



Puget Sound Human Factors & Ergonomics Society

February 2005 Newsletter

www.pshfes.org

President's Message

Greetings, PSHFES members and friends!

Along with the other PSHFES Officers, I want to welcome you to another action-packed year of fun and interesting activities. We hope you'll find our upcoming tours, meetings, special projects and annual symposium worthwhile endeavors for your professional enhancement.

We are hoping to accomplish a lot this year, and we sincerely hope that you'll join us along the way.

We're starting the year off with a bang; please join us for a special ergonomics tour of Boeing Commercial Airplanes in Everett. The Chapter has not visited Boeing in a few years, and in the meantime, Boeing has been busy identifying and solving ergonomics problems, using ergonomics teams, and creating an "Ergonomics PPE Crib" (please see page 4 for more information about this tour).

Along with tours, we'll also continue the tradition of hosting speakers for dinner meetings and sponsoring October "Ergonomics Month" activities, which of course includes our Annual Symposium!

As a team, the PSHFES Officers have decided on a special focus this year of promoting an "Ergonomics in Schools" initiative. Rick Goggins, last year's Chapter President, is remaining very involved with the Chapter, especially with this initiative, and also leading the "Cost/Benefit" team. Rick did a wonderful job last year as President; please extend him a big "Thank You!" when you see him next. We can build on what he worked on as President last year, while keeping him very busy this year!

I'd like to introduce you to the rest of the PSHFES Officer team. Check out the team's bios and photographs on pages 2 - 3. Please feel free to let us know what is on your mind and what ideas you have for the Chapter.

Hope to see you soon!

Amy

Amy May, CPE
President

Renew Your PSHFES Membership or Join Us Today!

For less than \$20, you can enjoy opportunities for professional development, network with fellow professionals and tour local facilities when you join PSHFES or renew your membership.

Only members can sign up for our first event of the year, an exclusive tour of Boeing Commercial Airplanes on Tuesday, March 15. We have many more exciting activities planned for 2005, so join us or renew your membership today!

Membership Fees:

Annual dues: \$18.00

Student dues: \$9.00

Pay online using PayPal at:

[http://www.pshfes.org/
onlinedues.htm](http://www.pshfes.org/onlinedues.htm)

Pay by check or update your contact information at: [http://](http://www.pshfes.org/memberapplication.php)

[www.pshfes.org/
memberapplication.php](http://www.pshfes.org/memberapplication.php)

Membership in PSHFES does not imply membership or benefits from the National Human Factors and Ergonomics Society. Membership in the National HFES is not required for PSHFES.

Note: *If you have paid dues after September, consider yourself paid for the next year.*

Meet Your Chapter Officers

President: Amy May, CPE

president@pshfes.org



Amy May has been an Industrial Ergonomist with Boeing Commercial Airplanes for eight years supporting composites fabrication, emergent manufacturing, paint hangar operations, and major and minor assembly operations. She is now working on a team to incorporate ergonomics principles into the design of Boeing's new 787 airplane program in Everett. She's a Board Certified Professional Ergonomist and holds bachelor's and master's degrees in Industrial Engineering from Kansas State University and West Virginia University, respectively. Amy is also an adjunct professor of ergonomics for Central Washington University. She has previously been the Programs Chair for PSHFES.

President-Elect (for 2006): Bruce Coulter, CEA

presidentelect@pshfes.org



Bruce Coulter is an ergonomist at L & I in WISHA's Training and Outreach Unit. He has a Master's degree from Oregon State University in Exercise Physiology. He was employed by Weyerhaeuser Company from 1986 – 2000 in health risk management, providing support in wellness and ergonomics. He is certified by the Board of Certification in Professional Ergonomics as an Ergonomics Associate.

Treasurer: Dave Coward

treasurer@pshfes.org



David B. Coward has over 22 years of experience in the aerospace industry working in industrial engineering, management, and safety and health with the last ten years focusing on ergonomics. David has extensive experience in workstation evaluation, training and program development. David now works as a senior consultant for CHC Consulting providing assistance in ergonomic workstation assessments and general safety program development and training. He holds an MBA from National University and a BS Ed from Texas Tech University. Dave has been active in the PSHFES for several years, serving as both secretary and treasurer.

