



WELL AP WELL-AP Practice Questions

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Question 1

Question Type: MultipleChoice

The guiding principle for promoting optimal circadian entrainment and sleep is

Options:

- A- sunlit days
- B- dim light at night
- C- continuous intense light
- D- periods of light and darkness

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Answer:

D

Explanation:

To maintain optimal, properly synchronized circadian rhythms, the body requires periods of both light and darkness. Light exposure stimulates the circadian system, which regulates physiological rhythms throughout the body's tissues and organs, such as hormone levels and the sleep-wake cycle. Disruption or desynchronization of the circadian rhythm has been linked with obesity, diabetes, depression and metabolic disorders.

Standard | WELL V2, Light Concept, Background

Circadian lighting design | WELL Feature Library - v2, Feature 54, Part 1

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Question 2

Question Type: MultipleChoice

As a part of a new initiative of a hospital, the program leader is targeting Feature C11: Civic Engagement. Which of the following policies should be implemented to support this endeavor?

Options:

- A- Coordinate a volunteer opportunity once a year

- B- Provide eight hours of paid time for community involvement annually
- C- Contribute annually to a registered charity program to match employee donations
- D- Plan a pre-paid workshop event to educate the community on health and well-being

Answer:

B

Explanation:

Targeting Feature C11: Civic Engagement within the WELL Building Standard emphasizes the importance of community involvement and social engagement as part of enhancing overall well-being. Providing eight hours of paid time for community involvement annually is a direct method to encourage and facilitate employees' participation in civic activities, fostering a sense of community and personal fulfillment. This policy not only supports employees in contributing to societal well-being but also aligns with the WELL Standard's holistic approach to health, encompassing social and community health as integral components of individual well-being.

Question 3

Question Type: MultipleChoice

A building operations staff and a WELL AP are developing a cleaning plan for a new office building. What is the best strategy to minimize environmental damage from the cleaning process?

Options:

- A- Increase the building's ventilation rate
- B- Use HEPA rated filters on vacuum cleaners
- C- Provide regular training to relevant personnel
- D- Using products labeled as low-hazard or safer by a qualified third party

Answer:

D

Explanation:

According to Feature A09: Cleaning Products, part 1 of the WELL Core requirements, the project team must use cleaning products that are certified as low-hazard or safer by a qualified

third party, such as Green Seal, UL ECOLOGO, or EPA Safer Choice¹. This helps reduce the exposure of building occupants and cleaning staff to harmful chemicals and volatile organic compounds (VOCs) that can adversely affect indoor air quality and environmental health².

Question 4

Question Type: MultipleChoice

A WELL AP analyzes the water quality results from on-site monitoring and laboratory-based tests to inform decision-making Which parameters are covered under Feature W02 Drinking Water Quality?

Options:

- A- Arsenic, nickel, total chlorine and nitrite
- B- Toluene, lead copper and formaldehyde
- C- Legionella, turbidity, conforms and nickel
- D- Dry-bulb temperature, nickel total chlorine and nitrite

Answer:

A

Explanation:

Feature W02: Drinking Water Quality in the WELL Building Standard focuses on ensuring the safety and quality of drinking water through regular testing for specific contaminants. The inclusion of arsenic, nickel, total chlorine, and nitrite as parameters for testing under this feature is based on their potential health impacts and the importance of maintaining them within safe limits. Arsenic and nickel are heavy metals that can be toxic at high concentrations, while total chlorine and nitrites are chemical parameters that can indicate water treatment effectiveness and potential contamination. Monitoring these parameters helps ensure that the water meets safety standards, protecting the health of building occupants. This approach is part of WELL's broader commitment to enhancing health and wellness through the built environment, ensuring that fundamental needs such as clean drinking water are adequately addressed.

Question 5

Question Type: MultipleChoice

A permanently installed air conditioner was used during construction. What should be done to this equipment prior to occupancy?

Options:

- A- Tighten the fan bolt
- B- Replace the air filter
- C- Clean the condenser coil
- D- Recharge the refrigerant circuit

Answer:

B

Explanation:

When a permanently installed air conditioner has been used during construction, it is necessary to replace the air filter prior to occupancy. Construction activities can generate a significant amount of dust and debris, which can clog the air filters and compromise the indoor air quality. Replacing the air filter ensures that the air conditioning system can provide clean air and function efficiently, which is essential for maintaining a healthy indoor environment for future occupants.

Question 6

Question Type: MultipleChoice

The cafeteria manager for an office building has been asked to meet Feature N11: Responsible Food Sourcing.

This requires a percentage of the total produce line and a percentage of the animal product line to meet specific sustainable sourcing requirements. Which of the following reflects the minimum required thresholds?

Options:

- A- At least 25% of produce and at least 25% of the animal product line
- B- At least 50% of produce and at least 25% of the animal product line
- C- At least 50% of produce and at least 50% of the animal product line
- D- At least 75% of produce and at least 50% of the animal product line

Answer:

B

Explanation:

According to the WELL v2 Feature N11, projects must source and label certified organic and certified sustainable foods. The minimum required thresholds are as follows: At least 50% of the total produce line (fruits and vegetables) is certified organic. At least 25% of the total animal product line (meat, seafood, egg and dairy products) is certified organic, Certified Humane or certified by a GSSI-recognized Seafood Certification Scheme.

Question 7

Question Type: MultipleChoice

The annual average particulate matter (PM_{2.5}) outside of an office is 30 ug/m³. Which of the following indoor test results meets the requirements of Feature A01: Air Quality?

