

ISSUE #5: Lockers, Showers & Changing Rooms

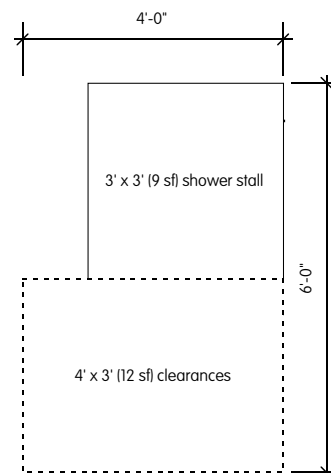
Walking or bicycling to work can often result in wet, muddy or sweaty employee commuters. The lack of showers and changing rooms at work is a very common deterrent to would-be cyclists and walkers, especially among those in white collar occupations.

Possible Solutions:



Shower and locker installation. Lockers are available in an almost infinite array of types and sizes. "DesignRite" solid phenolic lockers are pictured here.

◀ **Retrofitting restrooms or other areas with existing plumbing usually represents the most cost effective way of installing locker/shower rooms.** A number of regulatory issues, including compliance with building codes and the ADA (Americans with Disabilities Act) must be addressed before construction can begin.



Work with an architect or other appropriate design professional to insure that applicable code standards are met.

▶ **Assume you will need a minimum space of about six feet by four feet for a single shower stall and changing room.** Several more square feet will be needed to include a small sink and the required maneuvering room.



◀ **Once installed, locker and shower rooms can also be used to support in-house company sponsored exercise programs.**

▶ **A growing number of businesses are finding the benefits of improved health and employee fitness more than pay for the facilities improvements needed to encourage exercise.**



Recent medical studies indicate that as little as 30 minutes a day of brisk walking is enough to maintain optimal health.