



Puget Sound Human Factors and Ergonomics Society

February 2010

Winter 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.

Additionally, receive newsletter and mail updates about what's going on in the area, volunteer opportunities, access to and a listing in the membership database, and an invitation to the yearly business meeting.

Join for the 2010 calendar year by visiting our Web site at www.pshfes.org, click "Membership," and pay online (Pay Pal) or by check.



Janet Peterson
PSHFES President

President's Message

Hello PSHFES members and friends! As your 2010 President, I want to take a moment to reflect on the strong legacy of leadership for this local chapter of the national HFES organization. Each of the past three presidents [Dan Odell from Microsoft, Susan Murphey from Essential Ergonomics, and Deb Read from ErgoFit Consulting] has moved the organization forward using their unique strengths. Thanks to them and the rest of the Council members who served with them, we have one of the most active and financially viable chapters in the country!

This year promises to be another good one, with our Annual Symposium already booked – mark your calendars for September 15th and 16th – and a keynote speaker committed: Dr. Andrew Imada, President of the International Ergonomics Association.

You will read elsewhere in this newsletter about the great work we are doing to reach out to students at many levels: at the elementary school level with our "Technically Cool Computing" project; at the highschool level with our involvement in the student track at the Governor's Health and Safety Conference; and at the college/graduate school level with events such as networking with the UW's Human Centered Design & Engineering Department.

My goals for this year include upgrading the "look" of our website [www.pshfes.org] and keeping it current, refining the Technically Cool Computing Curriculum so that we can share it with other PSHFES members, and providing at least four member events such as the Metro Ergonomic Bus Tour on February 10th.

PSHFES brings members together with diverse backgrounds including physical and occupational therapists, engineers, industrial hygienists, safety professionals, ergonomists, equipment designers, etc. This richness of experience is reflected in our 2010 Council members. Over the next two issues of the newsletter you'll meet our Council members. We would like to mentor you to join the Council in the future – please contact me at president@pshfes.org to chat about what interests you!

Meet Your PSHFES Leaders



**Janet Peterson PT, DPT
PSHFES President**

I've had my own practice in ergonomic consulting since 1998 in the Seattle area. Before that, I worked as a physical therapist for Providence Health System in Everett. I have two degrees in physical therapy: a master's degree from Stanford University and a clinical doctorate from Temple University. I served on the Board of Directors for the American Physical Therapy Association [APTA] from 2003-2008 and am a past president of the Physical Therapy Association of Washington. I'm also a member of the Pacific Northwest Ergonomic Roundtable.

In my spare time, I like to garden, play golf and tennis, visit my granddaughter and read mysteries.

**Dan Odell Ph.D., CPE
PSHFES Past President**

As a Design Ergonomist and User Researcher in Microsoft's Hardware group, it is my job to make keyboards and mice as desirable, comfortable, useful and usable as possible. I champion the user experience to make sure that our products deliver real value to the people who use them. The positive response to products like the Natural® Wireless Laser Mouse 6000 is great, because it shows that the work that I put in makes a difference to people.



Previously, I worked designing treadmills where I discovered my love for product development—and developed a shoulder injury from intense mouse use. This injury led to my passion for ergonomics in computer workstations. I followed that passion at the University of California at Berkeley, where I graduated in 2004 with a Ph.D. in Mechanical Engineering. My research there focused on forearm support and bi-manual input in computer stations.

At home, I enjoy watching movies, playing guitar, going out with friends, and building robots.



**Cindy Williamson
PSHFES President Elect**

I have worked for the past 20 years in various safety, health and environmental positions for The Boeing Company. For the last 9 years, I've worked to develop and implement the shop and office ergonomics programs at both the Everett and Renton airplane manufacturing facilities. The two aspects of my job that I love the most has been teaching employees the concept of ergonomics and helping to reduce the ergonomics risks in their work. I've also had a lot of fun introducing the Ergonomics Cup Challenge events, a friendly competition to promote ergonomics awareness and highlight team risk mitigation projects at these two facilities. I have been active in PSHFES for several years, serving as both Communications and Symposium Chair. I currently live in Bellevue and love to spend my free time outdoors, either skiing and hiking with my family and friends, or just messing around in my garden.

