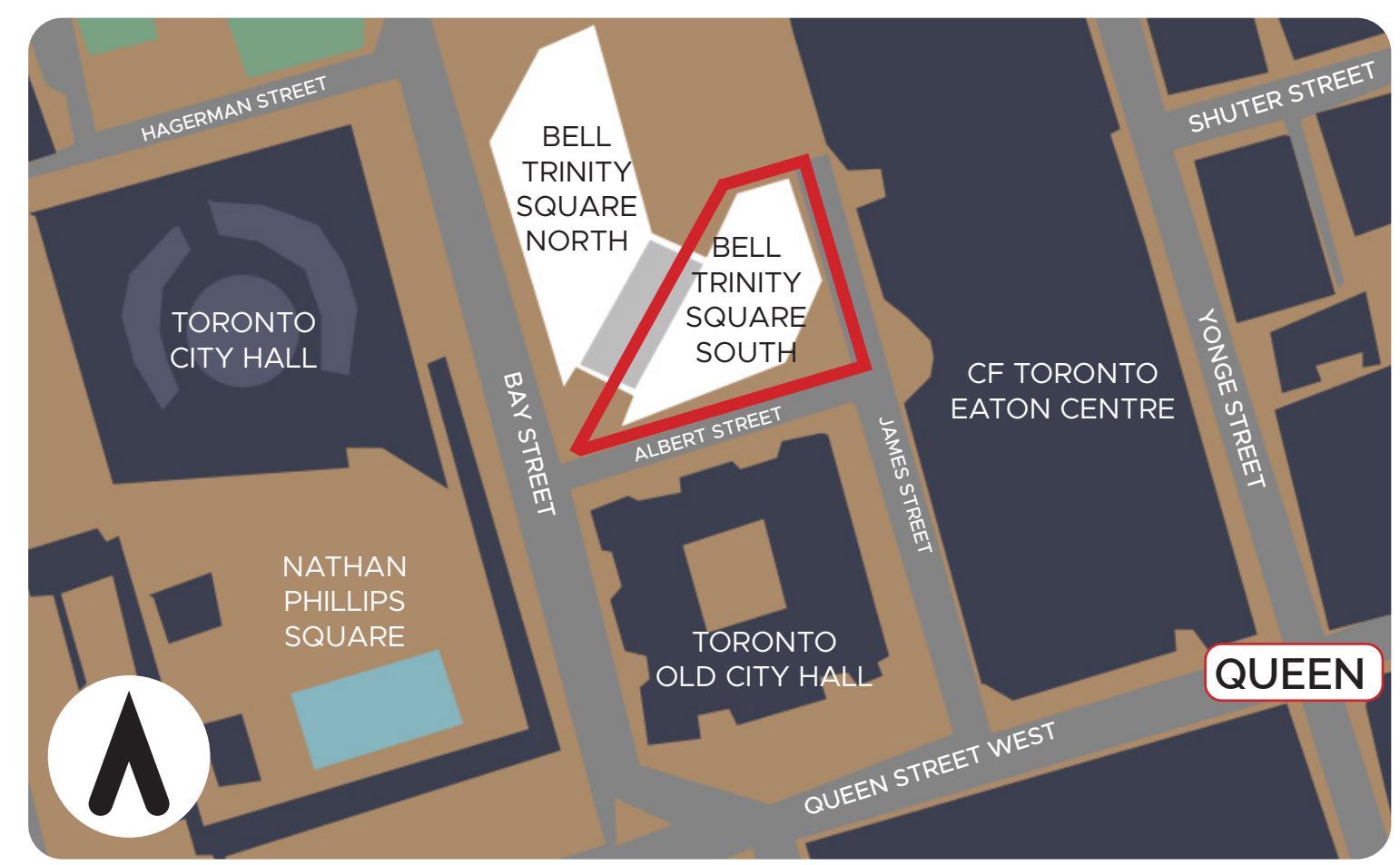


Site Plan



483 Bay Street

- Built in 1983 by Canadian Architect John B. Parkin
- Proposed stair design is to be at the South Tower which is 10 storeys

Benefits of Taking Stairs from Canadian Credible Sources

Toronto Public Health

- Improves heart and lung health
- Strengthens muscles and bones
- Reduces risk of obesity, type 2 diabetes, and heart disease
- Can release endorphins that relieve stress
- Climbing 3 to 4 flights of stairs at a moderate pace works for your heart and lungs similar to a 10 minute walk
- Elevators accounts for 3-10% of a building's energy use. Taking the stairs instead of elevators is good for the environment with zero carbon footprint

