

SEAPORT LOGISTICS CENTER

small but mighty interventions for warehouse workers



Warehouse workers face incredibly stressful conditions such as long hours, noise, and heavy lifting. All of these factors can lead to decreased physical and mental health, which may contribute to fatigue, or illness, or injury. Creating environments prioritize workers outside experience and connection to the natural environment was a main feature of this project. Between the six warehouses on-site several amenities to support workers are in the works:

- A food truck court
- A sport court with outdoor fitness and stretching equipment
- Covered outdoor gathering spaces
- Pocket parks and trails

Developing these types of spaces in industrial sites has been shown to increase productivity, boost morale, improve worker physical and mental health, reduce stress levels, and foster social connections.