



Puget Sound Human Factors and Ergonomics Society

April 2007 Newsletter

www.pshfes.org

Renew Your Membership or Join Today!

Our chapter is a non-profit organization associated with the Human Factors and Ergonomics Society and serves the interests of the local community of the Pacific Northwest. Our funding is generated via the chapter's membership dues and activities.

For only \$18 (\$9 for students), you can enjoy opportunities for professional development, network with fellow professionals, and tour local facilities when you join PSHFES.

Members receive discounts on all events, including tours, informative dinner meetings, and the Annual Occupational Ergonomics Symposium. Join and have your business listed on our Web site, too.

Join for the 2007 calendar year by visiting our Web site at www.pshfes.org/, click "Membership," and pay online (Pay Pal) or by check.

Dinner Meeting Features Author

Lorraine Howell, author of *Give Your Elevator Speech a Lift*, is the guest speaker at our upcoming May 3rd PSHFES Dinner Meeting. Howell was featured in the April 15th edition of the Tacoma News Tribune in Dan Voelpel's article entitled, "Captivating words can help raise your elevator to the top." She is a former television news and talk show producer in San Francisco who now primarily trains business people to communicate better.

Howell will be giving pointers and eliciting key phrases from us, which will help us to hone our communication skills and clarify our message to the general public and other "outsiders" - all in 20 seconds or less (the length of time it takes for an elevator trip).

For more information about Howell, here's a link to her Website:

<http://www.mediaskillstraining.com/book.cfm>

When: Thursday, May 3, 2007
6:30 - 7:30 pm dinner
7:30 - 8:30 pm talk/book giveaway

Where: Seattle Pyramid Alehouse, Brewery & Restaurant
1201 First Avenue South
Seattle, WA 98134
(206) 682-3377

Lorraine Howell will be giving away her book, *Give your Elevator Speech A Lift*, to two lucky meeting attendees!

Cost: PSHFES Members \$15, Non-Members \$25

Students: PSHFES Members \$7, Non-Members \$12

To Register: RSVP to Cynthia.l.williamson@boeing.com by April 30th
Link to our PSHFES site to use Paypal or send check (payable to PSHFES) to Gary Davis, PSHFES Treasurer, 11126 55th Ave W, Mukilteo, WA 98275-4802

REI Tour a Success!

The PSHFES tour of the REI Call Center & Distribution Facility in Sumner on February 8th proved to be an insightful look into how a prominent company in our area has integrated ergonomics into its system and culture. Keep an eye out for our next tour which will take place later in the year.

Ergonomics For Schools

Children must adopt awkward postures and use relatively high amounts of force to use keyboards and mice designed for adult hands and workstations built for adult bodies, say Pete Johnson and Janet Blackstone in a study they conducted at the UW last year. PSHFES, under the guidance of L&I ergonomist, Rick Goggins, along with the efforts of 12 volunteers, has formed a committee to address these issues on a local level. The enthusiastic group met in March and established the scope of their first project:

1. The first product will be related to computer use for middle school students.



2. Subsequent projects will be directed at developing information and materials for primary school students with the understanding that bad habits begin at an early age.

3. The information developed by the committee will be distributed electronically (possibly Web-based) and in printed form and include an accompanying teacher's guide.

The committee has broken into smaller teams to conduct market research, perform a needs assessment, begin developing

content and a message, and create graphics for their materials. For more information on the committee's activities, contact Rick Goggins at gogr235@lni.wa.gov.

Interested in Helping?

We are looking for members interested in a variety of volunteer opportunities. Examples include:

- ◆ Assisting on Symposium or Program activities
- ◆ Pro-bono speaking or projects for the community

Please contact Rick Goggins at gogr235@lni.wa.gov



WEB SITE OF THE MONTH

LABORER'S HEALTH AND SAFETY FUND OF NORTH AMERICA

Ergonomics Resources for Construction Workers

<http://www.lhsfna.org/index.cfm?objectID=98BB51E9-D56F-E6FA-91F4133BB2617BC9>

Hand Tool Selection * Concrete Finishing * Masonry * Ironworkers * Power Tools

2007 PSHFES Symposium Taking Shape

“**Real Ergonomics, Real Results: Doing the Right Thing and Proving It**” is the title and theme of this year’s Occupational Ergonomics Symposium and Workshop, to be held in September at Seattle’s Museum of Flight. Nearly all of the speakers are confirmed and the event promises to be another scintillating educational opportunity for professionals and personnel from a variety of industries. Here’s what we have planned:

