



Puget Sound Human Factors and Ergonomics Society

ISSUE 2, 2021

JULY

A Message from the President

Happy Summer, PSHFES member!

I think we should all be proud of how we and those around us dealt with all that was during this pandemic. It's been quite the 15 months or so. We're not completely back to normal (whatever that was) but it feels very close (whatever it will be). How we work and where we work may never go back to what it was. Time will tell. But for us who work in occupational health and safety, our goal of helping workers have long and healthful careers remains unchanged.

PSHFES strives to contribute to this mission by supporting the HFES community providing opportunities to learn and acquire new knowledge. But supporting the HFES community means supporting those that are entering the field. It's has to be so scary to be a recent or soon-to-be graduate or someone seeking a new direction to enter a job market that has undergone such turmoil. It's more important than ever, for the growth and longevity of our field, that we support those individuals. It's also important that for those of us long in this field, we remain open to accepting new perspectives and methodologies for addressing occupational health and safety.

With all of this in mind, PSHFES has been actively developing educational events and seeking new ways to support our community. So far this year, we have held two webinars (details of each are included in this newsletter) and are busily planning for the 2021 Annual Human Factors and Ergonomics Symposium. Similar to last year's, we are going to be virtual but we are expanding it two days, October 14 and 15.

Finally, I want to give a shout-out to Rammohan (Ram) Maikala. Ram has always been a very active participant of PSHFES, including serving as president. After more

than 4 years as editor of our newsletter, Ram stepped away from these duties at the beginning of this year. I know I can speak for the entire PSHFES community and say thank you for all of his hard work and dedication! Jia-Hua Lin, of the SHARP Program, has taken over as editor. This is his first edition and as you will see, the newsletter is in great hands. I'm looking forward to his being a part of the PSHFES Executive Committee.

As always, I am grateful to be a part of such a dynamic and diverse community.

Niki Howard, President, PSHFES



Announcement

2021 Virtual Symposium

This year, for the safety of our members and the flexibility of inviting notable speakers from around the country, PSHFES decides to hold the 2021 Symposium virtually. So, instead of a full-day event, this year, the symposium will be spread out to two half days on October 14 and 15. Symposium chairs Kim Hudson and Ram Maikala are working hard to put together an exciting program of knowledge translation and exchange. Please keep an eye on upcoming communications from PSHFES for the full program schedule.

Spotlight on webinars

In the spring of 2021, PSHFES hosted two informative webinars to its members and guests.

Feb. 9, 2021

How to Get Hired – Panel Discussion

An objective of the PSHFES is to support professionals and students in our region. Based on a request from the Oregon State University Student HFES Chapter, on February 9 we hosted a 1.5-hour

web-based panel discussion to share tips and insights for “job hunting”. We relied on the expertise of Cary Calkins, Employer Engagement Broker with the Seattle Housing Authority (SHA) and Jaime Harmon, graduate student at Embry-Riddle to start off the meeting, then wrapped up with input from our PSHFES Executive Team in addition to Q&A.

Panelist Cary Calkins works with SHA residents looking for work, coaching, mentoring and preparing them to compete in interviews where they may lack tangible work experience. In this webinar, Cary encouraged the attendees to act with purpose, to prepare for what can be expected and to practice like you want to win while job hunting.

The image shows a screenshot of a webinar slide. At the top left, there are two logos: the Seattle Housing Authority logo (a house icon with a window) and the JobLink logo (the word 'JobLink' in a stylized font with 'employment + education + resources' underneath). Below the logos is a horizontal green line. The main title of the slide is 'Interviewing with Confidence' in a large, bold, black font. Underneath the title is the subtitle 'preparation + confidence + practice' in a smaller, lowercase font. In the center of the slide is a photograph of a desk setup: a laptop, a smartphone, two pens, and a pink sticky note. To the right of the slide, there is a small video inset showing a man, Cary Calkins, speaking. Below the video inset, the text reads: 'Cary Calkins', 'Employer Engagement Broker', and 'Seattle Housing Authority'.

