



Puget Sound Human Factors and Ergonomics Society

FIRST QUARTER

ISSUE 1

Dear PSHES members:



Here is the first newsletter of the year 2017 (sorry, a bit late!). There are many things that are happening in PSHFES as I write this newsletter.

I would like to thank two individuals for their contributions to PSHFES and beyond! First, my mentor **Janet DeLapp** who has served

PSHFES relentlessly and meticulously for the last four years with vigor and enthusiasm. Steven Spielberg said it best, **“The delicate balance of mentoring someone is not creating them in your own image, but giving them the opportunity to create themselves!”** Janet, to me, is exactly what Mr. Spielberg was talking about in terms of being a Mentor!! Janet has given me an opportunity, space, as well as freedom to express my views. Without Janet’s leadership, guidance and assurance, I would not have taken this responsibility of volunteering for PSHFES.

So let me write what Janet has done for us in the last four years!



1. Made things easier for the Council to do their tasks and take the more complex tasks off their plate.

- Identified and outsourced specific tasks, which allowed us to improve our continuity of responsibilities, and hold positions that did not require as much technical knowledge. This approach has helped in terms of welcoming more members who can assume Council positions with ease. As a small business

owner, Janet knows the importance of vendor relationships, as they free you up to do what you do best.

- When Janet took the leadership position, she brought in an outside vendor, Mark Tinley, who was familiar with Wild Apricot, our membership software, and could help with website changes more readily.

Janet worked with Mark for a few years but he decided not to support Wild Apricot any longer, so she found our current vendor, ARRC, from California. The transition was perfect - they do website development and support Wild Apricot. This was a great find, as this was the first time we had professionals to help with both development and support and are available to assist us, as we need them. This made the Communication Chair position so much easier. These changes resulted in a better website design, better interface with membership and event registration, fewer issues and anomalies with payment transactions and less need for the Communication Chair to go in and fix issues. More importantly,

it took the harder task of Website Development off of the Communication Chair’s list of things to do.

- Janet revamped the Treasurer position and work-flow so that checks and balances can be simplified. She wanted to make sure we had another set of eyes on the books to insure we were not at any risk. Three years ago Janet introduced the idea of working with an outside CPA to do the monthly books and end of year taxes. As a small business owner, Janet knows how important it is to make sure we have a proper system in place without burdening our volunteer council members! By bringing in Bateman and Larkin, Janet reduced the burden on the Treasurer’s responsibilities. This process facilitated PSHFES in receiving professional reports each month, thus freeing up lot of work including the filing of taxes.

2. After a few years as President, Janet restructured the Student Liaison position, which lacked impact, to the Outreach Position. By merging the two, any PSHFES member with a burning desire to do something as an Outreach Project, now has a great avenue to do so. More importantly, it would not be limited to just one member. The Outreach Chair can now manage multiple outreach efforts at once. Janet’s initiation of Skills Inc. project is a perfect example of her vision!

3. The “Ring of Honor” membership status was developed for those PSHFES contributors who are retired. Barbara Silverstein is our first so far.

4. Janet recruited many Council members for varied positions, and she still continually updates the Council positions.

5. With able assistance from Gary Davis, Janet reviewed and updated the Bylaws.

6. With Gary’s help, Janet initiated our first HFES Fellow Nomination application process.

7. With help of the Council, Janet developed a formal application process for the Professional of the Year Award.

Her accomplishment list goes on and on! So Janet, I am not sure who said this **“For some people, volunteering is about giving. But for the likes of you, it is a way of living!”**, and I certainly don’t think I can say better than that quote! I am so thankful for your continued support!

Second, **Bruce Coulter** who managed The Pacific Northwest Ergonomics Roundtable (that meets - 2nd Friday of the 1st month of each quarter at 9 AM-12 PM) for more than 20 years. **Here is what Deborah Read wrote about Bruce:**

The Roundtable is similar to an ergonomics professional’s support group. The group meets quarterly to network, receive continuing education on topics chosen by active attendees,

Continued on page 2

brainstorm solutions and discuss issues. During the Roundtable anyone can pose a question or issue for discussion. Attendees include ergonomists, IHs, OTs, PTs, occupational health nurses, space planners and safety professionals. They represent manufacturing, hospitals, corporations, state government, utilities, municipalities, universities, and several others.

