables, which encourage movement throughout the day and reduce sitting time.





Sound

Our furniture can contribute to
WELL Sound Feature S02 Sound Reducing Surfaces



SOUND

Replacing areas of hard surfaces with absorptive materials can reduce reflected sound energy and better facilitate acoustical privacy or, conversely, improve speech projection.

Our furniture is made from wood which absorbs and blocks sound, minimising reverberation and supporting concentration. In addition, our workstations are designed with fabric screens and dividers to further absorb sound and minimise distraction.





Materials

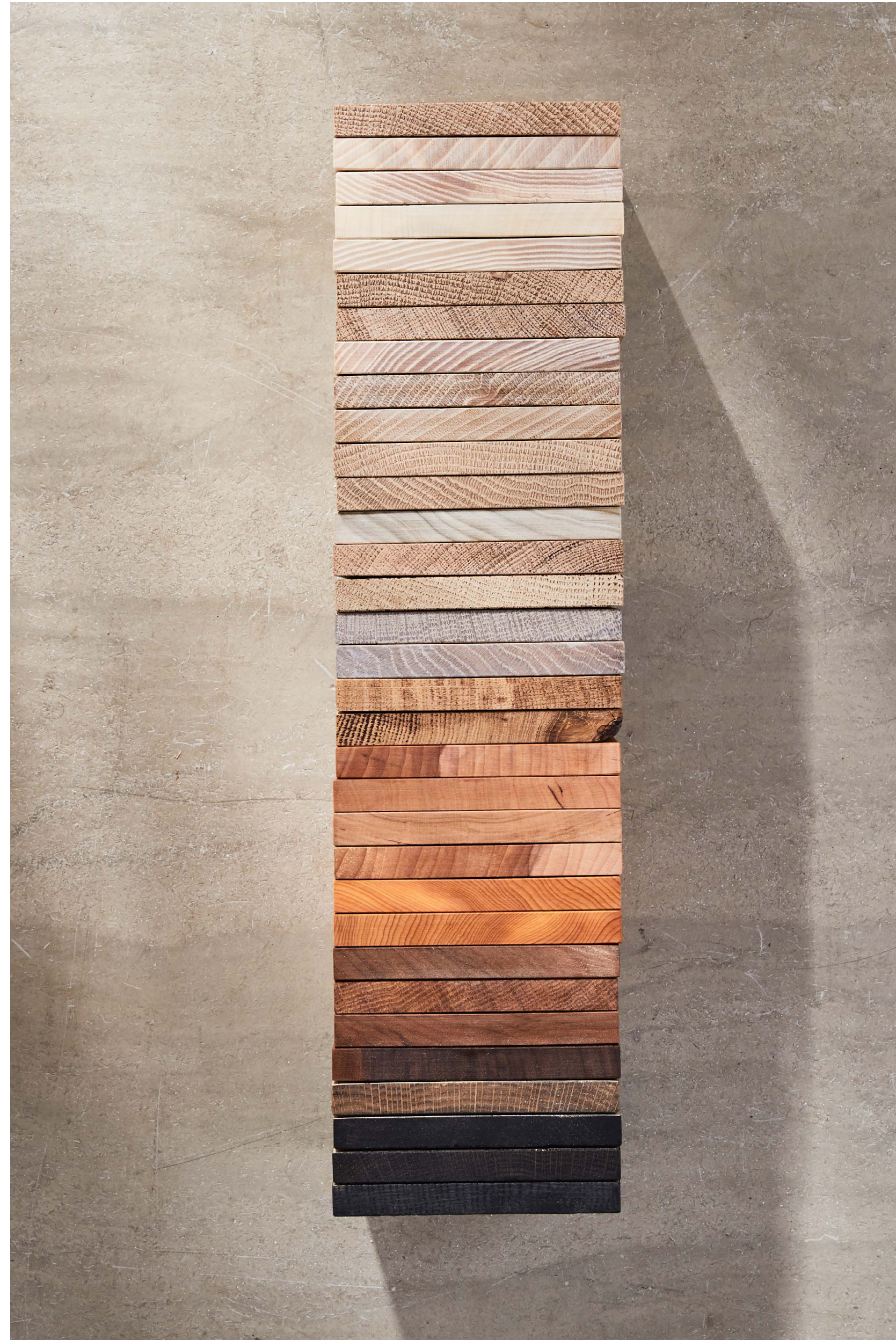
Our furniture can contribute to
WELL Material Features X05 Enhanced Material Restrictions,
X06 VOC Restrictions, X07 Material Transparency and X08 Materials



MATERIALS

The WELL Materials concept aims to reduce human exposure to chemicals that may impact health during the construction, remodeling, furnishing and operation of buildings.

The WELL Materials concept advances two strategies for selecting building materials and products. One is to increase literacy on materials by promoting ingredient disclosure, whereas the second is to promote the assessment and optimization of product composition in order to minimize impacts to human and environmental health.