Panelist Cary Calkins gave his insights about interviewing for professional positions for students and practitioners.

The second panelist, Jaime Harmon, is a Systems Engineer currently pursuing a master's degree in Human Factors at Embry-Riddle Aeronautical University in Daytona Beach, FL. She successfully completed an internship with Boeing leading to a full-time engineering position with the company.

In her talk, Jaime shared how an icon-based webpage helped her career. She followed up with students from Oregon State University for an advanced hands-on workshop in June for website design. In summary, she considers a resume website a valuable adaptation to the reliance on technology, due to the shift towards remote learning and working conditions. Websites provide the opportunity to share more of a sense in who you are since there is the absence of face-to-face encounters with recruiters nowadays.

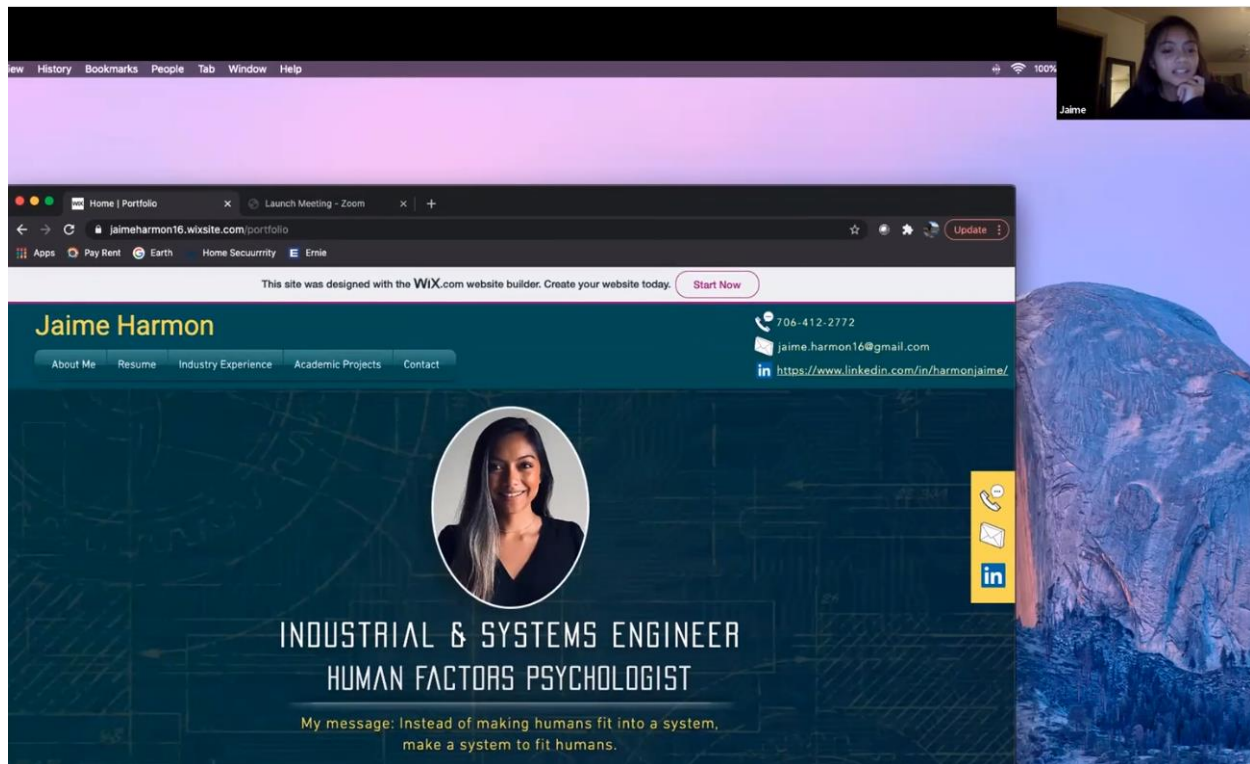
• The expression of your work ethic can be displayed through your decisions in:

