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Exam : **WELL-AP**

Title : WELL Accredited
Professional (WELL AP)
Exam

Vendor : WELL

Version : DEMO

QUESTION NO: 1

Which of the following strategies can be used to improve the visual balance in a workspace?

- A. Vary the color temperatures of light fixtures within the room
- B. Increase the horizontal and vertical luminance contrast ratios to 15
- C. Replace magnetic ballasts on fluorescent lights with electronic ones
- D. Increase the illuminance uniformity ratio to at least 0.4 on the work surface

Answer: D

Explanation:

For visual balance in a workspace, ensuring an illuminance uniformity ratio of at least 0.4 on any horizontal task plane within a space is essential. This requirement helps in creating a visually comfortable environment by reducing fluctuations in light levels that can lead to eye fatigue and visual discomfort.

QUESTION NO: 2

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?

- 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.

References:

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 NO: 3

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

- 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 NO: 4

What is the maximum number of points that projects registered with WELL v2™ may pursue under the Innovation Concept?

- A. Three points
- B. Five points
- C. Eight points
- D. 10 points

Answer: B

Explanation:

Under the WELL v2™ system, projects may pursue a maximum of five points under the Innovation Concept.

This concept allows projects to be recognized for novel approaches to wellness that go beyond the standard requirements. By limiting the points to five, WELL v2™ encourages innovation within a framework that ensures that the core concepts of wellness are still the primary focus. This balance allows for creativity and innovation while maintaining the integrity of the WELL Building Standard's health and wellness goal

QUESTION NO: 5

For projects to obtain WELL Certification at the Platinum level, what is the minimum number of points that must be achieved per concept?

- A. One point
- B. Two points
- C. Three points
- D. Four points

Answer: C

Explanation:

According to the WELL v2™ scoring system, projects must earn a minimum number of points per concept to achieve a certain level of certification. For WELL Platinum Certification, the minimum number of points per concept is three (or in the case of the Air and Thermal Comfort concepts, at least six points combined)¹.

References: = Standard | WELL V2 - Scoring and Certification Levels

QUESTION NO: 6

Which of the following chemicals can be added to the public water supply to act as a disinfectant?

- A. Fluoride
- B. Chlorine
- C. Trihalomethanes
- D. Haloacetic acids

Answer: B

Explanation:

Chlorine is a chemical commonly added to public water supplies as a disinfectant. Its primary function is to kill harmful microorganisms to make water safe for drinking and other uses. This process helps prevent the spread of waterborne diseases. Chlorine's effectiveness as a disinfectant comes from its ability to oxidize bacteria and viruses, rendering them harmless. While other chemicals like fluoride are added for different purposes such as dental health, chlorine specifically targets microbial pathogens to ensure water potability.

QUESTION NO: 7

In addition to addressing a variety of emergency situations, what else must a project address in Feature C03:

Emergency Preparedness?

- A. Business continuity plan
- B. Opioid response training
- C. Employee assistance fund
- D. Annual inventory of response resources

Answer: D

Explanation:

Feature C03: Emergency Preparedness emphasizes planning and preparedness for a range of emergencies. A key element of this is maintaining an inventory of emergency response resources (e.g., first aid, AEDs, etc.) that includes an annual check and update.

References:

* WELL v2, Community Concept, Feature C03: Emergency Preparedness: Outlines the components of the emergency management plan and specifically mentions annual inventory and maintenance

QUESTION NO: 8

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

MILO DESIGN STUDIO - SHENZHEN, CHINA - PROJECT SCENARIO A

MILO is a small, multi-disciplinary design studio with 30 employees located in Shenzhen, China. Their primary business is interior commercial fit-outs and they also offer sustainability consulting. Three of their employees have achieved their WELL AP credential.

They have recently leased one floor 21,528 ft.² (2 000 m²) in a building owned by another organization to use as their new studio office. This space includes floor to ceiling windows on all four exterior walls. While the windows are numerous, they are also highly tinted, with a visible light transmittance of approximately 0.35 (35%). They intend on installing several living plant walls and have included natural fibers and patterns in their finishings throughout. Their building is located 984.25 ft. (300 m) from an underground train station and across the road (approx.

328.08 ft. (100 m)) from a large public park. While many employees have indicated that they bike to work on bike trails, the new building's landlord will not allow tenants to use the elevators to bring bicycles to their offices. Instead, their building has bike racks at the building entrance, an underground garage for bike storage, small rentable lockers and basic bike

maintenance tools.

MILO considers itself a human-centric design firm and leads with a people-first approach through its employee benefits and organizational policies. As an example, they offer a 50% discount on several mindfulness apps and make guided meditation courses available twice per year to all employees on-site.