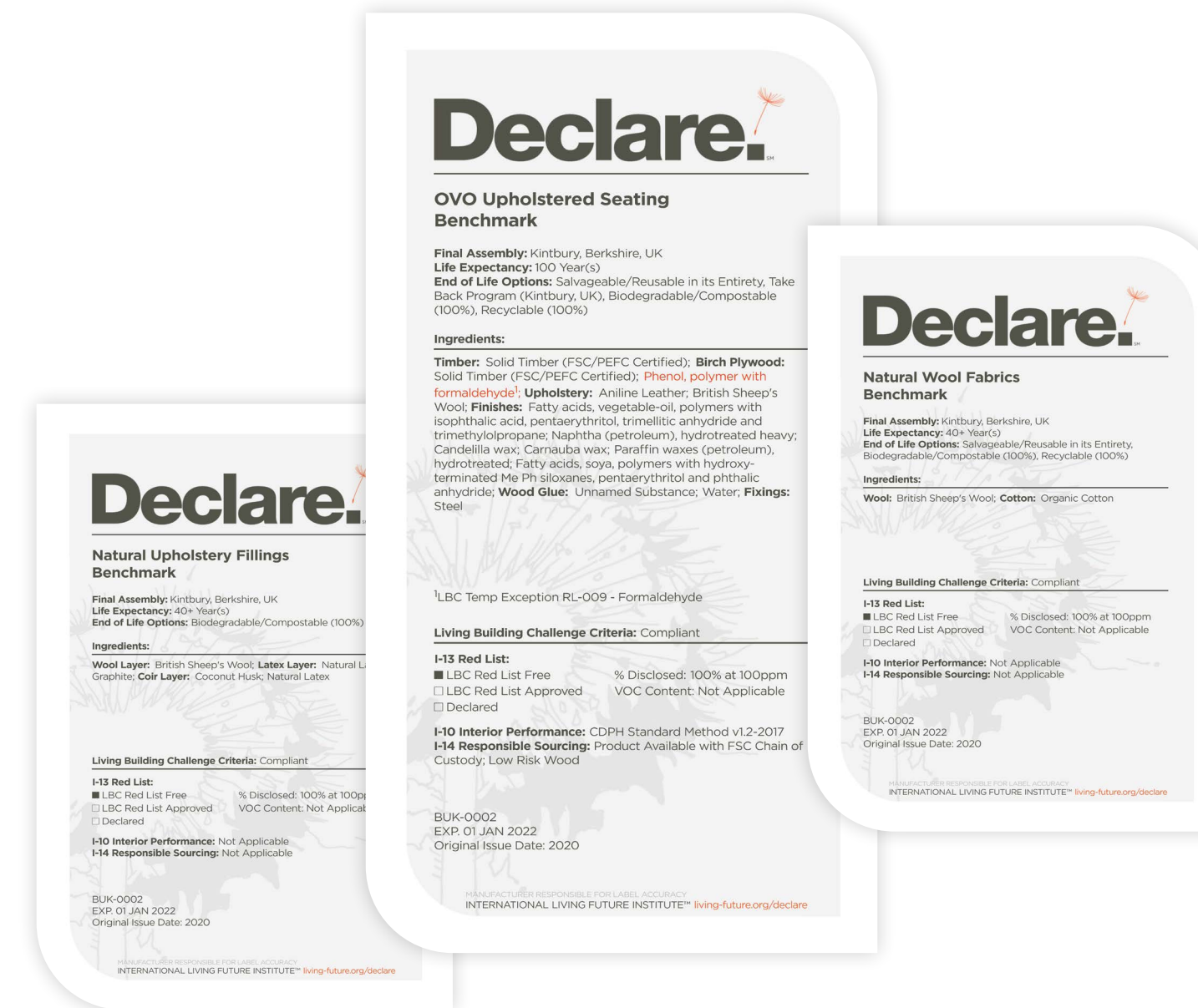


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We believe that full transparency should become the rule not the exception.



MATERIALS



Our Red List Free Declare labelling shows that our furniture does not contain any toxic chemicals or emit any harmful VOC's, thus mitigating exposure to potentially harmful substances.

Our upholstered furniture is made with 100% natural materials which are inherently fire-retardant and meet fire regulations without the need for toxic chemical treatment.