Secretary: Aaron Ross, CPE

secretary@pshfes.org



Aaron Ross is Board Certified Professional Ergonomist with a Master's Degree in Industrial Engineering from Texas Tech University. He has spent the past four years at Ergonomics Inc. as an ergonomist / project manager. Prior to becoming an ergonomist, Aaron worked in the physical therapy field for five years. His professional interests include analyzing, researching, modifying, and designing work environments to maximize workers' performance and safety. In his free time Aaron enjoys any physical activity that takes place in the great outdoors of the Pacific Northwest. Occasionally, you can even find Aaron competing in triathlons.

Programs Chair: Deborah Readprogram@pshfes.org

Deborah Read's passion is prevention and getting people to work at their maximum capability! Deborah has been in private practice as a workplace injury prevention and ergonomics consultant since 2001, specializing in office, trades, and heavy labor ergonomics. After receiving her Masters degree in Occupational Therapy in 1999, Deborah rehabilitated injured workers for 3 years in an industrial rehabilitation clinic. She is a certified fitness instructor, and national faculty member for ACE, specializing in functional fitness and cross training since 1996. She travels annually with her family to Guatemala to volunteer for a privately funded medical eye mission for the native Mayans, loves to hike, snowshoe, ski, and do triathlons.

Communications Director: Cindy Williamsoncommunication@pshfes.org

Cindy Williamson has worked in various positions in the Safety, Health and Environmental Affairs (SHEA) organization for The Boeing Company since 1990. For the past 4 years, she has managed the Ergonomics Program at the Everett facility. Prior to working for Boeing, she worked for Northwest Air Pollution Authority (NWAPA) and the Washington State Department of Ecology in air quality monitoring. She has both an undergraduate and Masters degree in environmental toxicology from Huxley College of Environmental Studies, Western Washington University. Cindy grew up in Eastern Washington, but currently lives in Bellevue where she is an avid outdoor enthusiast who loves to ski, hike, fish and sail, with her family and friends.

Student Liaison: Ernesto Carcamo, M.D., M.Sc., CPEliaison@pshfes.org

Preventing disease and injuries has been the drive of Ernesto's twenty-three years career in public health, occupational health and ergonomics. One of the most powerful prevention tools available is ergonomics. He actually works as an Ergonomist for the Dept. of Labor and Industries in Washington State. Before moving to the USA, Ernesto practiced in Mexico and Chile. He got his M.D. and M.Sc. in Industrial Design, emphasis Ergonomics, from the Universidad Nacional Autónoma de México several years ago.

Webmaster: Jason Griffith, PE, CPEwebmaster@pshfes.org

Jason has been the PSHFES Webmaster for the past several years, doing a great job for the Chapter (editorial note). He served as Chapter President in '99 and '00. He is active in ergonomics both in industry and product design. On a personal note, he has two sons and one wife.

Tour Boeing Everett!

Only members can sign up for this exclusive event

Tuesday, March 15 from 4 - 6 p.m.
Boeing-Everett

Join us for a tour of Boeing Everett. This site has been in the business of preventing and solving ergonomics problems for many years. Join us for an interactive tour highlighting many of the improvements implemented to help workers build the big commercial airplanes (747, 767, 777) safely and efficiently. We'll also tour the "Ergonomics PPE crib," a shop floor center for PPE, seating, ladders, and other ergonomics resources and solutions.

Our tour guides: John Amell, Material and Process Technology Ergonomics Lead for Boeing Commercial Airplane Programs, and Cynthia Williamson, Safety, Health and Environmental Affairs Ergonomics program manager for Everett site; and other hard-at-work Boeing employees.



