

Green Mark 2021



Health and Wellbeing

The Health and Wellbeing section looks at the design, construction, operation and retrofit of buildings that facilitate mental, physical, and social wellbeing of their occupants. On average we spend more than 90% of our time within buildings, which is why designing for health, and wellness is increasingly important.

The GM 2021 Health and Wellbeing section (Hw) has been co-created with the Ministry of Health Office for Healthcare Transformation (MOHT) and the Centre for Liveable Cities (CLC), allowing the translation of leading evidence-based health and physical environment research, to the development of robust health and wellbeing indicators for the built environment.

The section has been refined by a rigorous process involving experts in the field, inputs from agencies with key roles in administering environmental health, workplace and welfare standards and our Singapore Green Building Council.

Projects that are certified under the WELL Building Standard will receive recognition and some exemption under the Green Mark 2021 Hw section. Table HW 0.1 WELL Certification provides the details.



Helps projects meet targets under the following SDGs



HEALTH AND WELLBEING			
HW1 Physiological		Green Mark Points	
HW1.1 Ac	HW1.1 Active Movement Design		Existing
	ctive Mobility It must support and promote active mobility.		
(i)	(i) Safe Access In and Around the Project Site The project shall protect the visitors, users and occupants through design for safe access and movement to and around the site. Provision of safe and segregated access for pedestrians and cyclists with vehicular traffic with direct connections to cycle lanes and footpaths.		2 points (1 for (i) and 1 (ii))
(ii) <u>Bicycle Lots</u> Provision of secure and sheltered bicycle lots that are 50% more than the LTA/URA requirement, with associated shower, changing and locker facilities			
	URA-LTA Walking and Cycling Design guide		
(i)	Internal Staircases	Non-Residential:	Non-Residential:
(1)	Active interiors, with internal staircases that are highly visible, appealing, well ventilated and prominent allowing connections between multi- storey spaces or tenancies.	1 point (all floors) OR 0.5 point (at least 50% of the floors)	1 point (all floors) OR 0.5 point (at least 50% of the floors)
	The building must either provide the stairs or have the provision of a space for stairs to be installed in the future without significant demolition,		<u>Residential:</u> 1 Point 1 point (all floors) OR
For residential buildings the common staircases shall be designed to encourage their use through attractive wayfinding and design including stair finishes, use of colour and lighting and finishes.		OR 0.5 point (at least 10 floors, including basement(s) and ground floor)	0.5 point (at least 10 floors, including basement(s) and ground floor)
(ii)	Active Furnishing Provision of active furnishing to discourage sedentary behaviour (e.g. standing tables and height-adjustable desk), decentralised common areas, standing meeting rooms etc.	Non-Residential: 1 point (at least 90% of all workstations) OR 0.5 point (at least 50% of all workstations) <u>Residential:</u> Not applicable	Non-Residential: 1 point (at least 90% of all workstations) OR 0.5 point (at least 50% of all workstations) <u>Residential:</u> Not applicable