The structure and function is simple. There are no officers, no dues, and no publications. Currently, the organization is administered by one volunteer who keeps the distribution list current, coordinates the meeting venues (sponsored by host organizations for free), arranges for speakers, sends out meeting notices, and facilitates the meetings. For 22 years, that volunteer was Bruce Coulter of the Dept. of Labor & Industries! He unflinchingly volunteered and dedicated his time and passion to the Roundtable from 1994 to 2016!! Bruce is a smart, thoughtful, curious, and an all-around super swell guy! Bruce covered the gamut of topics,

including using computers in vehicles to bariatric patient handling to call center ergonomics..., you name it, Bruce probably organized a meeting about it.



Incoming volunteer, Administrator/Facilitator, **Deborah Read** of ErgoFit Consulting, Inc., presented Bruce with an award for "22 Years of Outstanding Leadership for the PNW Ergonomics Roundtable" on January 13, 2017. He will be sorely missed in this role, but Bruce promises to continue attending the quarterly meetings as often as possible. The Roundtable was Deborah's first professional group meeting and she instantly recognized that Bruce could be a mentor for her. Deborah is acutely aware of the importance and honor of this transition and she hopes to provide value to the ergonomics community. If you're interested in receiving meeting invitations, please email Deborah at ErgoGirl@ErgoFitConsulting.com.

A humble request to all fellow members: When you meet **Janet** and **Bruce** next time, please make sure you thank them for their dedicated service to PSHFES and beyond!

Rammohan V Maikala, PhD

Welcome to our New Council Members

Randy Pickett, Communications Chair



Randy Pickett, an Oregonian and US Navy Veteran, works at Archbright as a Safety and Loss Control Consultant. Before joining Archbright, Randy worked for Harnish Group and Nothland Services, as Safety Director at both. Randy has approximately 16 years of safety experience including OSHA, FMCSA, MSHA, & EPA work; and approximately 5 years in Production/Operations Management. Randy has a Masters in Organizational Leadership from Gonzaga University, and a Bachelors in Business Administration from the University of Washington.

In addition to volunteering his time for PSHFES, last year Randy was a Mentor for YearUp which educates disadvantaged young adults. Randy spends a lot of time fixing people's cars/houses who don't otherwise have the funds to hire someone. This includes Randy's neighbors and his daughter who uses his services often. Randy has a daughter and a grandson and a large extended family in Oregon. His hobbies include Gardening, Home remodeling, Classic car restoration, and Running as long as his knees continues to hold out.

Nicole Irby, Program Co-Chair

Nicole Irby earned her Master's degree in Industrial Hygiene and Safety from UW in 2002, and became a Certified Industrial Hygienist in 2007. Nicole worked for DOSH for 14 years as an Industrial Hygienist. In 2010 she became a licensed Massage Therapist and spent the next two years practicing part-time professionally.

Over the past year, Nicole has worked at DOSH as an Ergonomist practicing in both office and industrial settings.

Nicole lives in Olympia, and outside of work, she enjoys baking, making soap, watching Seahawks football (ready for next year!), and spending time with her dogs.

MARK YOUR CALENDAR

PSHFES SYMPOSIUM – SEPTEMBER 21

PLEASE CONTACT: SYMPOSIUMCHAIR@PSHFES.ORG

Zachery Collins, Program Co-Chair



Zachery Collins, Certified Professional Ergonomist, has been helping businesses and workers prevent injuries for years. Zach started his career as an occupational therapist treating injured workers in a chronic pain clinic. It didn't take long for him to realize the benefits of *preventing* the injury over the efforts of *treating* an injury. Zach has provided

services in both large and small organizations including Freightliner, Nordstrom, UPS, Providence Hospitals, and Boeing Commercial Airplanes.

He currently works for Bureau Veritas as a Manager of Health, Safety & Environmental consultants outsourced to Boeing. During winters Zach can be found volunteer coaching his son's wrestling team or attending his daughter's gymnastics meets. Other hobbies beyond vacationing with his family, include running, fishing, gardening, and he's just started his first batch of homemade wine.

2016 Events Summary

Dinner Meeting / Presentation

Pete Johnson (UW) – How to Reduce Whole Body Vibration (WBV) In Vehicles

On Nov 17th, nine PSHFES members gathered at Angelo's Restaurant in Burien to hear Pete summarize his past and present research on whole body vibration levels experienced by King County Metro bus drivers traveling on city roads in Seattle. Three different seat suspension designs were compared.

Vibration damping was summarized for each seat type, by comparing vibration levels at the seat cushion (the vibration exposure experienced by the bus driver), with the vibration at floor level under the seat.