A)

PM_{2.5}: 15 µg/m³ and PM₁₀: 50 µg/m³

B)

PM_{2.5}: 20 µg/m³ and PM₁₀: 55 µg/m³

C)

PM_{2.5}: 25 µg/m³ and PM₁₀: 60 µg/m³

D)

PM_{2.5}: 30 µg/m³ and PM₁₀: 65 µg/m³

Options:

- A- Option A
- B- Option B

C- Option C

D- Option D

Answer:

A

Explanation:

For Feature A01: Air Quality, the WELL standard sets thresholds for indoor air quality that are typically lower than the outdoor air quality levels to ensure that the indoor environment provides a safe and healthy atmosphere for occupants. If the outdoor annual average for PM_{2.5} is 30 g/m, indoor levels need to be significantly lower to meet WELL requirements, which are usually aligned with recognized health-based standards. Therefore, the option with the lowest levels of PM_{2.5} and PM₁₀ would be the one that meets the requirements, as it indicates better filtration and air quality control measures are in place.

Question 8

Question Type: MultipleChoice

Which of the following most affects respiratory health?

Options:

- A- Polychlorinated biphenyls (PCBs)
- B- Volatile organic compounds (VOCs)
- C- Chromated copper arsenates (CCAs)
- D- Perfluorinated alkyl compounds (PFCs)

Answer:

B

Explanation:

VOCs are organic chemicals that can evaporate or vaporize into the air at room temperature. They can be emitted from various sources such as building materials, furnishings, paints, cleaning products, personal care products, tobacco smoke, and combustion appliances. Exposure to VOCs can cause irritation of the eyes, nose, and throat, headaches, nausea, dizziness, and respiratory problems. Some VOCs are also known or suspected carcinogens.

According to the WELL v2 standard, reducing indoor VOC concentrations can improve respiratory health and well-being¹².

Standard | WELL V2: This is the official source of the WELL v2 standard, where Feature A03: Volatile Compound Reduction is described in detail.

What's new in WELL v2: Air | Articles | WELL International WELL ...: This is an article that explains the rationale and benefits of the new Air features in WELL v2, including VOC reduction.

Question 9

Question Type: MultipleChoice

To support meal preparation for occupants in an office building, which of the following strategies should the design team include for employees to meet Feature N10: Food Preparation?

Options:

- A- Demonstration kitchen
- B- Dining tables and chairs
- C- Sufficient gardening space
- D- Dedicated cabinets or storage units

Answer:

D

Explanation:

For an office building to support meal preparation for occupants in alignment with Feature N10: Food Preparation, incorporating dedicated cabinets or storage units is essential. These storage solutions provide a designated area for employees to store food, utensils, and other meal preparation items. Unlike demonstration kitchens or dining tables and chairs, which cater to the act of cooking and eating, dedicated cabinets or storage units specifically address the storage aspect of meal preparation, making them a critical component for facilitating this feature within a workplace. This strategy ensures employees have the necessary resources to prepare meals, contributing to their overall well-being and comfort at work.

Question 10

Question Type: MultipleChoice

A WELL AP is reviewing a zoning layout for a new WELL commercial fit-out project. Which option best spaces should be labeled as acoustically quiet zones?

Options:

- A- Classrooms
- B- Lift lobbies
- C- Lactation rooms
- D- Recreational rooms

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Answer:

C

Explanation:

According to the WELL v2 Feature S01: Sound Mapping, acoustically quiet zones include areas intended for concentration, wellness, rest, study and/or privacy. Lactation rooms fall under this category, as they provide a private and comfortable space for nursing mothers. Classrooms, lift lobbies and recreational rooms are not considered as quiet zones, as they are either mixed zones, circulation zones or loud zones respectively.

Question 11

Question Type: MultipleChoice

Based on the WELL Building Standard, what is a possible contributing factor to Type 2 diabetes?

Options:

- A- High consumption of seafood
- B- Low fruit and vegetable intake
- C- High consumption of caffeinated beverages
- D- Low consumption of sugar sweetened beverages

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Answer:

B

Explanation:

According to the WELL v2 feature N01: Fruits and Vegetables, increasing the consumption of fruits and vegetables can help prevent and manage chronic diseases such as type 2 diabetes, cardiovascular disease, and some cancers¹. Fruits and vegetables provide dietary fiber, antioxidants, vitamins, minerals, and phytochemicals that can lower blood glucose levels, improve insulin sensitivity, reduce inflammation, and modulate gut microbiota². Low fruit and vegetable intake, on the other hand, can increase the risk of type 2 diabetes by impairing glucose metabolism and insulin function³.

Question 12

Question Type: MultipleChoice

Occupants of a WELL Certified building are unfamiliar with WELL. Which option best strategies would best meet Feature C01: Health and Well-being Promotion and promote a greater understanding of the relationship between health and buildings among occupants?

Options:

- A- Develop an educational poster and a partially subsidized online WELL course within the first month of occupancy and annually thereafter
- B- Implement a multi-modal strategy with a WELL feature guide and communication every three months to promote available programs and amenities
- C- Provide an introduction to the building that informs users of the project's WELL Certification and that a WELL feature guide is located in the building manager's office
- D- Ensure continual communication around and education of operational documents with the building management team to ensure WELL recertification will be achieved

Answer:

B

Explanation:

This answer best meets the requirements of Feature C01, which aims to promote a deeper occupant understanding of the WELL features pursued by the project or organization and how

building design, operations and policies impact health and well-being. A multi-modal strategy that includes a WELL feature guide and regular communication can help reinforce the project's culture of health, market health promotion policies and programs, and offer education on topics within the ten WELL concepts.

Feature C01: Health and Well-being Promotion

WELL AP Study Guide



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