HW1.2 Ma	aterial Emissions		
Material Finishes to be SGBC 4 tick. OR Meet following emission levels stated in Table HW1.2.1: Materials include paints, floor coverings, wall coverings, ceiling coverings such as carpets, paints, adhesives, engineered timber (including laminates), for carpentry works and furniture where provided. See Table HW1.2.2 for details. * <i>includes lettable areas for non-residential developments and</i> <i>dwelling units for residential developments</i>		Non-Residential: 1 Point (≥60% of all areas*) OR 0.5 Point (≥80% common areas) <u>Residential:</u> 2 points (≥60% of all areas*) OR 0.5 Point (≥80% common areas)	1 point (≥80% common areas)
HW1.3 Ai	r Quality and Comfort		
Provide a means tha temperatu preference			
(i)	<u>Air-Conditioned Non-residential Buildings</u> : zonal temperature and air speed controls. The building can adjust temperature and air speed so that parts of the building can have a thermal variation within it. Control zones should not exceed 100m2	1 point	1 point
	Strategies include The use of hybrid cooling systems with elevated temperatures with provision of ceiling fans and/or individual desk fans. Where comfort can be controlled by the temperature of conditioned air and the windspeed variation 		
	 Spatial and zonal temperature monitoring with occupant feedback, controls to allow for adjustable air speeds and temperatures in discrete zones in open areas or by room 		
(ii)	Residential Buildings and Non-Residential Non-Air-Conditioned functional spaces a. <u>Thermal Comfort Simulation</u> -0.5 <pmv<0.5< td=""><td><u>Non-Residential:</u> 1 point</td><td><u>Non-Residential:</u> 1 point (based on measurements)</td></pmv<0.5<>	<u>Non-Residential:</u> 1 point	<u>Non-Residential:</u> 1 point (based on measurements)
	b. Effective Cross Ventilation	<u>Residential:</u> 3 points	<u>Residential:</u> N/A
	70% of habitable areas to meet the Area weighted average wind velocity of 0.6m/s c. <u>Prescriptive Performance</u> as table HW1.3		
occupancy	ensitive sports spaces, or industrial buildings with densities less than 50m2 per person, projects can ollowing requirements in leu of a) and b):		
	ir Change rate ≥ 10 ir Change Effectiveness ≥ 1.2		

HW1.3b O	utdoor Air Provision		
(i)	Enhanced Outdoor Air Provision	Non-Residential:	Non-Residential:
	Outdoor air provision greater than ventilation rates in SS553, with demand control and monitoring systems.		1 Point
	a. Outdoor air supply at 1.5 times minimum ventilation rate required in SS553	2 Points	2 Points
	 Outdoor air supply at 2 times minimum ventilation rate required in SS553 	2101113	21000
(ii)	Periodic (Post) Occupancy Evaluations	0.5 point	0.5 point
	At least once every 3 years		
(iii)	IAQ Surveillance Audit	0.5 point (once	0.5 point (once
	By an accredited laboratory once every 3 years	every 3 years) OR	every 3 years) OR
	or annually	1 point (annual)	1 point (annual
		<u>Residential:</u> N/A	<u>Residential:</u> N/A
		11/7	
HW1.3c Cl	lean Air	Non-Residential:	Non-Residential:
(i)	UVGI system for air disinfection	0.5 point	0.5 point
(ii)	Air filtration with permanent provision of ePM1 ≥75% (ISO 16890) [or alternatively at least MERV 14A (ASHRAE 52.2 Appendix J)] media filters	1 point	1 point
	OR		
	Permanent provision of adequate portable air cleaners with HEPA filters for non-air- conditioned functional spaces		
		0.5 point	0.5 point
(iii)	Provide Designated Smoking Points for smokers to use, to allow non-smokers to utilise outdoor spaces in a healthy manner.	Residential:	Residential:
NEA laws Under the <u>Smoking (Prohibition in Certain Places) Act</u> detail places where smoking is prohibited. Additional house rules or by-laws put in place by owners/managers of premises against smoking in their premises are permitted and allow for HW1.3c (iii) to be realised.		1 point for (iii)	1 point for (iii)
services/sm	os://www.nea.gov.sg/docs/default-source/our- oking-prohibition/9-dsa-guidelines_cleared.pdf for a location of designated smoking points and areas.		
	ysiological	5 Points total	

