



Puget Sound Human Factors and Ergonomics Society

ISSUE 1, 2022

NOVEMBER

A Message from our President

I want to start with a huge thank you to the PSHFES Executive Council! We've had members that have participated for many years now, including Gary Davis, Miriam Joffe, Carrie Lin and Ram Maikala. But then we've have members who have left and returned. I'm thinking of you Kelly Lynch. And finally, we have our new members who joined in the past year and I hope will be a part of our council for a long time. Please welcome our new members, Katia Costa-Black, Tony Brace, Frank Ryou, and Michelle Longo! It's been quite the year, trying different things like reducing our membership fees and introducing our new [LinkedIn page](#). I appreciate you all.

I also want to extend a huge congratulations to Ram Maikala as the 2022 recipient of the Puget Sound Chapter's HFE Professional of the Year. Ram has been a cornerstone for the field of HFE and our council. This is much deserved recognition for all that he does for our profession.

As most of you know, on September 15 we held our annual [symposium](#). I hope that despite the fact it was again a virtual event, the quality of the presentations and the exchange we had provided great insight and knowledge to you and your practice. Thank you to everyone who attended and continued to show support to our PSHFES activities. There are so many things that seem to be changing with regard to the work environment and its impact on how work is performed.

These include climate change, interactions with technology and increasing worker engagement. Our symposium speakers addressed several of these changes. Dr. Fadi Fatallah, Professor at the University of California Davis, described agricultural ergonomics and touched on the impact of climate change on the industry. Dan Gottesman, creator of Ergovation, spoke towards the intersection of HFE and environmental sustainability. Dr. Deborah Boehm-Davis, recently retired from Meta, addressed employee empowerment/engagement when she described a 5-year research partnership in developing a comprehensive training program for a regional air carrier. And Shane Hudson, from EWI Works, demonstrated a motion tracking system to evaluate a participatory intervention. These presentations are evidence that as HFE professionals, we continue to innovate and grow in multi-faceted directions to address related challenges of our ever-changing work environment. Thank you to our symposium speakers and sponsors! Once again, you have helped PSHFES with our mission to provide opportunities for professional development. If you are at all interested in being involved in our council, or are just curious, please reach to us at info@pshfes.org.

Niki Howard, President of the PSHFES



Save the dates

2022 Year End Webinar on December 13

5:00 – 6:00 pm PST

“Solving musculoskeletal injuries: How to get to and through the solutions phase to solve ergonomics problems”

Presenter: Tony Brace, CIE, CPE

For more details and registration, please click *HERE*

Next quarterly Pacific Northwest Ergonomics Roundtable will be on January 13, 2023.

You can sign up for this event by sending an email to Deborah Read: ergogirl@ergofitconsulting.com



Wrapping up 2022



As we enter the last quarter of the year, we want to bring your attention to other activities that we were able to organize this year. On June 29 we hosted a webinar on a topic that is calling attention of many professionals involved in occupational health and safety, and workers' wellbeing. Katia Costa-Black, our newsletter editor, and Liz Hill, Total Worker Health Adviser for [SAIF Corporation](#), presented an overview of the [NIOSH Total Worker Health® \(TWH\)](#) for the ergonomist. The application of the TWH in practice requires an integrated and strategic approach for health, safety and well-being. This might sound very cumbersome; however, NIOSH and its many affiliates/partners have developed excellent training

materials and very practical tools for successful implementation. Members who attended the webinar learned about how to find and utilize the various resources available.

HFE Professional of 2022 Award

Another activity completed this year was the selection of the 18th Annual PSHFES Ergonomics Professional of the Year Award. We called our members for nominations and the selected person was Dr. Ram Maikala. We believe that his contributions to HFE discipline go way beyond 2022.



Dr. Maikala has over 60 published peer-reviewed research papers and has worked as an injury prevention project manager and senior program specialist in healthcare

settings, in addition to serving as a research scientist at the Center for Physical Ergonomics at Liberty Mutual and guest lecturer at Harvard University. He is currently working as the Subject Matter Expert-Program Technical Consultant at the [National Safety Council](#). He is the Editor-in-Chief of the HFES journal [Ergonomics in Design](#) and editor for the [International Journal of Industrial Ergonomics](#). He has served in the past as the president of the PSHFES, as our newsletter editor and as the co-chair of four annual symposiums. Congratulations, Ram! This is really well-deserved.

Highlights from the 2022 Symposium

On September 15th we hosted our virtual annual Symposium. The event was moderated by our president, Niki Howard. We had the honor to hear from Carolyn Sommerich, the new President of HFES and Director of the [Engineering Laboratory for Human Factors/Ergonomics/Safety](#) at Ohio State University. She stressed how PSHFES has been a reference for professional development and networking in the region and beyond. She also highlighted the work that has been already done and will continue to grow regarding diversity, equity, and inclusion (DEI) within the HFES community.