Meet Your PSHFES Leaders

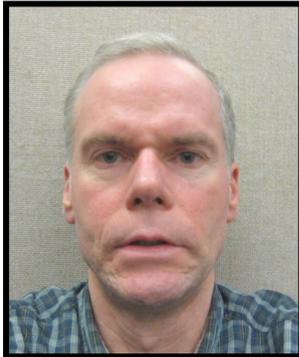
Susan Murphey BS, CECD PSHFES Community Projects Chair

As Community Projects Chair, I am currently leading *Technically Cool Computing*, a pilot project sponsored by PSHFES to develop a computer ergonomics learning activity module to teach students how to reduce their risk for musculoskeletal injuries and establish lifelong habits of safe computing. I also work with the Washington and Oregon Governor's safety and health conferences to develop student programs in ergonomics for their annual conferences.



I am the founder and President of Essential Ergonomics, an ergonomics and practice management consulting company, where I work with businesses and healthcare organizations to implement and sustain positive changes in work safety programs. One of the best parts of my work is teaching people about managing their own personal wellness through ergonomics. To that end, I am both a published author and international speaker in ergonomics and work wellness programs.

In 2008, I served as President of PSHFES—I have enjoyed being a part of such a dynamic organization. At home I enjoy quilting, gardening, playing my flute, cooking and hanging with my family.



Gary Davis MS, CPE PSHFES Treasurer

As an Ergonomist at Boeing's final assembly airplane plant in Everett (787, 747, 777, 767), my job is to review factory tools, equipment, and processes, in order to reduce or eliminate ergonomics-related risks to factory mechanics and other workers. Both shop floor workers and management actively support these ergonomics improvements, since they result in injury reduction and improved productivity.

Previously, I worked with construction industry employers to identify cost-effective ways to implement Washington State's Ergonomics Rule, on Human Factors design for the Boeing 787, and on Human Factors design for Lockheed military systems. Having M.S. degrees in Electrical Engineering (Systems Engr), Industrial Engineering (HF), and Occupational Ergonomics, encourages me to take a wide-ranging view of HF/E design issues.

At home, I enjoy good movies, and am trying to get back into swimming and playing tennis more often.

The PSHFES Mission Statement

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

PSHFES Members Volunteer at Governor's Conference

The opportunity to engage 85 high school students at the Governor's Industrial Safety Conference was both endearing and challenging. Held at the Tacoma Convention Center on October 7th, PSHFES members organized and staffed 6 different "stations" for students to experience various aspects of ergonomics. The activities varied from being hooked up to an ergometer (EMG unit) to hear and see how hard your muscles have to work using safe versus unsafe body mechanics for lifting or cell phone texting, to tilting a "bowling ball head" to feel the pressure from various neck postures, to "wall tricks" for seeing gender and body shape differences when performing tasks such as trying to pick up a penny at your toes with your back against the wall without falling over first. (Try it!)

Led by Community Projects Chair Susan Murphey, this was a fun chance to introduce high schoolers to ergonomic principles. Thanks to PSHFES volunteers: Diane Lee, Rick Goggins, Joe Small, Claudia Kelley and Janet Peterson.



Above - This student is seeing how hard his thumb and forearm muscles have to work when he texts! Electrodes attached to his muscles from an ergometer make more noise, the harder his muscles have to work. PSHFES Community Projects Chair Susan Murphey is holding the ergometer.



Above - PSHFES member Diane Lee is helping this student experience the increased muscle effort placed on the neck and upper back when your head is bent forward. Your head weighs as much as this bowling ball!

PSHFES Members Visit UW Students

PSHFES members brought pizza and met with over a dozen students from the Human Centered Design & Engineering (HCDE) department at the University of Washington on November 19th. This program includes bachelor's, master's, and doctoral students. HCDE students learn to serve as user advocates and employ user-centered design processes and usability research methods to ensure that communication designs meet user needs.

The meeting was definitely a give and take: the HCDE students learned about the "real world" work PSHFES members are doing with usability, and PSHFES members learned more about the HCDE program and the range of research projects they are involved in.

Thanks to PSHFES Council member Joe Small for putting this meeting together.





SAVE THE DATE!!!

2010 PSHFES OCCUPATIONAL ERGONOMICS SYMPOSIUM & WORKSHOP

Date:

September 15th & 16th

Location:

Seattle's Museum of Flight

Keynote Speaker:

Dr. Andrew S. Imada
International Ergonomics Association

Have an idea for an article?

We want to encourage all members to contribute ideas for articles and any items of interest for the next PSHFES Newsletter. For information or to submit content, please e-mail Wilmarie Villanueva at secretary@pshfes.org.

Thank you for all your continued support and contributions!

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