	HEALTH AND WELLBEING				
HW2 Psychological		Green Mark Points			
HW2.1 Access to Nature		New	Existing		
Indirect Placemer	nnection to plants, water, light or nature views; connection via natural materials, patterns, art; nt of natural elements along common circulation nared seating areas, workstations				
(i)	Provision of accessible planted sky terraces, courtyards, and roof top gardens.	1 Point	1 Point		
(ii)	Fixed indoor planting distributed at key common areas. >10% of common area (by floor Area) to have fixed indoor planting, and/or ponds.	0.5 point	1 point		
(iii)	Placement of natural elements, and use of mixed textures in key common areas such as atria, entrance lobbies, shared seating areas,	0.5 point	0.5 point		
(iv)	and key circulation routes. In the absence of indoor or accessible planting, to orientate and design common areas for direct visual access to greenery.	0.5 point	0.5 point		
	: World Health Organisation, Urban Green Spaces and review of evidence.				
HW2.2 C	ircadian Rhythm				
	lighting is aligned with circadian rhythm with day- e with access to views to the outside.	Non-Residential	Non-Residential		
(i)	Views to the outside				
	Functional spaces are within 8m distance from a window, without obstruction.	1 Point	1 Point		
(ii)	Quality of Artificial Lighting				
	Colour Rendering Index	0.5 Point	0.5 Point		
	Responsive Light Control				
(iii)	Circadian Lighting System	2 Points	2 Points		
	Provision of shifts in colour temperature to match the progression of the day:	(1 Point for task lighting, 2 Points for	(1 Point for task lighting, 2 Points for		
	Task Lighting	general lighting)	general lighting)		
	All Lighting	<u>Residential:</u> 2 Points for relevant common area lighting	<u>Residential:</u> 2 Points for relevant common area lighting		

HW2.3 Sc	bund		
HW2.3a Sound Zoning Design Approach			
Implement passive and/or active acoustic control measures to minimise exterior sourced noises by creating positive soundscapes through			
ai u: pe	rienting and locating noise-sensitive buildings nd spaces away from exterior sourced noises. sing less noise-sensitive spaces (e.g. MSCP, edestrian/cycling pathways) as buffers from xterior sourced noises,	0.5 point	0.5 point
	atural or engineered barrier (balconies, ilets/kitchen, dense landscaping)		
strategies, sensitive a	a under HW2.3a promotes design and implementation including aspects like orientation and location of noise- reas within the plots/parcels. Should pay attention to ontrol through site design.		
Refer to te	chnical guide for useful references		
HW2.3b I	nterior Acoustic Comfort		
	t acoustic control measures to minimise acoustic t internally.		
(i)	Impact Sound Insulation (residential buildings)	Residential:	Residential:
	Compliance with Table HW2.3.1 otherwise per BB93 or HTM08-01	(i) 1.5 points	 N/A
(ii)	Noise from External Noise Sources (e.g. Land Traffic)	(ii) 0.5 point	
	is to internal noise levels for closed façade condition .e. all normally operable windows and doors to outside osed)	Non-Residential:	Non-Residential:
	<u>Residential</u> Internal noise levels to comply with AS2107:2016	(ii) 0.5 point (iii) 0.5 point (iv) 1 point	(ii) 0.5 point (iii) 0.5 point (iv) 1 point
	<u>Non-residential</u> Internal noise levels to comply with SS553 Amendment 1 noise criteria, otherwise per AS2107:2016, BB93 or HTM08-01		
(iii)	Airborne Sound Transmission Reduction (non- residential buildings)		
	Compliance with Table HW2.3.2 otherwise per BB93 or HTM08-01		
(iv)	Reverberation Time (non-residential buildings)		
	Compliance with Reverberation Time criteria provided in Table HW 2.3.3 otherwise per AS2107:2016, BB93 or HTM08-01		
	esign and verification reports can be used to te full compliance. Refer to Table HW2.3.4		
HW2 Ps	sychological	5 Points total	