- ✓ Aesthetics- careful considerations for readability/legibility and consistent color themes
- ✓ Feedback- confirming actions and displaying error messages to improve user experience
- ✓ Pathways- flexibility (multiple routes) proves anticipation of a user's thought process

• Websites also allow expansion upon professional summaries, academic projects, and industry experience, which can give the recruiter more conversation starters

• Straight forward steps in creating a free tool to communicate what you can bring to the table

Such a personalized webpage has the potential of tremendous success in jumpstarting a professional career, as reported by a student making a website after the first webinar, and got an interview.



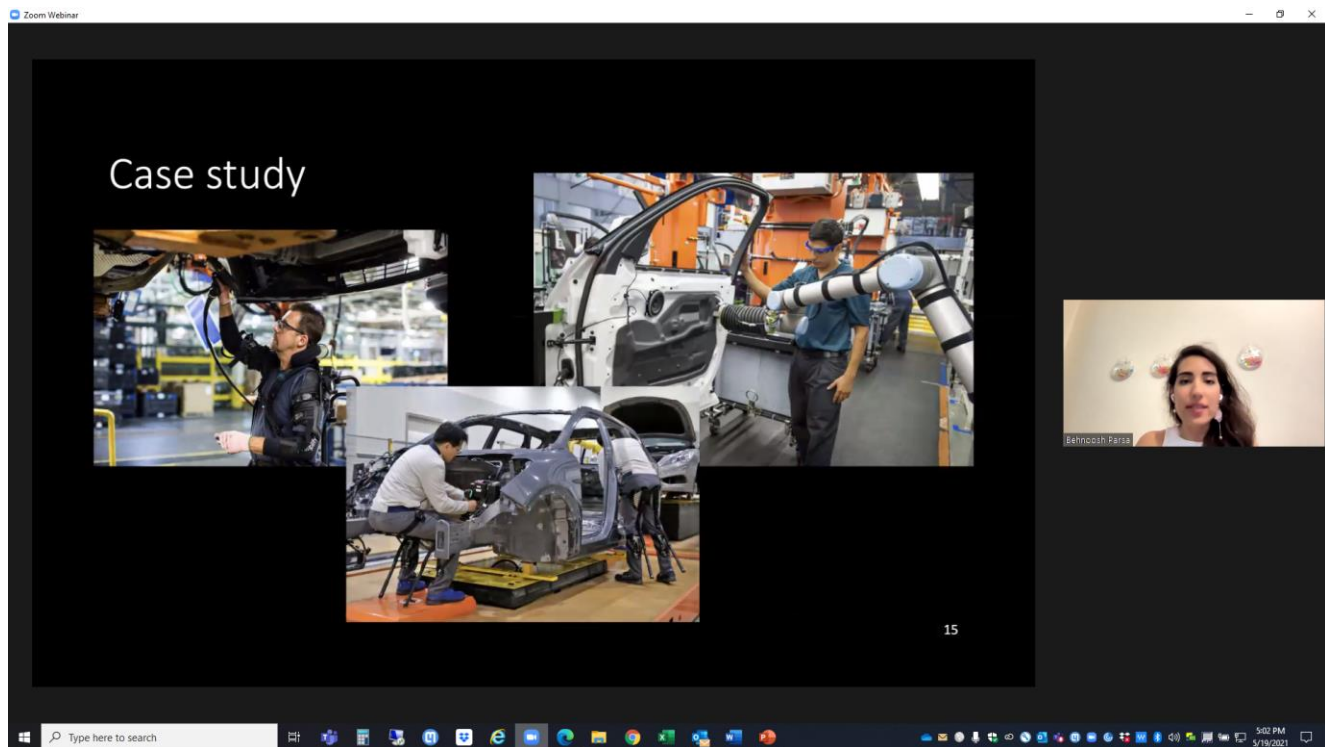
Panelist Jamie Harmon shared her experience using a resume webpage, aiming to help students getting ready for their career.

