Free Questions for WELL-AP by certscare

Shared by Walls on 17-04-2024

For More Free Questions and Preparation Resources

Check the Links on Last Page

Question 1

Question Type: MultipleChoice

A client would like to gather thermal comfort data at her office building. According to Feature T06: Thermal Comfort Monitoring, Part 1: Monitor Thermal Environment, which of the following strategies should the WELL AP recommend?

Options:

A- Provide individual control over thermostats

B- Install CO2 sensors in regularly occupied areas

C- Monitor dry-bulb temperature and relative humidity

D- Record mean radiant temperature and air movement

Answer:

C

Explanation:

Feature T06: Thermal Comfort Monitoring, Part 1: Monitor Thermal Environment in the WELL Building Standard focuses on the importance of continuously monitoring key parameters that contribute to thermal comfort in built environments. This feature specifically emphasizes the need to understand and control the thermal conditions that affect occupant comfort and well-being.

Dry-bulb temperature is the measure of air temperature without taking evaporation into consideration. It is one of the most direct indicators of thermal comfort as it affects how warm or cool an indoor environment feels to its occupants.

Relative humidity refers to the amount of moisture in the air compared to what the air can 'hold' at that temperature. The level of humidity has a significant impact on how temperatures are perceived by occupants. High humidity can make environments feel stuffier and warmer than the actual air temperature would suggest, while low humidity can make the air feel cooler and dryer.

Question 2

Question Type: **MultipleChoice**

An office building has installed water dispensers. At a minimum, how often should the mouth pieces, protective guards, and collective basins be cleaned?

Options:

A- Daily

B- Weekly

C- Twice daily

D- Twice weekly

Answer:

A

Question 3

Question Type: MultipleChoice

An Environment, Health and Safety (EHS) manager finds that the air quality at an indoor construction site is degrading because the contractors are demolishing wooden boards. Which step should the manager take first to address this problem?

Options:

A- Clean and seal all the ducts

B- Use walk-off mats at entryways

C- Use saws with dust guards or collectors

D- Install media filters with a PM10 removal rating

Answer:

C

Explanation:

The most direct way to minimize the generation of dust at the source is to equip the demolition tools (saws) with dust collection mechanisms. This prevents the dust from becoming airborne and spreading throughout the site.

WELL v2 Air Concept:Emphasizes strategies to minimize the sources of indoor air pollution and control those that are present.

WELL v2 Feature 01: Air Quality- Part 3: Construction Pollution Management - Requires that the spread of construction-generated pollutants is controlled by using techniques like source removal.

Question 4

Question Type: **MultipleChoice**

Exposure to which of the following contributes to circadian photoentrainment, resulting in a "phase advance" shift of the circadian phase?

Options:

A- Late morning sunlight

B- Early morning sunlight

C- Early evening computer monitor illumination

D- Late afternoon computer monitor illumination

Answer:

B

Explanation:

Understanding Circadian Photoentrainment:This refers to how light exposure adjusts our biological clock, influencing our sleep-wake cycle.

Phase Advance:A phase advance means your internal clock shifts to anearliersleep and wake time.

Light Timing Matters:Early morning sunlight exposure is the strongest trigger for a phase advance. The light signals to your body that it's time to start the day.

Question 5

Question Type: MultipleChoice

A project team is working to certify an existing space and is preparing for a stakeholder charrette. What should the WELL AP remind the facilitator to do early in the planning process to comply with Feature C02: Integrative Design?

Options:

A- Pretest air and water quality

B- Assess current daylight levels

C- Establish health and well-being goals

D- Provide a WELL guided tour of the project

Answer:

C

Explanation:

Core of Feature C02:This feature centers on establishing a collaborative process to define the project's health-focused goals at the very beginning. The stakeholder charrette is the primary mechanism to accomplish this.

Foundation for Success:Clear health and well-being goals guide all subsequent design decisions and ensure the project remains focused on achieving optimal outcomes for occupants.

Charrette Purpose:Without establishing these goals upfront, the charrette lacks a central purpose and direction, making the stakeholder input less effective.

Question 6

Question Type: MultipleChoice

A client has received feedback from employees that a library space, labelled as an enclosed quiet zone, is noisy and disruptive. Which strategy should the WELL AP recommend that could contribute to earning a WELL feature?