PROJECT SCOPE & GOALS

MILO has enrolled their office for WELL Certification to demonstrate their commitment to designing for well-being and employee health. They will be renovating and designing the entire fit-out themselves, including new space configurations that will prioritize natural light. The space layout will include seating for 45 people in an open-plan office with hot-desking, three conference rooms and four individual phone booths. Additionally, they are planning to update lighting fixtures and purchase new office furniture. MILO do not provide any food or beverages on a daily basis except coffee and tea.

MILO is targeting WELL Certification at the Gold level or higher. This effort is being led by one of their inhouse WELL APs.

Based on the supplied information, the project would contribute to Feature M07 Restorative Spaces if they offered access to which of the following?

- A. A plant wall
- B. A mother" s room
- C. An exercise room
- D. A designated quiet zone

Answer: D

Explanation:

Feature M07, presumably meant to be a WELL feature related to mental health and well-being, such as restorative spaces, aligns with providing a designated quiet zone within the workplace. A designated quiet zone offers a space where employees can take mental breaks, meditate, or engage in quiet contemplation away from the bustle of the main work areas. This aligns with MILO's commitment to a human-centric design and their provision of mindfulness resources. By offering a space dedicated to mental restoration and quietude, MILO supports cognitive and emotional health, fostering an environment conducive to stress reduction, relaxation, and overall mental well-being, which is central to WELL's emphasis on holistic health.

QUESTION NO: 9

Which strategy should be met to support circadian rhythm in a project with a small amount of glazing?

- A. Install blinds
- B. Specify CRI 80 with R9 0
- C. Conduct a daylight simulation
- D. Achieve 150 EML [136 M-EDI(D65)]

Answer: D

Explanation:

Achieving 150 EML [136 M-EDI(D65)] is a strategy to support circadian rhythm in a project with a small amount of glazing. EML stands for Equivalent Melanopic Lux and M-EDI stands

for Melanopic Daylight Illuminance. These are metrics that measure the intensity of light that stimulates the melanopsin receptors in the eye, which are responsible for regulating the circadian rhythm. The higher the EML or M-EDI, the more effective the light is for circadian entrainment. Feature L03: Circadian Lighting Design⁵ requires projects to achieve a minimum EML or M-EDI value for at least 4 hours per day in all regularly occupied spaces. For projects with a small amount of glazing, artificial lighting can be used to supplement the daylight and achieve the required EML or M-EDI value.

References:

- * What is Circadian Lighting? - The Lighting Practice
- * Circadian Characteristics of Special Glazing - atiner.gr
- * Light and the circadian rhythm: The key to a good night's sleep?
- * Why Light Matters: Designing with Circadian Health in Mind
- * Feature L03: Circadian Lighting Design

QUESTION NO: 10

A WELL AP is advising a project in achieving Feature W06: Drinking Water Promotion. At minimum, how often should the WELL AP recommend mouthpieces and aerators of water dispensers be cleaned?

- A. Daily
- B. Weekly
- C. Twice daily
- D. Twice weekly

Answer: A

Explanation:

WELL Feature W06 mandates that mouthpieces, protective guards, aerators (if present), basins, and touchpoints of water dispensers must be cleaned on a daily basis to ensure hygiene and prevent contamination.expand_more

References:

- * WELL v2, Water Concept, Feature W06: Drinking Water Promotion, Part 1: Drinking Water Access. Find the specific cleaning requirement within this part of the feature

QUESTION NO: 11

A client of a commercial building reports odors and high-humidity levels in a regularly occupied space next to the occupant's kitchen. Which of the following doors should the WELL AP recommend installing between these regularly occupied spaces?

- A. Double doors
- B. Sliding doors
- C. Solid core doors
- D. Self-closing doors

Answer: D

Explanation:

According to Feature A09: Pollution Infiltration Management, part 3 of the WELL Core requirements, the project team must install self-closing doors between high-humidity spaces (such as kitchens, bathrooms, and laundry rooms) and regularly occupied spaces¹. This helps prevent the spread of moisture and odors that can affect indoor air quality and comfort².

References: = Standard | WELL V2, Pollution infiltration management | WELL Feature Library - v2

QUESTION NO: 12

According to Feature M02: Nature and Place, what is one way to include design elements that provide a connection to place?

- A. integrate art by local artists
- B. Specify exotic building materials
- C. incorporate wayfinding that leads to restorative space
- D. Provide lunch options source from local farmer's markets

Answer: A

Explanation:

Incorporating design elements that provide a connection to place is a key aspect of promoting well-being and a sense of belonging among building occupants. One effective way to achieve this is by integrating art created by local artists into the building's design. This approach not only supports the local arts community but also reflects the cultural and geographical context of the building's location. Artwork can evoke local landscapes, history, or cultural themes, fostering a deeper connection between the occupants and their surrounding community. This strategy aligns with the WELL Building Standard's emphasis on biophilic design and the importance of creating environments that connect occupants to nature and their local surroundings.