Sunny Brook Hospital

- Improve the amount of "good cholesterol" in the blood
- Even 2 flights of stairs climbed per day can lead to 6 lbs of weight loss over the year
- Stair climbing requires about 8-11 calories per minute
- Climbing more than 55 flights per week can significantly reduce your risk of mortality
- Climbing the stairs counts towards the 30 minutes of recommended daily physical activity

Ontario Building Code

Table 3.1.13.7.  
Flame-Spread Rating and Smoke Developed Classification in a High Building  
Forming Part of Sentences 3.1.13.7.(1) and (2)

Item 1	Column 2	Column 3	Column 4	Column 5	Column 6
Location or Element	Maximum Flame-Spread Rating			Maximum Smoke Developed Classification	
	Wall Surface	Ceiling Surface (1)	Floor Surface	Wall Surface	Ceiling Surface
Stairways, vestibules to exit stairs and lobbies described in Sentence 3.4.4.2.(2)	25	25	25	50	50

Flame Spread Rating for Wallcovering Types

TEST PROCEDURES

Procedures used to conduct these tests are described in CCC-W-408D. The purpose of these tests is to determine compliance with Section 3.4 Physical Properties, Table I. The physical properties are described as:

Requirements	Type I	Type II	Type III
Resistance to Light <sup>1</sup>	200	200	200
Stability <sup>2</sup>	100	100	100
Flammability <sup>3</sup>	200	300	500
Flame Resistance <sup>4</sup>	200	300	1,000
Tearing Strength <sup>5</sup> , Machine Direction	≥ 40 lb	≥ 50 lb	≥ 100 lb
Tearing Strength <sup>5</sup> , Cross Machine	≥ 30 lb	≥ 55 lb	≥ 95 lb
Stretching, Dry <sup>6</sup>	Good	Good	Good
Chemical Resistance <sup>7</sup>	1-9	1-12	1-12
Flame Resistance <sup>8</sup> , Machine Direction	12	25	50
Flame Resistance <sup>8</sup> , Cross Machine	12	25	50
Flame Resistance <sup>9</sup>	≤ 2	≤ 2	≤ 2
Adhesion <sup>10</sup> , lbs/inch	≥ 2 lb/in	≥ 3 lb/in	≥ 3 lb/in
Crack Resistance <sup>11</sup>	No Change	No Change	No Change
Impact Resistance <sup>12</sup>	Pass	Pass	Pass
Flame Spread <sup>13</sup> , maximum	≤ 25	≤ 25	≤ 25
Smoke Development <sup>14</sup> , maximum	≤ 50	≤ 50	≤ 50
Flame Spread <sup>14</sup> , Machine Direction	≤ 2%	≤ 2%	≤ 2%
Flame Spread <sup>14</sup> , Cross Machine	≤ 1%	≤ 1%	≤ 1.5%

Floor Signs in Front of the Elevators



Potential Supplier

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**K Fusion wall protection + digital lab**  
Digitally Printed Protective Wallcovering  
Technical Brief

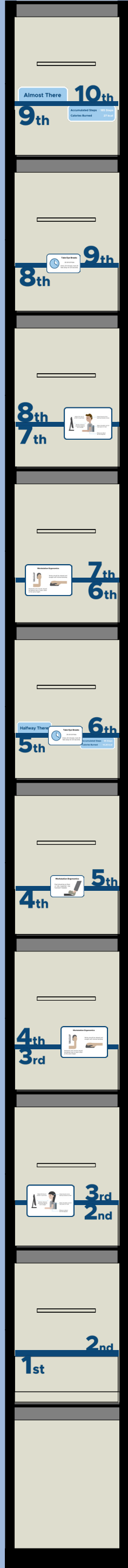
Mechanical Properties	Test Method	Values
Impact Resistance (kg)	ASTM D-5420 (Drop Dart)	0.040" = 104
Scratch Resistance	ASTM D-2197 (Hoffman Scratch)	>10.5
Abrasion Resistance (wt. loss %)	ASTM D-1044 (Taber) [CS-10F Wheel 500gm Load 100 cycles]	0.01%

**Flammability Properties**

Fire Ratings	ASTM E-84 (Steiner Tunnel) [NFPA 255, ANSI/UL 723 & UBC 8-1]	
Flame Spread	Formulated Solutions XT-2000+™ Mastic	25