Options:

A- Install and commission a sound masking system in the library space

B- Provide a resilient underlayment to increase Impact Insulation Class of the floor

C- Temporarily provide all employees who reserve spaces in the library with noise cancelling headphones

D- Create and display a policy that requires all users of the library to remain completely silent while using the library space

Answer:

A

Explanation:

Addressing the Problem:A sound masking system introduces a specifically tailored ambient background sound to help minimize the disruptive impact of noises and speech, directly addressing the feedback about the library being noisy.

Feature 84: Sound Reduction:This feature emphasizes the design of spaces to reduce unwanted noise. Sound masking is a recognized strategy in achieving this goal.

Quiet Zone Alignment:The intent of an 'enclosed quiet zone' is to provide a space for focus free from distractions. Sound masking will directly support this function for the library.

Question 7

Question Type: MultipleChoice

At a local university, lecturers teaching in an auditorium receive feedback that students experience an echo during class.

The following is some basic information about the auditorium:

. There are a total of 200 fully upholstered seats (10 rows of 20 seats each)

. A fabric covered ceiling is installed, suspended 5 ft. (1.52 m) from the concrete slab above

. 50% of the floor is carpeted, with the other 50% bare concrete finish

. The walls are left as bare concrete

Which of the following design interventions would be most likely to reduce reverberation times in the auditorium?

Options:

A- Remove the first row of seats

B- Add a sound masking system

C- Remove carpet to expose the slab floor

D- Provide a fabric covering over the existing concrete walls

Answer:

D

Explanation:

Among the choices listed, providing a fabric covering over the existing concrete walls would be the most effective design intervention to reduce reverberation times within the auditorium. Here's the breakdown:

The Problem:The feedback about echoes indicates that sound waves are persisting for too long within the space, creating overlapping sound reflections that interfere with clarity and comprehension.

Reverberation and Sound Absorption:Reverberation time is directly influenced by how much sound is absorbed or reflected by surfaces within a space. Hard, reflective materials like concrete prolong reverberation times.

Why Fabric Walls Are Most Effective:Adding fabric wall coverings introduces a significant amount of sound-absorbing material directly where it's most needed. This will drastically reduce sound reflections and shorten reverberation times, helping mitigate the echo problem.

Question 8

Question Type: **MultipleChoice**

A project's interior designer is designing a room that will act as a restorative space for future employees to break from work and relax. The space will be at least 75 ft2 (7 m2) plus 1 ft2 (0.1 m2) per regular occupant. It will also include features like dimmable lighting, sound masking and calming colors. What additional element(s) should the interior designer incorporate to contribute towards meeting the requirements of the respective WELL optimization?

Options:

A- A mindfulness training course by a qualified instructor

B- A room-booking system for staff to reserve time to use the room

C- Activity accessories, such as yoga mats, weights or exercise balls

D- Signage or education materials explaining the intended use of the space

Answer:

D

Explanation:

While other options could be beneficial, signage or educational materials directly support the core requirement of a restorative space by clearly communicating its purpose to users. This encourages the right mindset for relaxation and restoration.

* M07: Restorative Spaces (Part 1: Designated Space) This part of the feature outlines the need for clear purpose and communication of restorative areas. https://v2.wellcertified.com/wellv2/en/mind/feature/7

Question 9

Question Type: MultipleChoice

Which of the following describes the effects of insufficient illumination during the day and light exposure during the early night?

Options:

A- Phase delays are increased

B- Phase advances are increased

C- Depression symptoms are reduced

D- Day-to-day rhythms are synchronized

Answer:

B

Explanation:

Insufficient light during the day and excessive light exposure in the early night can lead to phase advances of the circadian rhythm. This means your body's internal clock shifts to an earlier schedule.expand_more

* WELL v2 Feature L03 Circadian Lighting Design (https://v2.wellcertified.com/wellv2/en/light/feature/3): This feature explains the impact of light on the circadian rhythm.

* General knowledge of circadian rhythms: Scientific research supports that insufficient light in the morning and too much light at night can shift a person's circadian rhythm forward (phase advance).

Question 10

Question Type: **MultipleChoice**

Please click on the Project Scenario B button to review the project scenario and answer the following question.

BAY TOWERS BY BAYLEAF - SEATTLE, UNITED STATES - PROJECT SCENARIO B. Bay Towers by Bayleaf is a 20-floor commercial building overlooking Elliot Bay in Seattle, United States.

The building enjoys abundant natural light through floor to ceiling windows which take in Elliot Bay city views. Although located behind a major highway (four-lanes of traffic), there is a pedestrian bridge which connects their ground floor reception to the riverfront park on the other side of the highway.

