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Department: Dane County Emergency Management Address: 115 West Doty Street Room 2107 Madison Wisconsin 53703	Total project costs: $1964.65 Funding amount in current budget: $0 Funding amount requested: $1964.65
Project Title: Adjustable Height Work Stations	
Project Location: Dane County Emergency Management Public Safety Building 115 West Doty Street Room 2107 Madison Wisconsin 53703	
Project Description: Emergency Management is proposing to convert three existing desks to adjustable height work stations	

Describe how the proposed project moves the county toward meeting the following Sustainability Principles. (See the guiding questions in the box below.) Responses to this section will be used to determine the relative level of sustainability for each project.

- Reduce and eventually eliminate county government's contribution to fossil fuel dependence and to wasteful use of scarce metals and minerals;
- Reduce and eventually eliminate county government's contribution to dependence upon persistent chemicals and wasteful use of synthetic substances;
- Reduce and eventually eliminate county government's contribution to encroachment upon nature and harm to life-sustaining ecosystems (e.g., land, water, wildlife, forest, soil, ecosystems); and
- Reduce and eventually eliminate county government's contribution to conditions that undermine people's ability to meet their basic human needs.

Include in your description any estimated reductions of GHGs / CO2 equivalent emissions related to your proposal. Please use the following calculator to do this: http://www.epa.gov/cleanenergy/energy-resources/calculator.html

Describe how the proposal furthers implementation of the Dane County Government Sustainable Operations Plan goals, objectives, and strategies in your department and/or countywide. Please identify specific plan goals, objectives, and strategies accomplished.

This proposal advances achievement of the "Employee Experience" goal, objectives, and strategies outlined in the Dane County Government Sustainable Operations Plan, Specifically, Objectives 1 (Increase and maintain employee satisfaction and engagement.) and 2 (Increase and maintain employee wellness.); and Strategy 4 (Incorporate employee wellness considerations into capital improvement planning and policy making; e.g. active work stations, natural lighting, food and drink choices, etc.).

Studies have linked long periods of sedentary behavior, primarily sitting, to increased risk of obesity, diabetes, cardiovascular disease and cancer. The human body is designed to move, not sit still for hours at a time. Standing is often better for the back than sitting all day. And shifting position throughout the day to allowed for intermittent standing and sitting is considered optimal. It strengthens leg muscles and improves balance. It burns more calories than sitting. It is also a great antidote to the formation of blood clots deep in the legs. When you sit for long periods, blood flow slows through the legs. Sluggish blood flow can set the stage for a blood clot to form. Standing and walking squeeze valves in the leg veins, pushing blood upward toward the heart. Even better, standing more might help you live longer. In a new study, those who sat for more than six hours a day were more likely to have died earlier than those who sat for less than three hours a day. Employees will benefit from these stations. These adjustable work stations would benefit the health of current county department employees and potentially result in fewer lost work days.

Describe how the county might build upon the outcomes of the proposed project to work toward greater sustainability. Providing employees with the option to move more during the work day can yield physical health benefits that can influence mental outlook at work. With more energy from intermittent movement, employees might enjoy their work days more. Use of the adjustable height work stations could provide an opportunity to talk about this issue with other employees or the public and influence further efforts to improve worker health and well-being.
Describe how your department will track and measure outcomes of the proposed project (i.e., annual cost savings, annual energy savings, resource use reductions, maintenance reductions, etc.). Include a timeline for measurement and reporting outcomes, and the staff member contact who is responsible for conducting the tracking and measurement. The health benefits from instituting the use of adjustable height work stations are not easily quantifiable on the small scale at which Emergency Management will implement these changes. However, at both the 6-month and one-year mark after project implementation the department will survey the employees who use the adjustable height work stations. The purpose of this survey will be to gather anecdotal evidence and input from employees regarding their experiences using the new desks versus sitting all day at a conventional desk and survey results will be shared with the subcommittee and other interested departments at completion of the surveys.

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Guiding questions for the project description. Applicants should include a detailed discussion of the work planned and/or the technical approach used that illustrates what the project will achieve and how it will comply with and implement the county's four sustainability principles and the Dane County Government Sustainable Operations Plan. The following questions provide a guideline to help your department frame and describe the project. Please feel free to address additional issues.

- Has this project been developed with the input of environmental and social sustainability stakeholders?
- Will this project reduce wasteful dependence upon fossil fuels, underground metals, and minerals?
- Will this project ensure that the smallest possible amount of resources is used?
- Has the proposal included green procurement standards for required goods, materials, and services?
- Will this project lead to a decrease in greenhouse gas emissions?
- Will this project reduce the need for fossil fuel-dependent transport, increase public transit use, or increase walking and bicycling?
- Will this project support businesses that emit less polluting or hazardous substances to air, water, or soil and has this project considered alternative routings to avoid damaging valuable natural sites and ecosystem services?
- Will this project raise awareness about waste prevention and recycling among industry, government, resident households, etc., and will the project help reduce the amount of waste going into the landfill?
- Will this project still be relevant when looking at the demographic changes ahead?
- Will this project consider the most up-to-date technology for recycling and waste reduction?
- Will this project use products that are non-polluting or come from an environmentally friendly source that will reduce negative impacts of your project on the environment, e.g., FSC wood, non-toxic, and non bio-accumulative chemicals?
- Will this project avoid the risks of water, air, and soil contamination?
- Will this project support the provision of environmental and social services in a certain area (e.g., flood prevention, water purification, air cleaning)?
- Will this project be beneficial in helping the county to adapt to the effects of climate change (e.g., changes in precipitation, flood and drought risks, heat emergencies, etc.)?
- Is this project avoiding negative impacts on water bodies, wetlands, etc., and is this project supporting the establishment and management of protected areas in water bodies, wetlands, etc.?
- Is this project proposing activities to raise awareness about water scarcity, water conservation, or water recycling and will this lead to an improvement of the water quality of a certain water body?
- Will this project still be beneficial once the funding is used and what, if any, public funding will need to be used for ongoing maintenance?
- Will this project support jobs in the eco-technology field and/or does this project include training for relevant stakeholders in renewable energy and other clean and sustainable technology?
- Has this project developed a strategy for measuring anticipated outcomes of the project?
- Has this project developed a strategy for how to disseminate results or best practices?
- Will this project address an identified local need that can have a positive benefit on the local community and improve equity outcomes and quality of life for everyone?
- Will this project involve young people that will encourage a new generation to positively contribute to their community and surroundings?
- Will this project improve access to community services and facilities for all people of the community?