SOCIETAL WELLBEING AND MASS TIMBER

"Much like indoor plants and green façades, timber itself represents a close link to trees and nature, whether used as cladding on the outside of a building, exposed as structure or finishes inside a building, or used for fittings, furniture or equipment."— Arup, rethinking timber buildings.

EMERGING TREND

The bloom of the mass timber industry is a global trend^[1]. It enables innovative design and sustainable engineering while achieving low mechanical system cost through energy efficiency^[2].</sup>

Simultaneously, humans are living in increasingly urban areas and becoming disconnected from nature^[3]. Exposed mass timber provides associated health benefits and connection with nature. It can also be used in multistorey construction to meet the growing need for density as populations in urban centers increase.

VALUE ADDED

In offices, the aesthetics of natural analogues such as exposed wood also result in increased worker productivity^[4], which corresponds to 112 times energy costs in workplaces, according to one report^[4].

The use of forest products has proved to provide thousands of job opportunities in rural and urban areas^[5]. In 2017, the Government of Canada announced the Green Construction Through Wood (GCWood) Program, with a budget of \$39.8 million over four years^[6].

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The Future of Sustainable Wood Building

HEALTH BENEFITS OF EXPOSED WOOD

In a study of nearly 700 working adults in Japan, increasing amounts of exposed wood in bedrooms was negatively associated with insomnia^[7].

Exposure to wood interiors (compared to concrete and steel) can reduce occupant blood pressure^[8,9] and heart rate and improve eyesight^[8] in short-sighted individuals in the short-term.

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