Symposium: Wednesday, September 12th

Keynote Speaker: Hal Hendrick — *The Economic Value of Ergonomics*

Barb Smith (Boeing-Wichita): A Cost of Injury model

Steven Bao (SHARP): NIOSH’s upper extremity CTD study

Steve Johnson (CWU): Psycho-social factors in safe lifting

Cindy Williamson and Steve Russell (Boeing): Compet-

ing in the Ergo Cup at the 2007 Applied Ergonomics Conference

Healthcare: Case studies on successful interventions, ROI justifications, and methodologies for proving success

Lori Winnemuller and Steve Russell: Breakout : Your 30-second Message to Management

Panel Discussion: Overcoming barriers in programs that work

Member/ Non-member Price

Symposium: \$70/85

Workshop: \$250/300

After August 29th: add \$25

Same price as last year!



Workshop: Thursday, September 13th

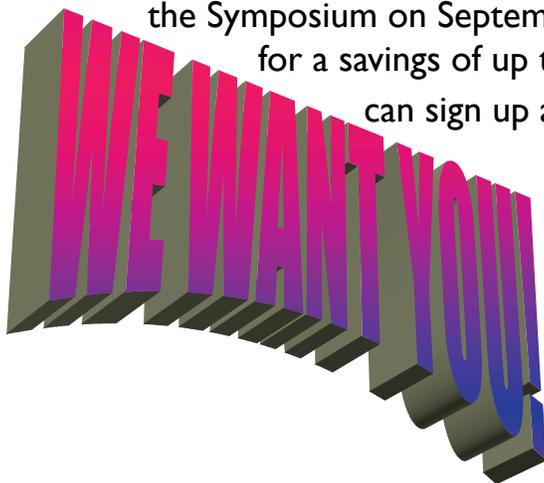
“*Effective Ergonomics Processes in Industry: A Model for Success*”

Steve Prevette: Leading with Leading Indicators

Rick Goggins: An instrument for determining ROI in various industries

Unconfirmed Speaker: The costs of MSDs and the impact of productivity and quality changes

ATTENTION PSHFES MEMBERS! We are looking for three volunteers to help with the Symposium on September 12th. Earn 50% off the cost of the Symposium for a savings of up to \$35! Volunteers must be PSHFES members (you can sign up at www.pshfes.org). We are looking for:



- ♦ Two registration volunteers to help with printing and assembling badges and program folders prior to the event, and help with registering attendees.
- ♦ An on-site photographer to capture speakers, attendees, and vendors in action.

If you are interested in helping out, please email communications@pshfes.org

Professional Development

HFES and the Industrial Designers Society of America (IDSA)

"Living Rooms: Human Factors and Industrial Design Contributions to the Home as a Health Care Venue" conference

May 1-2, 2007 in Washington, D.C.

Registration via the secure Web site is now open. A discounted fee applies until April 23, and attendance is limited to the first 150 registrants.

Inquiries may be directed to Lois Smith at lois@hfes.org

IIE Annual Conference and Expo 2007

May 19-23, 2007

Renaissance Hotel Nashville/Nashville Convention Center

"The most significant industrial engineering event of the year! Join us to hear world-class speakers deliver cutting-edge presentations demonstrating strategies that can be applied to any industry."

Contact: Robyn W. Dowdall
rdowdall@iienet.org

American Industrial Hygiene Conference

Philadelphia, PA

June 2, 2007

<http://www.aiha.org/Content/CE/aihce/aihce.htm>

*I hear and I forget. I
see and I remember. I
do and I understand.*

Confucius

PSHFES Occupational Ergonomics Symposium and Workshop

"Real Ergonomics, Real Results: Doing the Right Thing and Proving It"

Featuring Keynote Speaker Hal Hendrick

Seattle, WA Museum of Flight

September 12-13, 2007

www.pshfes.org



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So, which way do we go?



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