QUESTION NO: 13

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

MILO DESIGN STUDIO - SHENZHEN, CHINA - PROJECT SCENARIO A

MILO is a small, multi-disciplinary design studio with 30 employees located in Shenzhen, China. Their primary business is interior commercial fit-outs and they also offer sustainability consulting. Three of their employees have achieved their WELL AP credential.

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328.08 ft. (100 m)) from a large public park. While many employees have indicated that they bike to work on bike trails, the new building's landlord will not allow tenants to use the elevators to bring bicycles to their offices. Instead, their building has bike racks at the building entrance, an underground garage for bike storage, small rentable lockers and basic bike maintenance tools.

MILO considers itself a human-centric design firm and leads with a people-first approach through its employee benefits and organizational policies. As an example, they offer a 50% discount on several mindfulness apps and make guided meditation courses available twice per year to all employees on-site.

PROJECT SCOPE & GOALS

MILO has enrolled their office for WELL Certification to demonstrate their commitment to designing for well-being and employee health. They will be renovating and designing the entire fit-out themselves, including new space configurations that will prioritize natural light. The space layout will include seating for 45 people in an open-plan office with hot-desking, three conference rooms and four individual phone booths. Additionally, they are planning to update lighting fixtures and purchase new office furniture. MILO do not provide any food or beverages on a daily basis except coffee and tea.

MILO is targeting WELL Certification at the Gold level or higher. This effort is being led by one of their inhouse WELL APs.

Which additional Nourishment feature could the protect achieve?

- A.** Feature N07: Nutrition Education by offering in-person or virtual gardening or planting workshops focused on edible plants at no cost on a quarterly basis
- B.** Feature N08: Mindful dining by offering a daily meal break of at least 20 minutes
- C.** Feature N12 Food Production by offering at least 50% of total produce line and 25% of total animal product line as certified organic
- D.** Feature N13: Local Food Environment by providing a designated eating space within a 650 ft. (200 m) walking distance

Answer: A

Explanation:

Considering MILO's commitment to sustainability and well-being, along with their plan to install several living plant walls, Feature N07: Nutrition Education aligns well with their goals and existing initiatives. By offering in-person or virtual gardening or planting workshops focused on edible plants at no cost on a quarterly basis, MILO can enhance their nourishment offerings and engage employees in sustainable and healthy eating practices. This initiative not only promotes nutritional awareness and education but also complements the studio's design ethos and emphasis on natural elements within the workspace. It encourages a hands-on approach to nutrition and sustainability, fostering a stronger connection between employees and their food sources, which is in line with WELL's holistic approach to well-being.

QUESTION NO: 14

A developer wants to complete WELL Certification quickly for a WELL Core office building. The WELL documentation is approved for the project, the base building is complete, but the building is not yet occupied.

Which step should the project team take first to address the developer's goal?

- A.** Apply for the certificate of occupancy (CO)
- B.** Determine the schedule for the tenants finish-out and move-in
- C.** Inform the developer that performance verification requires at least 50% occupancy
- D.** Schedule performance verification since all pre-verification requirements are

Answer: C

Explanation:

According to the WELL Certification Guidebook, performance verification requires at least 50% occupancy of the project area, unless otherwise approved by IWBI. This is to ensure

that the testing reflects the actual conditions and performance of the building when it is in use. Therefore, the project team should inform the developer that they cannot schedule performance verification until the occupancy requirement is met.

References:

- * WELL Certification Guidebook, page 17, section 3.2.3: Performance Verification
- * WELL v2 | Certification Process | IWBI, Step 3: Performance Verification

QUESTION NO: 15

For an office building with 1,500 regular occupants and 500 occasional visitors per day, which of the following facilities meets the requirements established in Feature V04: Facilities for Active Occupants?

- A.** Seven showers with changing facilities and 45 lockers are available in the building
- B.** Nine showers with changing facilities and 40 lockers are available in the building
- C.** 10 showers with changing facilities and 50 lockers are available within 500 ft. (150 m) walking distance of the project boundary
- D.** 12 showers with changing facilities and 50 lockers are available within 700 ft. (225 m) walking distance of the project boundary

Answer: A

Explanation:

This option meets the minimum shower and locker requirements for the given occupancy within the building itself, ensuring accessibility to active commuters.

References:

- * WELL v2, Movement Concept, Feature V04 Facilities for Active Occupants: <https://v2.wellcertified.com/wellv2/en/movement/feature/4>

QUESTION NO: 16

A team is seeking to satisfy Feature A01: Air Quality, Part 2: Meet Thresholds for Organic Gases through VOC monitoring for a 87,500 ft² (8,120 m²) project. What is the minimum number of volatile organic compound (VOC) sensors that the project owner must install?