Mind

Our furniture can contribute to
WELL Mind Features M02 Nature and Place, MO6 Restorative Spaces and
MO9 Enhanced Access to Nature

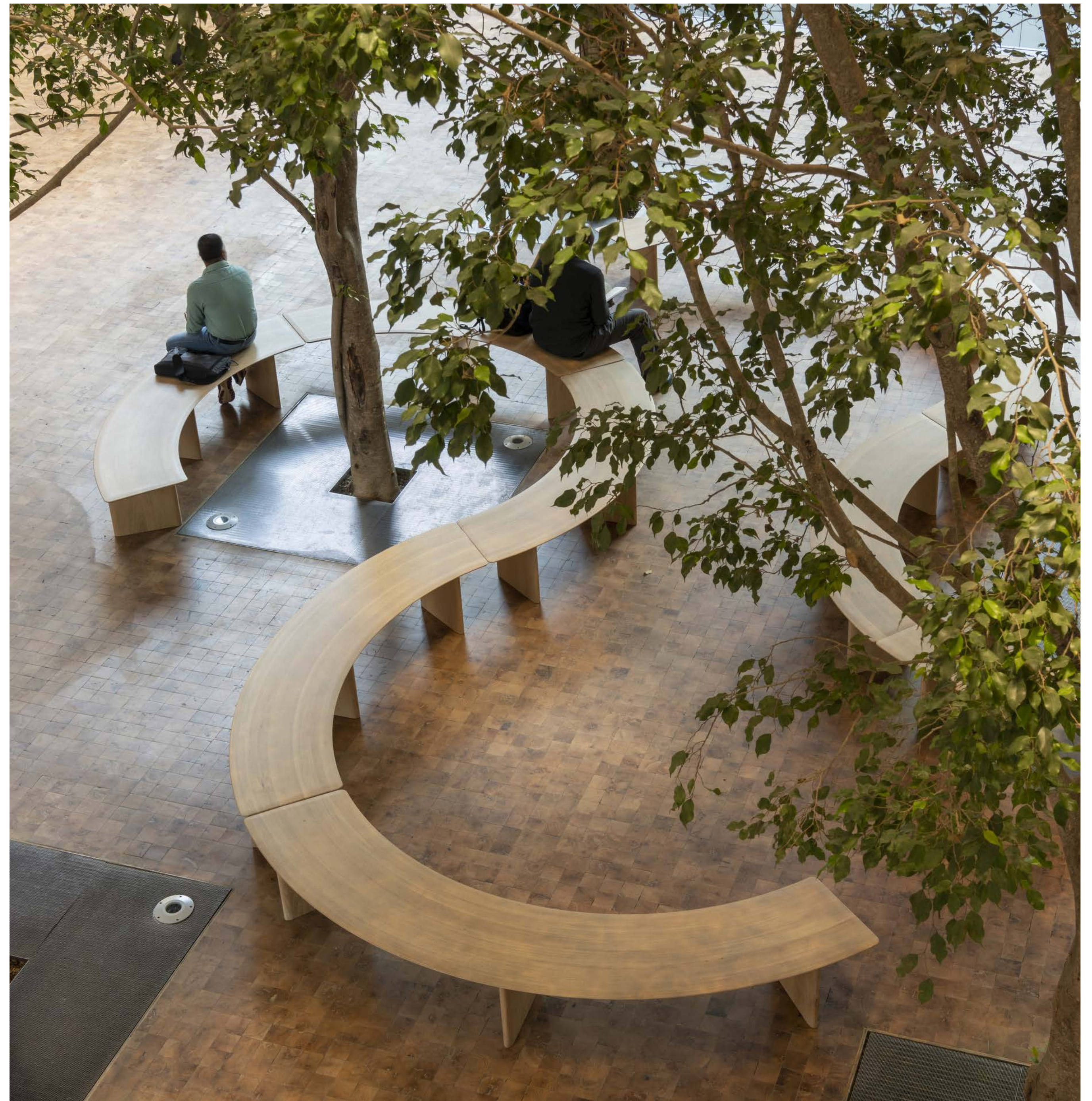


MIND

Mental health is a fundamental component of human health across all stages of life and is vital for the physical and social well-being of all individuals, communities and societies.

The WELL Mind concept promotes mental health through policy, program and design strategies that seek to address the diverse factors that influence cognitive and emotional well-being.

Improving opportunities for restoration through restorative spaces can have a marked impact on physical and mental well-being.





MIND

Increasing nature contact within built spaces has been linked with numerous health promoting benefits, including decreased levels of depression and anxiety, increased attentional capacity, better recovery from job stress and illness, increased pain tolerance and increased psychological well-being.



We have furniture designs that enable individuals to step away from the stress of the office environment enabling them to recharge and refocus.

Our furniture is made from natural materials, colours, textures and forms which provides a connection to nature. This helps to establish a sense of place and promote a restorative environment.

Our planters enable the integration of plants into the workspace – with designs for common spaces, workstations and shared seating areas.

WELL AP

Our team at Benchmark is made up of WELL Accredited Professional interior designers, a sustainable material purchasing team, knowledgeable furniture designers and highly skilled craftsmen.

As a WELL AP Team, we can advise on material choices and help you to design and develop spaces that advance human health and well-being to meet the WELL Standard from registration through to certification.





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Essentially, WELL is about you. By understanding how the environments that we encounter on a daily basis affect us - we can ensure our buildings and communities support our health and well-being.

Laerke Sutcliffe
WELL AP

BENCHMARK

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Sources: www.wellcertified.com



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