No cost to attend, but the tour is open to PSHFES members ONLY! Renew your membership or join today at www.pshfes.org. There is a 20 person limit, so reserve your spot today by emailing president@pshfes.org. An RSVP is required to attend the event. You will receive confirmation and directions on where to meet after you register. You will need comfortable walking shoes (this is the Guinness Book of World Records largest building by volume). No open-toed shoes or high heels. We'll provide hearing and eye protection. We need your name and your citizenship (no citizenship restrictions at this time, but it must be declared for approval).

Volunteers Needed for 'Ergonomics in Schools' Initiative

The PSHFES Ergonomics in Schools project is continuing forward, and we're looking for more volunteers to help out.

Our survey of schools revealed that educators see information on computer use by students and staff as a priority, so we'll be developing educational materials for them. There are also opportunities to visit schools and present to classes, or help them set up workstations. If you're interested in helping out, please contact Rick Goggins at pastpresident@pshfes.org.



Web Site of the Month

<http://www.ergonomics4schools.com>

Given our focus on ergonomics in schools, this site offers some great information on how kids relate to ergonomics. The site was designed by the UK Ergonomics Society to help school children understand ergonomics, but it's fun for adults, too. If you like the site, please pass the link along. And hey, some of us might just learn something new!

Where have you been surfing?

If you know of a great HF/E web site, please send it to secretary@pshfes.org to have it included in the next PSHFES newsletter.

Professional Development Opportunities

Seattle Times Redesign Presentation

Puget Sound SIGCHI presents "Clarity, Consistency and Navigation," a presentation on The Seattle Times' two-year-long print redesign project. Heidi de Laubenfels, assistant managing editor for graphics, photo and technology at The Seattle Times, will discuss the research that was done to inform the Seattle Times' decisions, and break down the results regarding various solutions.

Thursday, February 24, 2005

6 p.m. Social Hour

7 p.m. Presentation

Attachmate Auditorium, Bellevue

For directions and more information, please visit

<http://www.psigchi.org>

Occupational Health Policy, Law and Regulation in the Age of Genomics

The University of Washington Department of Environmental and Occupational Health Sciences presents Michael Silverstein, MD, MPH, who will address "Occupational Health Policy, Law and Regulation in the Age of Genomics."

Thursday, March 3

12:30 - 1:20 p.m.

HSB, T435

For more information, please contact Sarah Fischer at

fischs@u.washington.edu

8th annual Applied Ergonomics Conference

March 21-24

New Orleans

<http://www.appliedergo.org/conference>

Ergonoma 2005

March 23-25, 2005

Brussels, Belgium

<http://www.ergonoma.com/tail/index.php>

HEPS 2005 - Healthcare Systems

"Ergonomics and Patient Safety"

March 30 - April 2, 2005

Florence, Italy

<http://www.heps2005.org>

SEAES-IPS 2005

A joint meeting between the 8th South East Asia Ergonomics Society Conference and 12th National Congress-15th Scientific Seminar of the Indonesian Physiological Society.

May 23-25, 2005

Denpasar, Bali, Indonesia

International Conference on Computer-Aided Ergonomics, Human Factors and Safety

May 25-28, 2005

Kosice, Slovak Republic

<http://www.ergonet.net/caes2005/>

Stormlake Software Seeks Beta Testers for New Analysis Tool

Stormlake Software, based in Portland, Oregon, invites PSHFES members to beta test the pre-release version of the company's new ergonomics analysis software, AnybodyCAD, which is designed to:

- Provide an easy-to-use, cost effective means of performing ergonomics assessments
- Reduce workplace injury by identifying potential ergonomic issues
- Increase workplace accommodation
- Reduce development time and get products to market more rapidly

Simply visit the Stormlake web site at www.stormlakesoftware.com and select the download tab to begin. Stormlake is particularly interested in PSHFES member feedback related to any problems with the program, suggestions for enhancements, and, of course, an overall assessment of how well AnybodyCAD meets your professional needs. Stormlake Software will offer a 50% discount on the released version of AnybodyCAD to beta testers who provide feedback on the software.

Note: This product is not endorsed by PSHFES. Pursue this opportunity at your own risk.