- A.** 10 VOC sensors
- B.** 15 VOC sensors
- C.** 20 VOC sensors
- D.** 25 VOC sensors

Answer: C

Explanation:

For achieving compliance with WELL v2™ Feature A01: Air Quality, Part 2, which focuses on monitoring and meeting thresholds for organic gases such as volatile organic compounds (VOCs), the requirement for the number of sensors is based on the area of the project. The correct choice for an 87,500 ft² (8,120 m²) project is:

C: 20 VOC sensors

* Sensor Distribution Standard: The WELL v2™ standard typically recommends installing one VOC sensor for every 5,000 square feet of project space to ensure adequate monitoring coverage and accuracy in detecting VOC levels throughout the space.

* Calculating Sensor Needs: For an 87,500 ft² area, dividing by the 5,000 ft² coverage per sensor gives a requirement of 17.5 sensors. Rounding up to the nearest whole number, this

would typically mean at least 18 sensors are necessary. However, to ensure comprehensive coverage and considering practical deployment strategies (such as additional sensors for high-risk areas like kitchens or print rooms), the minimum practical number could rise to the next available option, which is 20 sensors.

* Ensuring Comprehensive Coverage: Adequate sensor placement is crucial for real-time monitoring and ensuring all areas of the project meet air quality standards consistently. This is especially important in larger spaces where air quality can vary significantly from one area to another.

* Health and Compliance Implications: By meeting the minimum required number of sensors, the project not only adheres to WELL standards but also protects occupant health by enabling prompt identification and mitigation of poor air quality events, particularly those related to VOC emissions from building materials, furnishings, and equipment.

Rationale Behind the Answer Importance in Context This approach aligns with WELL's overarching goal of fostering environments that support occupant health through proactive management of building air quality.

The focus on sufficient and strategic sensor deployment is a critical component of ensuring that indoor environments remain safe and healthy for all users.

QUESTION NO: 17

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?

- 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.

References:

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

QUESTION NO: 18

The WELL AP notices mold and fungal growth on some indoor walls and ceilings of enclosed regularly occupied spaces. Which of the following is the most likely cause of the mold and fungal growth?

- A. Ducts were not properly sealed and protected during the construction stage
- B. Commissioning Agent did not confirm that the ventilation rate exceeds 21 cfm/person (10 L/s)
- C. Sensors were not installed in occupiable spaces to monitor dry-bulb temperature and relative humidity
- D. Mechanical system does not have the capability of maintaining relative humidity between 30% and 60% at all times

Answer: D

Explanation:

Feature X01 requires that the mechanical system has the capability of maintaining relative humidity between

30% and 60% at all times in all regularly occupied spaces. This is to prevent the growth of mold and other microorganisms that thrive in humid environments. Mold and fungal growth can cause health problems such as allergies, asthma, and infections. The other options are

not directly related to the mold and fungal growth, although they may affect other aspects of indoor air quality.

References: = WELL v2 Feature X01: Air Quality Standards

QUESTION NO: 19

A new building project is to be located near a very busy road. Which of the following strategies should the WELL AP recommend at an early stage to minimize acoustic disturbance?

- A. Noise levels from mechanical systems should be higher than external noise breaking in from outside
- B. There should be careful detailing of internal partition junctions where noise flanking between spaces can be an issue
- C. Personal headphones should be made available to all staff during peak hours of the day when the road traffic noise outside is at its highest
- D. Noise sensitive rooms should be located in the middle of the floor plate or along a facade that is physically shielded from external noise sources

Answer: D

Explanation:

According to the WELL v2™ feature S01: Sound Mapping and Planning, the project must conduct a sound mapping analysis to identify the sources and levels of external and internal noise and develop an acoustical plan to address them¹. One of the strategies suggested by the feature is to locate noise sensitive rooms away from external noise sources, such as busy roads, and provide adequate sound insulation for the facade¹. This can help minimize acoustic disturbance and improve occupant comfort and well-being.

References: = Standard | WELL V2 - Feature S01: Sound Mapping and Planning

QUESTION NO: 20

A design for a WELL building has HVAC zones of 650 ft² (60 m²) and less than 10 occupants for more than 90% of regularly occupied spaces. This design

- A. personalizes thermal comfort when provided with a ceiling fan per zone
- B. negates off-gassing when provided with an increased outdoor air supply
- C. reduces mold and bacterial growth within the building's mechanical system
- D. enhances thermal comfort when used in conjunction with a user-adjustable thermostat

Answer: D

Explanation:

A design with small HVAC zones and low occupant density can enhance thermal comfort by allowing users to adjust the temperature and air flow within their own zones. According to the WELL v2 standard, projects should provide user-adjustable thermostats or other controls for at least 90% of regularly occupied spaces.

Ceiling fans can also improve thermal comfort by increasing air movement, but they are not required for this design.

References: = WELL v2 Thermal Comfort Feature T01, WELL AP Candidate Handbook