

Contents

1 Introduction	6
2 Human Measure	9
2.1 Anthropometry and Barrier-Free Accessibility	11
2.2 Comfort and Physical Spatial Qualities	21
2.3 Spatial Perception	31
3 Spaces	35
3.1 External Circulation	39
3.2 Internal Circulation	61
3.3 Workrooms and Production Spaces	83
3.4 Communication Spaces and Dining Rooms	87
3.5 Sanitary Facilities	101
3.6 Kitchens	111
3.7 Storage Spaces	119
3.8 Ancillary and Staff Rooms	131
3.9 Technical Equipment Rooms	139
4 Typologies	155
4.1 Housing	157
4.2 Office and Administration	197
4.3 Logistics and Commerce	227
4.4 Industry and Production	269
4.5 Education and Research	291
4.6 Culture and Performing Arts	327
4.7 Lodging and Food Service	355
4.8 Healthcare Facilities	383
4.9 Sports and Recreation	425
4.10 Public Safety	475
4.11 Transportation and Infrastructure	495
5 Reference Guide	535
5.1 Standards and Regulations	537
5.2 References	553
5.3 Index	559
5.4 Picture Credits	565
5.5 The Authors	567