

TAB C-15

LACTATION ROOM REQUIREMENTS

As required by the Affordable Care Act of 2010, the University of Arizona is committed to designating and maintaining a minimum of one lactation room in as many of its buildings as is reasonably feasible. Therefore, the following criteria should be followed:

- **WHERE REQUIRED**

- **New Buildings** - A minimum of one lactation room (LR) should be provided in each new building.
- **Building Expansions** - Major building expansions should include a LR unless it is determined that the existing facility has a LR that can be accessed from the building expansion.
- **Renovations** - Renovation projects are defined as those projects involving the alteration of a portion of an existing building. Renovations range from simple aesthetic improvements to complex physical reconfigurations and systems' replacement. Due to the potential range of existing conditions – and the ability of a renovation project to address such conditions – it is incumbent that each renovation project undergoes an evaluation early in the design process to outline the scope of compliance which can be achieved.

In general, for minor renovations or room specific renovations, requirements for a LR will not be part of the project scope. For projects where major renovations are part of the scope, inclusion of one LR, if not already existing, should be included. For major renovation projects affecting entire floors or buildings, a LR should be provided if reasonably feasible.

- **Residential Facilities** - Because of the variety of facilities that Residence Life operates, the Consultant shall discuss with the User specific project requirements and criteria.

- **DESIGN CRITERIA**

- **Summary** - A lactating person returning to the University is not only driven to provide for their child but also to be productive students and employees. Providing a LR at the University help these students and employees achieve both of these goals. Following the design guidelines given here will yield a LR that is easy to use and offers comfort and respect to mothers.
- **Room Requirements** - Several times a day, a nursing mother needs to retreat to a quiet, closed room to collect expressed milk. She needs a calm restful environment with all the required elements for an efficient and safe pumping session.

A typical pumping session includes changing clothes, sitting at a desk in front of a pump for 15 to 30 minutes, placing milk in storage bottles, washing bottles and pump parts and packing them away until the next pumping session, redressing and returning to work. At the end of the session, the pumped milk must be stored in a refrigerator or cooler. In an eight-hour work day two or three pumping sessions are normal.

The LR shall include actual and perceived privacy. Pumps can be noisy so sound dampening shall be provided to achieve auditory comfort in and around the space.

The LR shall provide a lockable door; a work surface and chair; a small utility-type sink; storage for cleaning supplies and paper towels; a thermostat for the HVAC system; electrical outlets, telephone service and network connections to increase worker safety and productivity. Meet accessibility guidelines for all the features of the room.

- **Size** – Provide a minimum footprint of 7 feet by 7 feet as it will allow for a 5-foot radius circle with 24-inch deep counters on two walls. Other configurations may be acceptable as well.
- **Location** – Locate the LR in a safe area accessible to all.
- **Privacy** - Install a user-operated indicator deadbolt for privacy that will display an “occupied” message to discourage interruptions.
- **Signage** – The LR should be signed as “Lactation Room” and should include the universal breastfeeding symbol <https://universalbreastfeedingsymbol.com/download/>.
- **Sound Privacy** – Extend walls should reach up to the structure above to minimize sound transmission over them into adjacent spaces. Install sound attenuation in walls to minimize sound transmission. Install fabric panels, curtains, carpeting, or other sound-dampening materials to minimize echoes.
- **Chair** - Provide a task chair suitable for a workstation with seat, back, armrest, lumbar, tension, and height adjustments. The chair shall have casters to allow the user freedom of movement when hands are occupied with bottles of milk and pump parts.
- **Table/Counter** - Provide a minimum 20-inch deep by 30-inch wide plastic laminate or solid work surface for the pump and bottles to rest on in front of the task chair. Provide a 30-inch wide clear knee space beneath the counter. Provide above counter outlets at the work area. Provide telecommunication outlets within easy reach of the work area.
- **Sink** - Provide a sink and faucet (goose neck or kitchen type) combination deep enough to wash bottles and pump parts. Locate the sink adjacent to the work area. Indicate location for University provided soap dispenser.
- **Lighting and HVAC** - Task lighting should be provided over the sink and the work area. Provide overhead lighting for the room. Provide a thermostat in the room for user control and thermal comfort so that the room temperature can be maintained year-round at a comfortably warm level such as in a dressing room.
- **Milk Storage** - Provide a midsize or compact refrigerator for milk storage.
- **Accessories** - Provide a trash can, a paper towel dispenser, a coat rack or coat hooks, a full-length mirror, a magazine rack, and a bulletin board. As many mothers may be sharing the room, provide a bulletin board or other scheduling device outside the door to help schedule room use.
- For additional information about and sample diagrams of lactation room design, see the **AIA Best Practices – Lactation/Wellness Room Design** monograph at the following link:
<https://wellnessroomsite.files.wordpress.com/2016/08/17-0908-eng.pdf>

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