

NEWS RELEASE

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FOR IMMEDIATE RELEASE

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March 28, 2017 (Pittsburgh, PA) – 3R Office awarded LEED Gold Certification by the USGBC

3R Building Sustainability, a high-performance building consulting firm, announced today that the company's new headquarters in Pittsburgh's historic Strip District has been awarded LEED® Gold certification for Interior Design and Construction for its office space.

The now LEED Gold certified space is located in a three-story building on Smallman Street that once served as a bottling plant for a brewery, later a dairy company, and most recently used as a yoga studio. Relocating into an existing building had the advantage of having fully-developed infrastructure available, affording a connection to the history of the city, and reducing the impact that the construction of a new building would have on the environment.



The 2,300 square foot office has an open floor plan to promote collaboration among the team, as well as great daylighting and views. The layout of the new office space was formed by an intent to allow for flexible work situations; height adjustable desks and ergonomic chairs foster healthy work habits, and seating areas and glass-wall conference and collaboration rooms allow for breakout sessions and the ability to “get away” from the desk for a while. The space features five large windows on the southwest wall, allowing natural light to filter in and city views of downtown Pittsburgh.

In targeting “LEED Gold for Interior Design and Construction: Commercial Interiors,” the team at 3R chose to focus on the unique attributes of the historic building, while also making improvements for a more sustainable work environment. Key measures included:

- Sustainable Sites
 - Located in a diverse and dense neighborhood
 - Easy access to public transportation
 - Office bicycles and a changing facility with a shower

- Water Efficiency
 - Installation of low-flow fixtures
 - Purchasing of an ENERGY STAR rated dishwasher
- Energy and Atmosphere
 - Implementation of energy-efficient lighting fixtures with LED lamps
 - Use of ENERGY STAR rated appliances such as the refrigerator, lamps, printers, laptops, and monitors
 - 100% of the energy usage was offset by purchasing Renewable Energy Certificates and Carbon Offsets
- Materials and Resources
 - Creation of a Construction Waste Management Plan to ensure maximum recycling and salvaging of materials from the previous tenant's fit-out
 - Reuse of doors, lighting fixtures, and HVAC equipment
- Indoor Environmental Quality
 - Maximized ventilation throughout the office space
 - Use of low-emitting materials such as adhesives, paints, flooring, and furniture
 - Inclusion of task lighting to allow customization for the occupant
 - Natural daylight floods throughout the space to mimic the circadian rhythm

“Being a consulting firm of high-performance buildings ourselves, we understand the importance of not only a sustainably-built work environment, but one that also promotes well-being of its employees. In addition to our LEED certified space, we take daily walks, offer healthy foods such as fruits and vegetables, and organize various wellness programs throughout the year. We feel a great sense of pride in living and working in Pittsburgh, a city that has become a leader in the sustainable movement,” said Carla Mitchell, Principal at 3R. Christopher Lake, CEO of 3R adds, “3R greatly values the hard work of its employees and understands that it can be a challenge to maintain a healthy lifestyle. It has been a long-standing belief within the company’s culture to foster healthy behaviors as employees are our #1 customer, and as such we listen, understand, and do what it takes to make work as rewarding as possible.”

About LEED

The U.S. Green Building Council developed the LEED (Leadership in Energy and Environmental Design) rating system in 1994. Since then, it has become the leading program for buildings, homes, and communities to improve environmental and human health during the design, construction, maintenance, and operation of a property. As of March 2017, Western Pennsylvania was home to over 330 LEED certified buildings, totaling just over 34 million square feet of LEED space (www.gbgl.org), and 3R is proud to be among them.

“Achieving LEED certification is more than implementing sustainable practices. It represents a commitment to making the world a better place and influencing others to do better,” said Mahesh Ramanujam, President and CEO, USGBC. “Given the extraordinary importance of climate protection and the central role of the building industry in that effort, 3R Building Sustainability demonstrates their leadership through their LEED certification of their new office space.”

About 3R

Headquartered in Pittsburgh, PA, 3R Building Sustainability provides high-performance building consulting to integrate and optimize all major building performance attributes, including energy efficiency, durability, life-cycle performance, and occupant productivity. 3R is uniquely qualified to integrate its building design consulting with broader environmental and energy management consulting to deliver total 360-degree solutions. The 3R team is made up of LEED Accredited Professionals with backgrounds in mechanical, environmental, and civil engineering, as well as architecture. Offering a range of services including green building consulting, energy modeling, commissioning, benchmarking, LEED feasibility studies, and documentation coordination, the firm can assist architects, engineers, developers, and building owners navigating green building standards and initiatives. For more information visit www.3Rsustainability.com or call 724-741-9900.

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