

APPENDIX – Lactation / Nursing / Wellness Rooms

Document revision history: o8/2019 – Original Publication

Date	Section	Description of Change
10/29/2024	1.1	Updated references and contact info.

PART 1 – GENERAL

1.1 Design Summary

a. Lactation Rooms

- Lactation Rooms shall comply with [AIA Best Practices Lactation Room Design Guidelines](#) (November 2023).
- The addition of a lactation room shall be reviewed with Human Resources in all renovation projects, and new or newly acquired UO buildings. Human Resources must be consulted regarding the necessity and feasibility of adding a Lactation Room prior to construction and occupancy. If, with Human Resources approval, a lactation room is not added to a renovation, or new/newly acquired building, a plan to provide an appropriate lactation space must be created and agreed upon by the department and Human Resources to meet future Lactation Room needs.

Human Resources Contact:

UO HR Service Center

Phone: 541-346-3159

Email: hinfo@uoregon.edu

1.2 Spatial Requirements

- Rooms shall be located in a safe, private, and accessible area to all.
- A minimum 7' x 7' footprint, allowing for a 5' radius circle with 24" deep counters on two walls, including at least one area with clear knee space that is a minimum of 30" wide.

1.3 Other Requirements

a. Access

- The room shall be equipped with a lockable door with pin-access controls. Refer to *Section 08 70 00 – Hardware* for approved products.

b. Acoustics

- Sound dampening materials shall be included to minimize sound transmission.

PART 2 – PRODUCTS

2.1 Finishes

2.1.1 Flooring

- Resilient flooring material is required. Refer to *Section 09 60 00 – Flooring*.
- Approved materials
 - Linoleum Flooring – tiles or sheet good; Forbo (Marmoleum) preferred.
 - Rubber Flooring – tiles or sheet good; Nora or Mondo preferred.
 - Luxury Vinyl Tile – tiles; minimum 2mm wear layer

2.1.2 Walls

- Paint is the preferred wall finish. Refer to *Section 09 90 00 – Painting & Coating*.

2.1.3 Casework

- All casework shall have High Pressure Laminate matte finish with matching 3mm PVC edge banding.

- b. Countertop surfaces shall be a Solid Surface material.

2.2 Storage

- a. Contractor furnished (if casework) or Owner furnished (if free-standing/furniture solution)
 - Storage for paper towels and cleaning supplies.
 - A cabinet or shelving unit for storage of personal items.

2.3 MEP Systems

2.3.1 Electrical

- a. Duplex outlets
 - Near the chair
 - Above the counter (for microwave)
 - Below the counter (for refrigerator)

2.3.2 Plumbing

- a. A sink with a gooseneck faucet to wash bottles and pump components is required; Refer to *Section 22 40 00 – Plumbing Fixtures* for approved products.

2.4 Furniture, Fixtures, and Equipment

2.4.1 Furniture

- a. Owner furnished
 - One comfortable armchair. Refer to *Section 12 50 00 – Furniture* for seating durability requirements.
 - One side table. A minimum of 20” deep by 30” wide, or a minimum of 24” diameter for a circular table.
 - One personal task light.

2.4.2 Fixtures

- a. Contractor furnished
 - One full-length mirror.
 - Wall-mounted coat hook to hang a bag and/or clothing items.

2.4.3 Equipment

- Owner furnished
 - One compact, Energy Star-rated refrigerator.
 - One microwave.
- Contractor furnished
 - Paper towel and soap dispensers at sink; refer to the *Toilet Rooms Appendix* for approved products.