May 19, 2021

Smart Ergo Posture Assessment Tool

PSHFES hosted a webinar featuring Dr. Behnoosh Parsa presenting her mobile application “Ergonomics Risk Assessment”, available in both Apple App Store and Google Play, developed while she was a Ph.D. student at the University of Washington. Dr. Parsa demonstrating this mobile, REBA-based, postural assessment tool that can perform simple, real-time

assessments of worker postures to about 20 attendees in this webinar. Attendees provided Behnoosh with ergonomist use-related feedback on the features of the tool, and encouraged her to continue its development. She ended the webinar with a hope that a final version of the tool with more advanced features may be made available at some point in the future, but currently, her work on the tool has been suspended due to her starting work as an Applied Scientist at Amazon Robotics Strategy.



Dr. Parsa explained how her mobile application can help assessing ergonomics risks in the real world.

The invited speaker, Dr. Behnoosh Parsa, is an Applied Scientist at Amazon Robotics Strategy. Behnoosh graduated from the University of Washington Mechanical Engineering Ph.D. program 2020 with a Technology Entrepreneurship Certificate from Foster School of Business.

During her Ph.D. at the University of Washington, she worked on projects with Amazon Robotics, Facebook AI Research, Honda Research Institute, and the Washington State Department of Labor and

Industries. Behnoosh was selected as a Husky 100 in 2020 and also won the NSF I-CORP Site award and the Innovation Gap Fund to commercialize her research.

Get to know your PSHFES officers

PSHFES is organized for professionals and students of common interests in the Puget Sound region. It is a non-profit organization, purely staffed by volunteers over the years. In this new column, we would like to get to know more about the people who are making this organization possible. The readers may know many of them professionally, so here we try to dig into their lesser-known aspects through virtual interview questions. It is our hope that by the time we have in-person events, you will feel like you have known them as old friends already!

Ninica Howard, President

How long have you been in the Puget Sound area?

I moved the Puget Sound 24 years ago after finishing my degree at the University of Massachusetts. My intention was to stay and work for a couple of years and then continue on with my education. But, as you can see, the allure of the PNW was too strong and I never left.

How long have you been working in the HF/E field? And what do you do now in your job? And any other HF/E activities outside of your regular job?

I've been working in the HF/E field for close to 30 years. I started at a telecommunications company in Canada. Now I am a research ergonomist with the SHARP Program at the Department of Labor and Industries. I conduct field research studying musculoskeletal disorders in many different industries, including manufacturing, agriculture and construction. But, for the past 15 years my focus has been on healthcare. Outside of my job, I am a member of the NORA Council on Musculoskeletal Health, and the NORA Healthcare and Social Assistance Sector Council. I'm also member of the HFES BIPOC Affinity Group.

What made you first decided to serve in PSHFES?

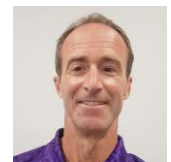
In the past, I attended the annual symposium but it was in 2018 when I joined the PSHFES Executive Council. During this time I've chaired two annual symposiums, in 2018 and last year, in 2020. I decided to serve in the PSHFES because I wanted to get to know the HF/E community in the region better.

If you were willing to give a bold vision, what would you like to see PSHFES in 2040?

I think what I would most like to see is PSHFES known as a valuable resource for helping new practitioners/researchers to build their careers in HF/E, mentoring new professionals.

What do you enjoy doing off work?

My favorite things are running and gardening. I like trying new things. It could be visiting an art exhibit, visiting a new community or town, even going to a park I've never been to. If I haven't done it, I want to try it. Pre-pandemic, I loved finding new restaurants to try, I actually have a running list on my phone of places to try. So many places, so little time!