HEALTH AND WELLBEING				
HW3 Sociological		Green Mark Points		
HW3.1 Inclusive		New	Existing	
Certification through BCA Universal Design Mark UD Mark Gold UD Mark GoldPLUS 		1 Point (Gold) 2 Points (Gold ^{PLUS})	<u>Non-Residential:</u> 1 Point (Gold) 2 Points (Gold ^{PLUS}) <u>Residential:</u> N/A	
HW3.2 Co	mmunal Spaces			
HW 3.2a R	Restorative and community Spaces			
spaces cat that are su relaxing, o spaces esp	vironments should be designed with a range of tering for a broad spectrum of human activities itably adaptable for collaborating, resting and r community bonding. The provision of such pecially in a working environment help reduce vide places of focus and refuge for occupants Designated indoor and/or outdoor space for	<u>Non-Residential:</u> 2 points (1 point for (i) 1 point (ii)	<u>Non-Residential:</u> 2 points (1 point for (i) 1 point (ii)	
()	restorative practices (minimum 16m ² per space, and large enough for meditation/yoga or just quiet respite) which are accessible for all building occupants	<u>Residential:</u> 2 points for (ii)	<u>Residential:</u> 2 points for (ii)	
(ii)	Provision of community spaces and facilities, within the development, including physical exercise facilities, playgrounds, communal gardens / allotments/ sensory spaces,			
HW3.2b –	Outsourced Workers			
Provision of proper and reasonable rest areas for Outsourced workers (e.g. security officers, cleaners) to rest, recuperate, and eat. Refer to the 'Tripartite Advisory on Provision of Rest Areas for Outsourced Workers' (Dec 2019): (i) Locations that afford privacy and provides a		1 point	1 point	
(ii)	pleasant environment and Provision of amenities such as tables, chairs, water coolers, lockers.			
HW3.3 He	alth and Wellness programmes			
HW3.3a P Programn	hysical Activity and Mental Wellness nes	Non-Residential:	Non-Residential:	
Structured, regular fitness and mental wellness programmes for all staff, or occupants (at least 6 sessions a year) through engagement of external facilities and resources e.g. subsidised gym memberships, health assessments, personal training, fitness classes, mass workouts, talks and workshops, counselling.		N/A <u>Residential:</u> N/A	1 point <u>Residential:</u> N/A	

HW3.3b H	lealthy Eating & Drinking	Non-Residential:	Non-Residential:
Create a healthy food environment through provision of facilities, programmes and policies		(i) 0.5 point	(i) 0.5 point
(i)	Accessible drinking water points at convenient locations	(ii) 0.5 point (iii) 0.5 point	(ii) 0.5 point (iii) 0.5 point
(ii)	On site eateries with HPB's healthier dining programme	<u>Residential:</u>	<u>Residential:</u>
(iii)	Corporate policies on healthy eating including catering procurement policies	(i) 1 point	(i) 1 point
Convenient locations include (but not limited to) <u>Residential</u> – near playgrounds, recreational areas, sports courts and fitness areas. <u>Non-residential</u> – internally within common areas near WC's, changing rooms, and circulation nodes. Externally in accessible landscape areas, playgrounds and recreational spaces			
HW3 Sc	HW3 Sociological		

HW - INNOVATION		
	Green Mark Points	
	New	Existing
Where projects can demonstrate substantial performance to a specific health and wellbeing indicator, or outcome innovation points can be awarded on a case by case basis. Points shall be awarded based on the strength of evidence of benefits and potential impact.	2 Points	2 points
 Process: At Design / Pre-retrofit stage The project team is to submit a concise summary that articulates: The nature of the environmental benefit of their intervention Justify the impact of the intervention through detailed calculations and comparisons with industry norms Substantiate the calculations and comparisons with 		
evidence and data. At Verification (As Built/ In Operation): Details of the implemented intervention including measurements and monitoring of the environmental performance including lessons learnt if the intervention does not perform as expected.		