Introducing the new HFES President



Carolyn Sommerich
The Ohio State University

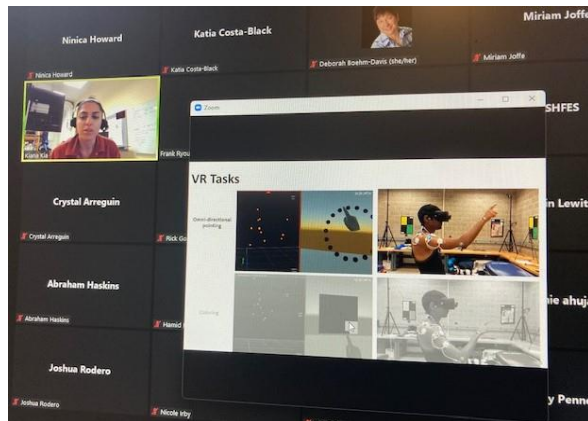


 HUMAN FACTORS
and ERGONOMICS SOCIETY

The morning presentation started with Dr. Deborah Boehm-Davis, now-retired Emeritus Professor of Psychology of [George Mason University](#) in Virginia, sharing the lessons learned from a 5-year research program to enhance teamwork in an airline environment. Then we had two post-doctoral students presenting their current work: Dr. Zhenyu Zhang from the University of Washington presented his preliminary results from a Participatory Ergonomics intervention developed for a roofing company; and then Dr. Kiana Kia, from Oregon State University, shared the results from her augmented reality

research on the effects of interface design on biomechanical and cognitive loads.

Presentation by Dr. Kiana Kia from Oregon State University

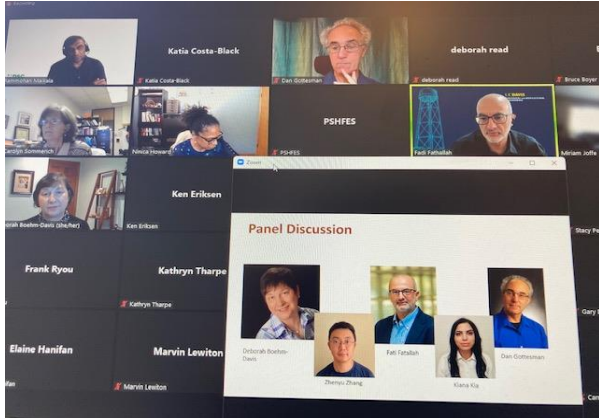


Following this, Dr. Fadi Fathalah, Professor and Chair of the [Department of Biological and Agricultural Engineering](#) at the University of California Davis, presented an overview of the research and outreach activities carried out by his team for addressing MSDs among farmworkers. We also had an industry case study presented by Shane Hudson from [EWI Works](#), a consulting group from Alberta, Canada. He shared the use of motion tracking technology in a Participatory Ergonomics intervention to reduce ergonomic risks during tire manufacturing production. Next, we had a very interactive Q&A session with our symposium sponsors (see page 7 for a list of our sponsors).

Last but not least, Dan Gottesman, retiree Ergonomist and creator of [Ergovation](#), a new platform for professional dialogues with the HFE community and beyond on climate change issues, raised a thought-provoking question on the role of HFE professionals in environmental sustainability and climate change. Attendees engaged in small group discussions within different breakout rooms for a more intimate discussion and very interesting ideas (and possible

professional collaboration paths) emerged and were share with the whole group.

Panel discussion with our five speakers



In this full-packed agenda, we heard messages of better collaboration and utilization of scientific evidence, and how new technology and a people-centric approach are paving the way to overcome some of the challenges we face in the workplace today. We hope to continue to provide the opportunity to learn and reflect on these important topics together (virtually or in-person) and please feel free to send us topic suggestions for our 2023 PSHFES Symposium (Our e-mail: info@pshfes.org).



Congratulations to our symposium prize drawing winners: Brenda Henoch, WCC Ergonomic Consultant, who won a Humanscale Diffrient World Chair; and Deborah Reed, ErgoFit Consulting, who won an

Ergotron monitor arm.

On behalf of our members, thank you

[Humanscale](https://www.humanscale.com) and [Ergotron](https://www.ergotron.com) for your generous gifts!



Member SPOTLIGHT: Tony Brace, CPE, CIH

As a non-profit organization, purely staffed by volunteers, PSHFES thrives with the help of many dedicated HFE professionals who make our events and activities happen. As an example, last year Tony Brace, Ergonomist from SAIF Corporation, stepped in as our Programs' Chair. We take this opportunity to highlight his personal story entering the HFE world, hoping that you, the readers, might relate to it in one way or another. Maybe you will even feel compelled to write to us your own story with HFE. We would love to hear from you!