Trevor James Bryant, Advisor

(Editor's note: Trevor is the immediate past Treasurer)

How long have you been in the Puget Sound area?

I have lived here all my life 54 years, except for 2 years in CA while in school.

How is your own day job related to the HF/E field?

I work as a PT in an occupational medicine clinic. Here I see acutely injured workers and help guide treatment programs for them to return to work. In

addition, I perform ergonomic consultations in office, vehicle and industrial work areas.



Miriam Joffe, Outreach Chair

What many years have you been with, and what made you first decide to serve in, PSHFES?

I believe I have been with PSHFES for 11 years?? I became interested in the Chapter based upon the people I met: Gary (current council Director), Janet (past President), and Miriam (current Outreach Chair), and the opportunity to learn more about the equipment, application and improvement of work areas.

What have you learned the most working in the PSHFES council?

Resources such as guru's in the field, equipment that is available and how to get connected with people that are in the know.

If you were willing to give a bold vision, what would you like to see PSHFES in 2040?

That is a long way into the future....I would like to see a group that is able to give back to the community in which they operate. Establish an annual scholarship and or grant for the development and benefit of local businesses/students.

What do you enjoy doing off work?

My current passion is doubles beach volleyball: we are currently building a court in our backyard. I enjoy being active, boating, family and work life balance.

How long have you been in the Puget Sound area?

I moved to Seattle for work in 2013.

How long have you been working in the HF/E field?

After many years in healthcare, I returned to graduate school to complete my degree in Work Environment/Ergonomics. After graduation, I learned to build on the education from both fields to enhance my skills as a professional ergonomist for at least the past 25 years. Currently I am a Senior Ergonomist for The Boeing Company.

What other HF/E activities you engage outside of your regular job?

At the onset of my professional career, I supported the first 17 years of the Applied Ergonomics Conference as moderator, speaker and committee chair. While in Texas, I founded the Austin Area Ergonomics Roundtable and led that group until my move to Seattle. During the 2018 HFES annual meeting in Seattle, I was the conference tours chairperson and PNW Track organizer. Mentoring students and early career professional has always been at the forefront of my interests.

What made you first decided to serve in PSHFES?

Joining PSHFES was a simple continuation of the support for professional activism that was fostered early in my own career.

What have you learned the most working in the PSHFES council?

I learned to appreciate and build on the skills and contributions of council members.

What do you enjoy doing off work?

Sailing, cooking, reading, gardening.

THANK YOU, 2020 ANNUAL SYMPOSIUM SPONSORS

PLATINUM




The PSHFES Executive Council (2021)


President	Niki Howard, SHARP, Dept. of L and I
Immediate-Past President	Randy Pickett, Safran Cabin
Treasurer	Carrie Lin, The Boeing Company
Symposium Chairs	Rammohan Maikala, Providence Healthcare Kimo Hudson, The Metropolitan Development Council (Tacoma, WA)
Communications Chair	Kelly Lynch, The Boeing Company
Newsletter Editor	Jia-Hua (Jim) Lin, SHARP, Dept. of L and I
Program Events Chair	Vacant
Outreach Chair	Miriam Joffe, The Boeing Company
Director	Gary Davis, The Boeing Company

Mission Statement

- Provide opportunities for professional development, networking, workshops, and education for local Human Factors and Ergonomics (HFE) professionals, students, and enthusiasts.
- Raise public awareness of the value and benefits of HFE.
- Provide volunteer opportunities for HFE professionals to contribute to the Puget Sound.



Puget Sound Chapter-Human Factors and Ergonomics Society



ANNUAL HUMAN FACTORS AND ERGONOMICS VIRTUAL SYMPOSIUM

October 14 & 15, 2021

*New this year! 2 Morning Sessions
(Pacific Daylight Time)*

For more information, visit www.pshfes.org