



Puget Sound Human Factors and Ergonomics Society

February 2011

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 2011 calendar year by visiting our Web site at www.pshfes.org, click "Membership," and pay online (PayPal) or by check.

PSHFES President's Message



Cindy Williamson
PSHFES President

PSHFES members and friends!

I want to take a moment and introduce myself as this year's PSHFES President, and say a big "Thank You" to our outgoing President, Janet Peterson for her outstanding leadership and direction. I'm really looking forward to this great opportunity, and am hoping I can inspire you to get involved with our organization to improve ergonomics in our community, as well as enhance yourself professionally.

I am also very excited to say that, once again, the PSHFES Council is off to a great start this year, and I know you will be pleased with the high caliber activities and events that this talented and energetic group has already begun planning for you. In fact, you may have already experienced our first successful event this year – the Train-the-Trainer event for the Technically Cool Computing program, which you can read more about on page 4. I think that a big thank you and congratulations are in order to Council members, Janet Peterson, Susan Murphey, and Kim Popovic for all their hard work and dedication in building this fabulous ergonomics learning module for our community's elementary school students, which will also be presented at this year's Applied Ergonomics Conference in Orlando, FL.

If you missed this event, we certainly hope you'll join us for one of the educational tours (Microsoft lab in April, see page 5), fascinating dinner speakers, or our sensational and widely acclaimed Annual Symposium and Workshop, which is already scheduled for September 14th and 15 with Dr. David Rempel as our keynote speaker (see page 6). And if you're looking for volunteer opportunities and would like to get involved in planning this year's symposium, please contact our Symposium Chair, Judy Damoff symposium@pshfes.org. So, make sure you bookmark, and check often for online event registration on our newly improved website Events page for this year's line-up of educational and networking opportunities.

In this issue, you will also meet our newest members to the Council this year: Ellen Meyer, President-Elect; Janet DeLapp and Kelly Lynch, Events Chairs; and Kim Popovic, Community Projects Chair. So, check out their bio's and photos on pages 2-3, and if you get a chance, please say "hi" to welcome them.

Lastly, if you have some thoughts or ideas to share about how PSHFES can better serve you, either professionally or in the community, please feel free to contact either myself president@pshfes.org or one of the other Council members. We'd love to hear from you!

Welcome New PSHFES Council Members!!!



**Ellen S. Meyer, MSN, RN
PSHFES President Elect**

Currently, I am president and founder of a consulting business focused on ergonomics solutions for both office and manufacturing; training, and injury management in the Seattle area. I am an active member of both the Pacific Northwest Ergonomics Roundtable and Washington Association of Occupational Health Nurses.

My past work as Director of Global Ergonomics and Occupational Health programs at Digital Equipment, Microsoft Corporation, and Seagate Technology has taken me around the world and provided some exciting opportunities. Guiding employee ergonomics and health teams in Asia, managing the health and safety of over 250 employees for a 23 mile extreme team building challenge in New Zealand, and working on the medical support team for the 1980 Olympics in Lake Placid were fun and challenging in different ways.

I have degrees in Community Health Education, certification as a Family Nurse Practitioner, and Master's Degree in Nursing from the University of Southern Maine.

The most exciting part of my work, and the greatest reward, is seeing the pride, relief, and joy on a client's face when creative work solutions are implemented or employees return to work after an injury and continue to work productively with a disability. I am committed to helping people work and play to their full potential.

In my spare time, I value family time, camping, kayaking, quilting and playing my harp.

**Janet DeLapp, MS, CDMS, CPE
PSHFES Events Chair**



President/Occupational Ergonomist/Vocational Consultant, has melded her University of Wisconsin Vocational Rehabilitation education with applied ergonomics and disability case management experience since 1990. Janet is a Certified Professional Ergonomist and a Nationally Certified Disability Management Specialist. She is also certified in Oregon and Washington as a Vocational Rehabilitation Counselor.

Janet's professional experiences have provided her with a special expertise resolving issues associated with disabilities in the workplace. Janet's graduate degree in Human Factors/Ergonomics from the University of Idaho allows her to bring a targeted and practical problem solving approach to ergonomics for employers, attorneys, and individuals. Janet's successful business management allows her to apply her technical ergonomics and human factors training in a practical and common sense way for today's business environment. Janet's work is focused on ergonomic assessments, training, education and program development, as well as expert testimony in worker compensation, ADA accommodation and human factors.

Welcome New PSHFES Council Members!!!



Kelly Lynch, MS, CSCS, AEP
PSHFES Events Chair

Ergonomic and Vocational Consultant. Kelly has ergonomic work experience for a Fortune 500 company, as well as experience providing ergonomic services in a large healthcare setting. Kelly is able to objectively assist clients in safely keeping employees at work.