Angelo's Restaurant - Burien

Pete compared average vibration levels for (traditional) "static", height adjustable, fixed seats, with current (industry-standard) long-travel "air-suspension" seats. Disappointingly, the air-suspension seats (which are more expensive) were found to offer very little improvement over the fixed traditional seats. (10% or less reduction in vibration.) Additionally, the air-suspension seats transmitted more severe (amplified) impulse-type forces on the drivers when then they "bottomed out" due to severe roadway impacts.



Dr Pete Johnson

Pete's summary offered hope for the future, through the use of recently available "active suspension" seats, which feature very rapid response, electro-mechanical suspensions. These seats, although currently about twice as expensive as industry-standard air suspension seats, provide substantial (50%) reduction in average vibration exposure, as well as better damping of impulse-type vibration.

The dinner meeting featured lively conversation between Pete and attendees, several of whom were highly knowledgeable about WBV (to the benefit of the rest of us). Pete was sidetracked from his presentation several times by audience questions and discussions (which fortuitously gave him time to eat his lasagna dinner during his presentation!). Pete's presentation ran a little long, due to the eager audience participation, but no one left early. Pete said he enjoyed giving the presentation due to the audience interest, and we all learned a lot from the evening. Thanks Pete!

Contributed by: Gary Davis

2016 End of the Year Meeting and Social

The end of the year meeting and social was held on December 7th at Acme Bowl in Tukwila. There were about 20 members in attendance. It was a good chance to visit, enjoy the buffet, and get an update on what our chapter has been doing.



Members Networking

It was also a chance to prove to myself that I can actually bowl (well, a little anyway).



At the Bowling



Having Fun

It was our fourth year at Acme Bowl, and while it's been good, we're wondering if anyone has new ideas for the next end of the year meeting and social. Let us know!

Contributed by: Nicole Irby

2017 First Quarter Events Summary

Ninica Howard - SHARP Physical Job Evaluation Checklist

Ninica 'Niki' Howard, a certified ergonomist for the Safety and Health Assessment and Research for Prevention (SHARP) Program, presented an **industry-specific** physical exposure checklist, called the SHARP Physical Job Evaluation Checklist at the Dept. of Labor and Industries, Tukwila.



Refreshments Introduction by Nicole

Niki's talk was introduced by our Program Co-chair, Nicole Irby. Before the talk, Nicole arranged light

refreshments for the attendees, which included her own delicious cookies.



Ninica Howard, SHARP

Niki informed the attendees that the checklist was created to help increase general awareness of the physical factors that contribute to work-related musculoskeletal disorders (WMSDs), and help promote injury prevention efforts. The checklist allows the user to quickly assess the level of WMSD risk (low, moderate and high) for the back, shoulder, hand/wrist and knee in a given job. The checklist was developed from observations of work activities performed in 96 companies in manufacturing, construction, health care, agriculture, wholesale and retail trade and services industries across Washington state. However, Niki cautioned that this checklist does not predict the likelihood of injury or provide suggestions to reduce the risk.



Attendees listening to the talk

Niki made her presentation very interactive and lively by taking questions while presenting. Furthermore, she incorporated a variety of workplace scenarios

from the audience, by entering the risk factors into the spreadsheet to demonstrate how easy this checklist can be used for our varying needs. Niki gave attendees a copy of her presentation. Overall, a total of 37 people from a variety of industries attended this event. The following link has more details about the Checklist including the guidelines to download the checklist spreadsheet:

<http://www.lni.wa.gov/safety/research/wmsd/wmsd2010.asp>

Contributed by: Ram Maikala

MARK YOUR 2017 CALENDAR FOR LOCAL AND NATIONAL EVENTS

May 20 - 23	Institute of Industrial and Systems Engineers (IISE) Annual Conference & Expo, Pittsburgh, PA
June 1 - 2	XXIX Annual International Occupational Ergonomics and Safety Conference (ISOES), Seattle, WA
June 4 - 7	American Industrial Hygiene Conference & Exposition (AIHce), Seattle, WA
June 19 - 21	ErgoX 2017, Tampa, FL
June 19 - 22	ASSE, Safety 2017 Professional Development Conference & Exposition, Denver, CO
July 9 - 14	HCI International 2017, Vancouver, Canada
July 17 - 21	8th International Conference on Applied Human Factors and Ergonomics (AHFE 2017) and the Affiliated Conferences, Los Angeles, CA
July 23 - 27	21st International Association of Gerontology and Geriatrics World Congress (IAGG 2017), San Francisco, CA

GET INVOLVED

WE ARE LOOKING FOR NEW PSHFES COUNCIL MEMBERS!
PLEASE CONTACT: RAM MAIKALA,
PRESIDENT@PSHFES.ORG

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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.

