

March 9, 2022

ENERGY & COMFORT @ WSU

WSU Tenant Engagement Program Newsletter for French Administration, Lighty Student Services, and Smith Center for Undergraduate Education building occupants.

LET'S SPRING INTO THE NEW SEASON!

Our days are getting longer, and the sun is as bright as ever! In celebration of **Solar Appreciation Day**, on March 11th, we suggest you take advantage of the natural daylight by raising your blinds and shutting off your artificial lights. By welcoming sunlight deep into the workplace, you and your coworkers can experience a number of benefits such as, **an opportunity to absorb Vitamin D**, a critical nutrient that prevents bone loss, reduces the risk of heart disease, weight gain, and various cancers; **warding off seasonal depression**—as we all come out of winter hibernation, basking in natural light is proven to improve mood and to fight the ‘winter blues’; **improving sleep**, a study of office workers proved that natural light during the day led to experiencing better sleep at night, and; **artificial light can distort the body's natural cycles** leading to long term consequences.



ENERGY
EFFICIENCY



COMMUNITY
BUILDING



COMFORT &
WELL-BEING

Aside from the increased sunshine, the change in seasons also brings about a change in temperature and humidity. The spring Equinox marks the beginning of April showers in preparation for May flowers! This means, however, that our clothing and other aspects of indoor and outdoor life, will begin to change. Make sure to store the space heater away and dress appropriately in light of the changing weather, rather than using excess energy.

“Humans spend more than 90% of the time indoors”

DO YOU WANT A FREE SMART POWER STRIP?

We are looking for WSU employees to participate in this study who have varying computer setups, schedules, and equipment needs at their workstations. The procedure includes measuring active energy use from the electronics used at your desk and installing a timed smart power strip. Once set up, the device will stay at the workstation indefinitely, but no further participation is necessary. If you're interested, email shelby.ruiz@wsu.edu.

‘Smart’ power strips, wall meters, or controlled power surge protectors are technologies that can display, manage, and control electronic devices that draw plug loads/electricity from a building's electrical system.

WHEN DID YOU LAST TAKE A BREATH OF FRESH FOREST AIR?

We ask that, in celebration of *National Forests Day* on March 21st, you take a minute to recall the crisp air of a forest and to ask yourself, “why doesn’t my workplace smell like this?” Is the air we breathe safe? EPA studies reveal that levels of indoor air pollutants may be 2 to 10 times higher than outdoor levels. Poor indoor air quality, or IAQ, can lead to headaches, fatigue, eye irritation and a range of more serious effects in extreme cases. Sick Building Syndrome (SBS) is associated with indoor air pollution and is used to describe situations in which building occupants experience acute health and/or comfort effects that appear to be linked to the time spent in a particular building. The impact can be seen over a period of time but the cause is unknown.

WHAT CAN YOU DO ABOUT IT?

Report: If you begin to suspect the IAQ of your workplace is poor, communicate with your coworkers and supervisors to discover the source of the problem

Identify: Work with others to locate the source and to assess the severity of the pollutant.

Eliminate: .. Remove the source of pollution! The most effective method to ensure a healthy indoor environment is to remove any and all things that compromises your health.

Separate: If it can’t be removed, control the source. You can isolate, by moving it into another room, or you can seal or enclose it by tucking it away.

Ventilate: The last method is to dilute the pollutant by increasing air movement around the source. By opening a window, you can let outdoor air in, and the pollution will still be present, but less potent.

Report: Communicate once again with your coworkers to ensure the pollution is mitigated and that everyone feels comfortable.

WHAT’S COMING UP?

SOLAR APPRECIATION DAY!

(March 11th, 2022)

Celebrate the day by turning off your electric lights when not in use to take advantage of the natural light. Open your blinds and let the sun illuminate your workspace.

DAYLIGHT SAVINGS!

(March 13th, 2022)

Set clocks forward an hour! For those with smart power strips: reprogram the timer by holding ‘clock’ and pressing the ‘hour’ button. If you have questions, Email shelby.ruiz@wsu.edu!

SPRING EQUINOX!

(March 20th, 2022)

Celebrate the change of the seasons by storing away your space heater and changing your outfit to suit the warmer indoor and outdoor temperatures.

NATIONAL DAY OF FORESTS!

(March 21st, 2022)

Take a minute to assess your indoor air quality! Take a deep breath and ask yourself if your air seems fresh. If not, take the steps to ensure your own safety and well-being.

NATIONAL PLANTING DAY!

(March 21st, 2022)

A key part of the changing seasons is the new growth of our shared world! Celebrate National Planting Day by planting flowers throughout your daily routine!

WORLD WATER DAY!

(March 22nd, 2022)

Are you staying hydrated? Be cognizant of your water usage, but continue to drink water throughout the day, especially as our dry weather begins to warm up!