Kelly holds a Master's Degree in Nutrition and Health Sciences from the University of Nebraska and a Bachelor's Degree in Kinesiology from Washington State University. Kelly also holds a number of certifications including Associate Ergonomic Professional from the Board of Certification in Professional Ergonomics, Certified Nutritionist through the Washington State Department of Health, and Certified Strength and Conditioning Specialist from the National Strength and Conditioning Association. The combination of his education and professional experience allows him to take a well-rounded approach to employee health and vocational services.

Kim Popovic, PT
PSHFES Community Projects Chair



I am serving as the 2011 PSHFES Community Projects Chairperson. I have been involved with the Technically Cool Computing project since 2008 and I've been an active member of both PSHFES and the Pacific NW Ergonomic Roundtable since 2006. I have worked for ErgoFit Consulting, Inc. since 2006 and I am currently the lead Office Ergonomics Consultant. I also perform other ergonomic assessments and teach various workshops for ErgoFit Consulting, Inc. I have been a Physical Therapist since 2000 and have worked in a large variety of settings.

In my spare time, I love hiking, back packing, snow shoeing, snowboarding, road-biking, live music, and of course just hanging out with friends and family over a good.

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.

TCC Train-The-Trainer Event

On January 26, 2011, PSFHES's Community Outreach Committee hosted a free train-the-trainer event for Technically Cool Computing (TCC). As many of you may have already heard, either through previous newsletters or during PSFHES's 2010 Symposium, TCC is a community outreach project sponsored by PSFHES that has created a computer ergonomics activity for children. The activity kit includes materials to help guide people and parents in this process with an emphasis on educating 4-8th graders in the classroom. The TCC activity kit is now available as a free download at www.pshfes.org/tcc.



PSHFES Council members Ellen Meyer (second from left) and Kelly Lynch (far right) are among the attendees at the training.



PSHFES Community Projects Chair, Kim Popovic, introduces the Technically Cool Computing Train the Trainer session.

Approximately 30 people attended this TCC train-the-trainer session, which focused on the materials contained in the activity kit, as well as an engaging discussion with the attendees. We were very happy with the eclectic group of attendees with varying backgrounds including ergonomics, vocational counseling, physical and occupational therapy, and a few former teachers. The group seemed energized to try out the TCC activity kit with their own kids, in their local schools, and to share it with their contacts. Thank you to everyone that attended for excellent feedback that we will use to help continuously improve our program!



Several colleagues from the Vocational Rehab company Magnitude Consulting attended the training.



Susan Murphey responds to a question from the audience during the training presentation.



Susan Murphey definitely held people's attention during the training!

Going forward this year, one of our goals is to focus on getting this information to schools; perhaps a train-the-trainer event for teachers. Susan Murphey and Janet Peterson will also be presenting our TCC project at this year's Applied Ergonomics Conference in Florida in March!

If you'd like to volunteer with this group or have additional questions, please contact me at communityprojects@pshfes.org or find us online at: www.pshfes.org.

*Kim Popovic, PT
2011 PSFHES Community Projects Chair*

Come Visit Microsoft's Inclusive Innovation Showroom

Microsoft Inclusive Innovation Showroom

WHEN:

April 19, 2011
10:00 A.M. - 12:00 P.M.

WHERE:

Building 27
3009 157th PI NE
Redmond, WA 98052

Register at: <http://www.pshfes.org>

***Please Note:** The Showroom only holds 13 people so the tour will be completed in two groups of 13. **There are only 26 member spots for this tour.** This will be a first come, first served registration and is only open to PSHFES Members. Become a Member at <http://www.pshfes.org>

Questions: Contact Kelly Lynch, PSHFES Events Co-Chair, kelly@solutionsnw.com

The event will include a one hour tour of the Inclusive Innovation Showroom along with a one hour presentation discussing Microsoft's Accessibility Website and tools.

Inclusive Innovation Showroom Demonstrates Accessibility

Microsoft's Inclusive Innovation Showroom demonstrates how accessibility features in Microsoft products and assistive technology solutions developed by Microsoft partners can make it easier for anyone to see, hear, and use a computer at work or at home.

The Showroom uses real-world scenarios to illustrate how people of all abilities—including those with vision, mobility, learning, and hearing impairments—can use accessible and assistive technology to customize their computing experience according to their own preferences and needs. The Showroom features four personas, each designed to illustrate a different set of unique needs and technology solutions.

In addition to conducting research and overseeing Microsoft's overall accessibility efforts, the accessibility group creates tools, such as the User Interface Automation platform, which help industry partners ensure that their accessibility applications and devices work seamlessly with Microsoft products.

SAVE THE DATE!!!

2011 PSHFES OCCUPATIONAL ERGONOMICS SYMPOSIUM & WORKSHOP

Date: *September 14th & September 15th*

Location: *Seattle's Museum of Flight*

Keynote Speaker: *David Rempel*

Please mark your calendars and watch for more details in upcoming newsletters and emails.

Have you been looking for a way to give back to this organization and be more involved?

Help is needed with the upcoming symposium. We especially need someone who is willing to take on the vendor portion of this event. If you are willing to help, contact Judy Damoff, jdamoff@cfl.rr.com or 321-795-4786.

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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