The building is owned and operated by Bayleaf Inc., a real-estate organization. The building is leased at a 70% occupancy rate by a range of tenants, including those in finance, technology and healthcare. The total expected occupancy of the building is 1,000 people.

Bay Towers is mechanically ventilated and currently has MERV 11 filters. As the building owner, Bayleaf provides HVAC fit-out for tenant spaces, but tenants complete the interior walls and supply the finishes and furniture themselves. While no food is provided by Bayleaf, some individual tenants do have pantries where they provide their own snacks and beverages for their own employees.

Bayleaf manages the building and operates the ground floor which includes the reception, building management office, meeting rooms, as well as the elevator banks on each floor and the rooftop. Meeting rooms are common amenities that are able to be booked by the

tenants. Bayleaf has two employees that work at desks onsite, a receptionist at the front desk and a property manager in the building management office. PROJECT SCOPE & GOALS

Bayleaf has enrolled Bay Towers for WELL Core Certification to attract and retain high-quality tenants and address growing tenant demand for well-being facilities.

As part of the WELL Core Certification scope, Bayleaf intends to renovate their ground floor and are open to leveraging some of this space to include health and well-being programming.

The scope of renovation will also include upgrades to the base building, such as staircases, end-of-trip facilities and the air filtration system. The rooftop will also be converted into a public green space for tenants to use for recreation. Tables, chairs and barbeque facilities will be added, as well as several gardens, including edible plots and lawn areas.

Bayleaf is hoping their WELL Core Certification will provide some initial feature compliance for tenants wishing to also pursue WELL Certification for their spaces.

How many workstations need to be height-adjustable to satisfy the requirements of the preconditions?

Options:

A- Zero

B- One

C- Two

D- 90

Answer:

C

Explanation:

Focus on WELL Core:The question is specifically about WELL Core preconditions, which apply to the building owner/operator (Bayleaf), not individual tenants.

WELL v2 Precondition - V02 Part 1 (Ergonomic Workstation Design):Requires adjustable-height workstations for at least 25% of all workstations.

Calculation:Bayleaf manages the building and has 2 employees with desks - a receptionist and a property manager. 25% of 2 workstations is 0.5. Rounding up per WELL guidelines, at least 1 workstation should be height-adjustable. Since two people work within Bayleaf itself, both of their workstations need to be height-adjustable to meet the requirement.

WELL v2, Movement (V02: Ergonomic Workstation Design):Outlines the requirement for adjustable workstations for WELL preconditions.

Question 11

Question Type: MultipleChoice

Which of the following room adjacencies is most likely to require additional sound mitigating transmission measures if reprogramming is not possible?

Options:

A- Kitchens and nap rooms

B- Classrooms and stairways

C- Breakout spaces and hallways

D- Restorative spaces and lactation rooms

Answer:

A

Explanation:

The adjacency of kitchens and nap rooms is particularly challenging due to the contrasting activities that occur in these spaces. Kitchens are areas of high activity, often generating significant noise from cooking and social interactions, while nap rooms require a quiet environment to facilitate rest and relaxation. Without the possibility of reprogramming these spaces to different locations, additional sound mitigation measures become essential to prevent noise transmission from the kitchen to the nap room. This scenario underscores the importance of thoughtful spatial planning and acoustic design in aligning with the WELL Building Standard's objective of creating environments that cater to the diverse needs of occupants, ensuring that spaces designated for rest and relaxation are adequately protected from disruptive noise.

Question 12

Question Type: MultipleChoice

For an office project lo earn one point in Feature L03 Orcadian Lighting Design what level of equivalent melanopic lux (EMI) needs to be achieved at workstations in regularly occupied spaces and which piano should the light be achieved on?

Options:

A- At least 100 EML; measured on the vertical plane

B- At least 150 EML; measured on the vertical vertical

C- At least 100 EML; measured on the horizontal plane

D- At least 150 EML; measured on the horizontal plane

Answer:

D

Explanation:

For an office project to earn a point in Feature L03: Circadian Lighting Design, achieving a level of at least 150 equivalent melanopic lux (EML) at workstations in regularly occupied spaces is essential, with measurements taken on the horizontal plane where tasks are performed. This requirement is based on the understanding that adequate exposure to light that mimics the natural daylight cycle can significantly impact circadian rhythms, thereby enhancing alertness, mood, and overall well-being during the day. Ensuring that the lighting design meets this threshold supports the WELL Building Standard's goal of creating environments that promote health and wellness through thoughtful design interventions, including lighting that supports the body's natural circadian rhythms.