Office Ergonomics



Adjust the top of screen to eye level

Monitor distance should be approx. arm's length

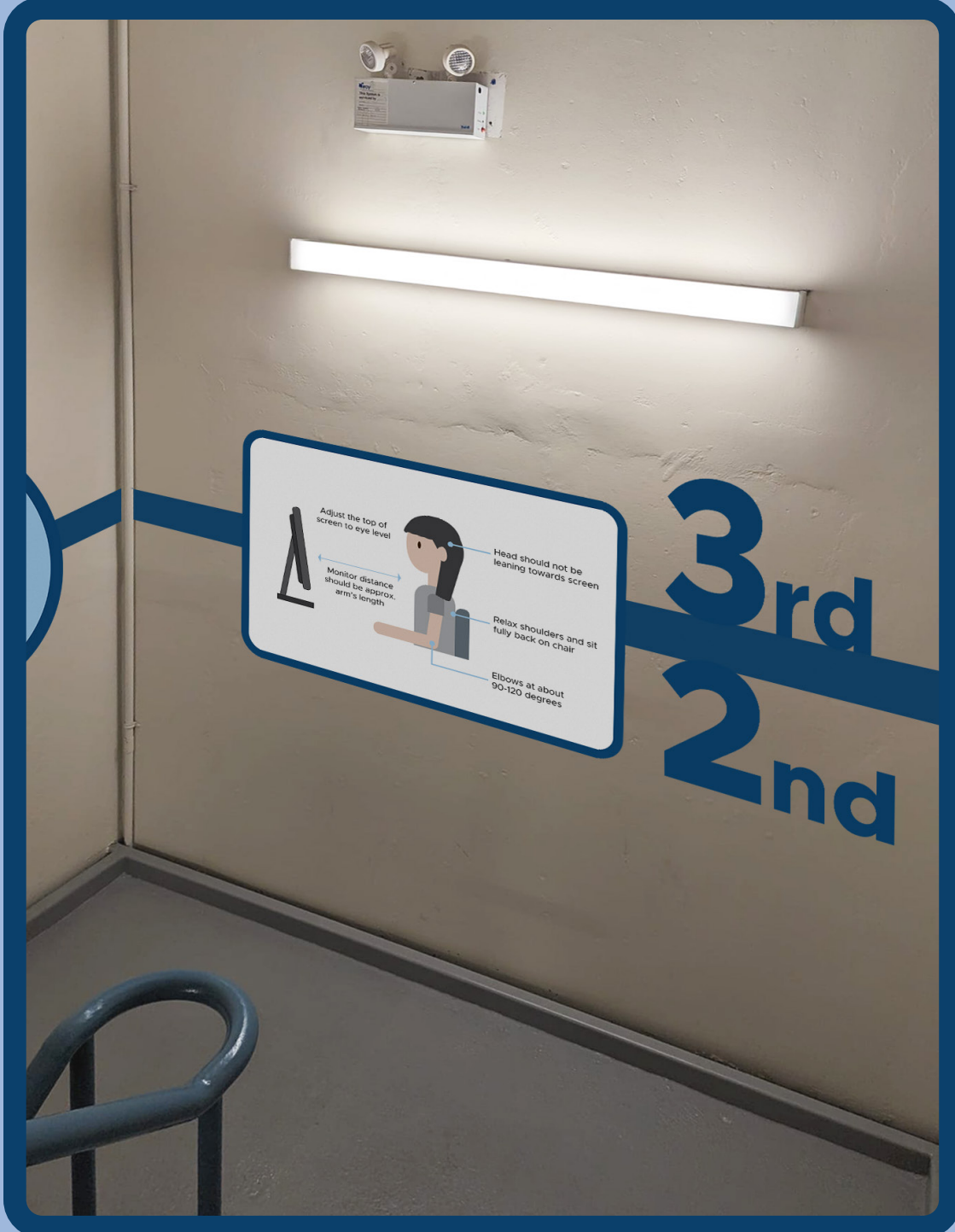
Head should not be leaning towards screen

Relax shoulders and sit fully back on chair

Elbows at about 90-120 degrees

2' - 0"

3' - 0"



Workstation Ergonomics

Feet should be on floor or fully supported. Use footrest if needed.



Benefits of Taking Stairs with Icons on Stairwell walls



Climbing the Stairs can improve the amount of "good cholesterol" in the blood



Taking the Stairs strengthens bones and muscles



Taking the Stairs improve lung and heart health

1' - 3"

**Take Eye Breaks**

20-20-20 Rule

Every 20 minutes, look 20 feet away for 20 seconds.

2' - 0"



2' - 0"

**Workstation Ergonomics**

Wrists should be relaxed and straight with minimal bending

Keyboard and mouse should be placed next to each other at the same height

3' - 0"

Accumulated Steps	185 Steps
Calories Burned	27 kcal

10th