TABLE HW 0.1 WELL CERTIFICATION				
WELL Certification		WELL Core Certification		
WELL Rating	GM Hw Points	WELL Rating	GM Hw Points	
WELL Bronze	6	WELL Core Bronze	4	
WELL Silver	8	WELL Core Silver	6	
WELL Gold	12	WELL Core Gold	8	
WELL Platinum	15	WELL Core Platinum	10	

NOTES:

- Projects that have attained WELL certifications would be accredited the respective Green Mark points in the Health and Wellbeing section.
- Projects that have attained WELL Gold or WELL Platinum (core assessment) will also be awarded the Health and Wellbeing badge recognizing their exemplary performance.
- For projects that have attained lower WELL ratings, additional points can be attempted within the Health and Wellbeing section to achieve the Health and Wellbeing badge, that are not duplicated in the WELL Certification criteria.

TABLE HW1.2.1			
Material Emissions Requirements for non SGBC 4 tick labelled products			
For products, finishes and furnishings	 TVOC emission rate shall be ≤ 0.25 mg m⁻³ h⁻¹ after 24 hours Formaldehyde emission rate shall be ≤ 0.02 mg m⁻³ h⁻¹ after 48 hours 		
Paints, Varnishes, lacquers,	 VOC content for trim, stains and varnishes shall be ≤75gL⁻¹ VOC content for paints (water-based) shall be ≤ 25 gL-1 for matt, ≤ 30 gL-1 for low sheen, ≤ 75 gL-1 for semi-gloss 		

Limits for products are based upon ASTM D5116-90, "Standard Guide for Small-Scale Environmental Chambe Determinations of Organic Emissions from Indoor Materials/Products".

Test methods for paints and coatings shall comply with ISO 17895 or ISO 11890

Testing must be by an accredited laboratory.

TABLE HW1.2.2

Material Emissions Application			
Area	Description		
Flooring, wall and ceiling finishes	 Applicable internal finishes include: Adhesives and sealants used for the flooring, wall or ceilings (including tile grouts and sealants, carpet adhesives, wall covering adhesives.) Floor coverings such as carpets, laminates and vinyl's Wall coverings such as laminates, fabrics and wall papers Ceiling coverings such as ceiling boards Varnish, stains, lacquers, paints or other finishes 		
Furniture and carpentry	 Where provided: Desks Chairs Cabinetry including wardrobes, kitchen, pantry and bathroom cabinets. Cubicle partitions 		
Doors	Paints, Varnishes, lacquers, or other finishes		

TABLE HW1.3					
Natural Ventilation Pres	Natural Ventilation Prescriptive Performance				
Parameter	Description	Points			
Openings towards prevailing wind directions	0.1 point for every 10% of room openings facing the prevailing winds.	<u>For Non-Residential</u> <u>Buildings</u> 0.5 Point <u>For Residential</u> <u>Buildings</u> 1Point			
Non-Residential Buildings Depth of Room vs Openings	A. Single sided ventilation: the limiting depth(W) for effective ventilation is twice the floor-to-ceiling height (H) [W≤2H] <u>B. Cross Ventilation:</u> the limiting depth(W) for effective ventilation is five times the floor-to-ceiling height (H) [W≤5H] <u>C. Atria/ event space:</u> Atria to have an effective opening >10% floor area: Atria can be 1.5x the depth of room (A and B), or up to 2x depth where the use of fixed air movement technologies are	0.5 point where ≥50% of applicable spaces meet 1 point where ≥70% of applicable spaces meet.			
Residential Dwelling Unit Cross ventilation	employed (e.g. HVLS fans). Plan level analysis based on the number of living rooms, bedrooms, home office spaces that are designed with true cross ventilation.	0.5 point for ≥50% 1 point for ≥60% 2 points for ≥70% 3 points for ≥75%			

TABLE HW2.3.1 Impact Sound Transmission Reduction Requirements		
Floors between residential spaces such as bedrooms, living rooms and lounges.	≥50	
Floors separating enclosed and fully vertically adjacent wet areas (e.g., bath impact sound insulation requirements	prooms) are not subject to the	

TABLE HW2.3.2 Sound Transmission Reduction Requirements		
General Office Spaces	≥45	
Any spaces where confidential or critical speech is required examples include, Meeting Rooms, Conference Rooms, Classrooms	≥50-60	
Between Mechanical/ Equipment spaces and occupied spaces	≥55	
The above reduction requirements apply to partitions between rooms.		

