

Lighting & Noise Evidence-Based Checklist and Rating (LNCR) Benbow July 2013

FACILITY:

UNIT/ROOM

DATE:

RATER:

CONTACT PHONE:

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LIGHTING	Design Feature	Minimal	Average	Superior	Score	Note
Lighting Levels	Score each item as 0, 3, 4, or 5	A	B	C		Support documentation for scoring is available from billbenbow@shaw.ca
(Max 10 pts)		3	4	5		
	1 Ambient Lighting	320 lux	550 lux	1000 lux		lounge, bedroom bathroom
	2 Task Lighting	550 lux	750 lux	1100 lux		reading, activity, dining
Lighting Issues	Score each item as 0, 2, 3, or 4	2	3	4		
(Max 40 pts)						
	3 Colour	CRI ≥ 70 common areas	plus ≥70 res.room	plus ≥ 4000K common areas		CRI >70; close to daylight - 4000Kelvin
	4 Contrast	≥30% contrast floors & walls	plus doors	plus objects		high colour value for object/ground visibility
	5 Natural Light	plenty of windows	clerestories skylights	15 minutes direct sun		Windows, clearstories, skylights; direct sun
	6 Natural Views	several view points	≤ 630mm sill common areas	≤ 630mm sill res room		View points: seating: sill heights ≤ 630mm (25")
	7 Transitions	shaded entrances	plus inside entrance light	no differential > three times		Awnings, Portico, interior entrance lights
	8 Day and Night adjustments	corridors dimmed at night	plus common areas	night lights or motion sensors		Ability to cue evening and night time
	9 Even distribution of lighting	indirect lighting	ceilings ≥ 80 LRV walls: ≥ 60 LRV	plus sheer curtains		No pooling, shadows or excessive contrast;
	10 Glare	shielded bulbs	flooring 30 - 40 LRV	outdoor surfaces 30 - 40 LRV		use matt surfaces, shades, medium LRV
	11 Individual Preferences	ambient light dimmers	task light dimmers	controls ≤ 1200mm (47")		task lamps, dimmers, for built in flexibility
	12 Maintenance Schedule	maintenance schedule	adjust lighting throughout day	monitor and clean res. glasses		Clean windows, clean resident glasses, fixtures
Lighting Sub-total						
NOISE	Design Feature	Minimal	Average	Superior	Score	Note
Noise Levels	Score each item as 0, 3, 4, or 5	3	4	5		
(Max 10 pts)						
	1 Ambient Noise Level: Bedrooms	<40dB	<35dB	<32dB		Use Noise Meter: Bedroom
	2 Ambient Noise Level: Common	<45dB	<40dB	<35dB		Dining, lounge, activity areas
Noise Issues	Score each item as 0, 2, 3, or 4	2	3	4		
(Max 40 pts)						
	3 Layout	privacy zone	separate service access	quiet seating area		Quiet/privacy Zone for Resident rooms
	4 Noise Mitigating Design Features	double glazing & acoustic material	resident room STC ≤45	HVAC NC 25 - 35		Sound proof walls, acoustical tiles, partitions
	5 Noise Reducing Adaptations	restrict noisy equipment	drapes, wall hangings, carpets	noise reducing practices		Note adaptive efforts to dampen noise
	6 Schedule Intrusive Noise: Avoid	schedule noisy equipment	schedule servery noise	schedule quiet periods		Vacuuming, floor cleaning, washing
	7 Night Time Noise	subdued night lighting	quiet nursing routines	adaptive monitoring		Dim lights and reduce noise at night
	8 Alarms and Pagers	restrict public paging	cell phones on vibrate	mitigate alarm noise & practices		Eliminate overhead paging; reduce alarms
	9 Staff Training	include in staff training	encourage soft voices, footwear	turn off equip. close doors		Schedule regular inservice sessions on noise
	10 Signage	"visitors & staff to speak softly"	"put cell phones on vibrate"	"designated Quiet Times"		Alert visitors and remind staff with signs
	11 Surveys	scheduled feedback	encourage informal feedback	implemented results		Schedule regular feedback: family, staff, residents
	12 Maintenance Schedule	scheduled maintenance	daily monitoring and remedy	monitor hearing aids		Regular schedule to address noise issues
Noise Sub-total						
Total Score						