



ENERGY & COMFORT @ WSU

March 12th, 2024

WSU Tenant Engagement Program Newsletter
French Administration, Lighty Student Services,
Smith Center for Undergraduate Education,
Johnson Tower, Carpenter Hall, Bustad Hall, Todd
Hall, and Todd Addition building occupants.

SPRING INTO THE NEW SEASON

Spring is right around the corner and yet our weather remains chilly! Despite this, don't forget **there are almost always ways to manage your personal comfort** and well-being: a good starting point is **you**.

- **What are you up to?** Your MET level, or metabolic rate, plays a direct role in your thermal comfort; the MET associated with sitting at your desk is different from walking around. Consider taking a break and walking around to raise your MET and reestablish a comfortable temperature.
- **Another contributor to your thermal comfort are the clothes you're wearing**, AKA your 'CLO.' A T-shirt and shorts is a different CLO level than a three piece business suit. Adding a sweater to your work ensemble is a good strategy to boost your comfort.
- **When did you eat last?** In many ways, our food can play a role in the temperature of our body; it is critical to creating energy for many of our daily tasks, including to stay warm. In addition to eating at regular intervals, eating warm food or drinking warm drinks can help to regulate our bodies' temperature.

In addition to controlling ourselves, there are also strategies to change our local environment: **what is the cause of your discomfort?** Identifying where the discomfort comes from is the first step to altering it.

- **Consider adding a personal heating device.** While some solutions consume more energy than others, **your comfort and productivity are the first priority.** Heated blankets, electric heating mats, radiant heating panels, small but high efficiency space heaters for your feet or fingers are all effective strategies for feeling warmer.
- Look around you: **is there a door or window open?** In addition to the heat gained or lost through an unintentional opening, an added breeze can significantly impact the temperature of a small space.
- Depending on your workstation design, **a neighbor's efforts to ensure their comfort could be having a negative effect on your own.** Consider looking to see if someone's fan or heater is impacting you as well.

DAYLIGHT SAVINGS

On Sunday, March 10th at 2:00 AM, daylight savings set in and our clocks went ahead 1 hour. This means all SPS devices will need to reflect this change by tapping 'HOUR' and 'MINUTE' simultaneously.

FRENCH/LIGHTY FUN!

If you are in the French Admin or Lighty Student Services buildings, make sure to come to the atrium the afternoon of Wednesday, March 20, for trivia **to win awesome and useful prizes!**

TODD HALL TRIVIA

Staff and faculty of Todd or Todd Addition, be sure to be on the lookout as we come around on Wednesday, April 10th from 1-3pm to ask you energy trivia questions and pass out prizes!

"HUMANS SPEND OVER 90% OF THEIR TIME INDOORS"

U.S. Environmental Protection Agency, Indoor Air Quality Report.

Spending the majority of our time in inside can have adverse effects on our health and well-being. This is because the majority of indoor environments have poor air quality; In some cases they contain a concentration of **2-5 times more pollutants** than outdoor environments. Long-term exposure to these pollutants can increase one's risk of depression, fatigue, headaches, heart issues, and some forms of cancer. Although we cannot simply move outdoors, there are steps we can take to mitigate these risks. Avoid the use of any chemical cleaners, paints, and other products that may release pollutants into the air, regularly open your windows to allow for natural ventilation, and take time to step outside and explore nature!

DAYLIGHT SAVINGS REMINDER: March 10th

When the time comes to do so, adjust your Smart Power Strip to daylight savings time, please follow these instructions:

To accommodate daylight saving time, this Smart Power Strip (SPS) has a built-in function to move forward an hour without compromising the programming of the timer.

Press the **'HOUR'** and **'MIN'** buttons **simultaneously** to activate or deactivate this function. Note: a small symbol "+1h" will appear on the far right of the LCD screen when this function is active.

If there are any questions or concerns with activating this function, email Jacob Roibal at Jacob.Roibal@wsu.edu



STILL MORE SMART POWER STRIPS TO INSTALL IN THE COMING ACADEMIC YEAR:

As we move through this most recent milestone we look forward to doubling our quota and expanding our study! This means that **we need a Smart Power Strip in every office of every department of French Administration, Lighty Student Services, the Smith CUE, Todd Hall (and Addition) and Johnson Tower!** We are also pushing to install strips in kitchenettes and other shared workspaces with shared electronic devices. If you already have a strip installed, spread the word! Otherwise, **reach out to our web page at <https://idcl.wsu.edu/wsu-tenant-engagement/idcl-smart-strip-study/> to learn more** about our study and to participate in making campus more efficient. With the support of the staff and faculty in our target buildings, we have installed over 400 strips so far!