For partitions with doors or significant glazing between rooms and corridors/general office areas the above criteria do not apply, however doors and glazing systems shall be specified as minimum STC 35 and the designer is to consider overall room-to-room sound level difference and flanking paths.

TABLE HW2.3.2 Reverberation Requirements			
Office	Open Plan Office Conference Meeting Room (small) Video/Audio Conference rooms	0.4 – minimised for noise control 0.6-0.8 <0.6 0.2-0.4	
Institutional, Community and civic spaces	Classrooms Conference Rooms Libraries Music Practice Rooms Assembly Halls (up to 250 seats) Sports Halls	0.3-0.7 0.6-0.7 <0.6 0.7-0.9 0.6-0.8 0.7-2	
Hotel	Meeting Room Banquet Room/Hall	0.6-0.8 <1.2 should be minimised for noise control	
Atria, commercial lobbies	Retail, office, institutional, or hotel atria or main lobby spaces	(reduce as far as practicable for noise control)	

AS/ NZS 2107 (2016) 'Acoustics – Recommended design sound levels and reverberation times for building interiors' Standards Australia

BS 8233 (2014) 'Guidance on sound insulation and noise reduction for buildings'; British Standards Institution

TABLE HW2.3.4

Acoustic Design and Verification report

Design Report:

Executive Summary - Summary of the key design recommendations for the project

Acoustic Considerations:

- (1) Impact of the project on the immediate noise environment, especially noise sensitive accommodation, including both the construction and operational stages of the building.
- (2) External noise sources and propagation affecting the development
- (3) Internal noise sources, acoustical design and criteria used within the building
- (4) Internal layout planning, finishes selection and acoustical performance of the building
- (5) Site massing, landscaping and facades design to mitigate the adverse impacts of external noise

Facade Noise Ingress Control Criteria:

- (1) Noise survey methodology and standards
- (2) Results
- (3) Recommendations for façade treatment & spatial arrangement of interior spaces

Internal Acoustic Design Criteria:

- (1) Sound transmission reduction targets, calculated using recognised design guidelines, field or laboratory test results by certified/ accredited agency
- (2) Reverberation time targets demonstrated by detailed design calculations or acoustic modelling
- (3) Sound reinforcement systems and/or public address system (where applicable)

Internal Acoustic Design Proposals

- (1) Proposals for sound absorptive finishes and supporting calculations for typical areas
- (2) Proposals for sound insulation with supporting calculations or field or laboratory test results by certified/accredited agency for typical areas.

Acoustic Verification:

Environmental Noise & Survey (As-Built):

- (1) Methodology and testing standards
- (2) External impact of development on the surroundings

Façade Noise Ingress Control (As-Built)

Façade ingress noise measurement for internal areas

Internal Acoustics (As-Built):

- (1) Sound Insulation measurements
- (2) Reverberation times measurements
- (3) Commissioning and handover of noise masking or sound reinforcement systems (*where applicable*)

Useful references:

AS/ NZS 2107 (2016) 'Acoustics – Recommended design sound levels and reverberation times for building interiors' Standards Australia

BS 8233 (2014) 'Guidance on sound insulation and noise reduction for buildings'; British Standards Institution

ISO 16283-1 (2014) 'Acoustics - Field measurement of sound insulation in buildings and of building elements --Part 1: Airborne sound insulation'; International Standards Organisation

ISO 3382 Acoustics - Measurement of room acoustic parameters

Co-created by:



FOR HEALTHCARE TRANSFORMATION **CENTRE** for **LiveableCities** SINGAPORE

In collaboration with:

MOH



Expert Panel

Dr Lam Khee Poh Dr Renee Christensen Dr Jason Yap

Dr Josip Car Dr Falk Mueller-Riemenschneider