Tony, tell me a little about yourself ...



My wife, two kids and I live in Salem Oregon where I work as an ergonomist for SAIF corporation. SAIF stands for "State Accident Insurance Fund" and provides workers compensation insurance for almost

half of all Oregon businesses.

I got my start originally with SAIF Corporation in Salem Oregon as a safety management consultant. During this time, I got my master's degree in safety management and HFE from Oregon State University (go Beavs!) and became a CPE in 2005. Wanting to really learn ergonomics at a deeper level, I went to work for Intel Corporation. I got bored with ergonomics after several years with them and moved on to work with some other companies, such as Whirlpool and Honeywell. I went back to school in 2013 to study Industrial Hygiene through Tulane

University. I discovered I really love IH work, especially in the area of ventilation design for vapors and particulate control. In 2015, I became a CIH and became an industrial hygienist for the Boeing Company in Portland. In 2019, SAIF called me back to be the subject matter expert ergonomist for the company, a role I thoroughly enjoy and I hope to never leave.

How did you first discover the HF/E field?

This goes back to when I was in college in Central Washington University several years before I ever heard the word “Ergonomics”. My best friend and I used to do a lot of mountain biking and we did a lot of shuttle rides in my friend’s 1976 Dodge army ambulance. One Saturday, we were headed to a race in Gig Harbor, and we were brainstorming building a 10-bike rack for the ambulance that would make our shuttle rides easier. A tag line was born during that day during our brainstorming that persists for me to this day: “you know, what you could do is...” During our drive to the race, we conceived of a 10-bike bike rack that could be mounted above the hood and roof line of the truck that could pivot down into a position so we could load bikes at mid-chest level. We built a small-scale cardboard replica to test the idea, then built it in a friend’s garage over a weekend. That bike rack lasted 10 years and we never had an issue with it.



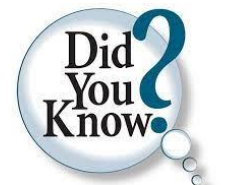
A few years later when I was at SAIF, one of my mentors, Dale Knight, used to put on a monthly ergonomics brainstorming session with our policyholders. We would meet at a policyholder’s location, observe a problematic process, then brainstorm ideas of how the risks we saw could be eliminated or mitigated. I learned a lot from that experience, so much that I wanted to learn everything I could about ergonomics. I later developed a passion for Human Factors when I was at OSU since psychology was my undergraduate major.

How long have you been working in the HF/E field? And what do you do now in your job?

I have been a CPE since 2005. I tell people now that I have the safety equivalent of the show “Dirty Jobs” with Mike Rowe. I not only get to oversee the ergonomics program for SAIF and mentor others in HFE, but I get to deal directly with policyholders. Every week is different: I could be at a brewery one day then a waste treatment plant the next. It is a great privilege to see things most people never do.

What made you decide to volunteer as the Program Chair in the PSHFES?

I have been tangentially involved with PSHFES and the PNW Ergonomics Round Table but at a distance for a long time. This year I decided I should step up and take more of role in the HF&E community.



We have members far beyond the Washington State Puget Sound Region, i.e. California, Oregon, Texas, North Carolina, Iowa, Colorado, Florida, Arizona, Nevada, Illinois, Washington, DC and even Alberta and Ontario, Canada. We welcome you all!



The PSHFES Executive Council (2022)

President	Ninica (Niki) Howard, Senior Researcher at SHARP Program, Washington Department of Labor and Industries
Treasurer	Carrie Lin, Senior HFE Engineer at the Boeing Company
Outreach Chair	Miriam Joffe, BT&E Ergonomics Program Manager at the Boeing Company
Social Events Chair	Michelle Longo, HF Engineer at the Boeing Company
Communications Co-Chairs	Kelly Lynch, Ergonomist at 3M Frank Ryou, HFE Engineer at the Boeing Company
Newsletter Editor	Katia Costa-Black, Oregon-based Consultant & Lecturer (NYU/UP)
Program Chair	Tony Brace, Ergonomist at SAIF Corporation
Directors	Gary Davis, Ergonomist at the Boeing Company Rammohan Maikala, SME Technical Consultant at the NSC

PSHFES 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.

THANK YOU TO OUR SYMPOSIUM SPONSORS

[Click on the Logo to visit their website]



HFES Event announcement



The banner features a green-to-blue gradient background. On the left is a laurel wreath icon. To its right, the text 'Titans of HFE Symposium' is written in large white font. Further right, the dates 'February 13 – 14, 2023' and 'HFES Virtual Event' are listed in white. In the top right corner of the banner is the HFES logo, which includes a stylized human figure icon and the text 'HFES Systems That Work for Humans'.

For more information visit the [HFES events website](#)