



Puget Sound Human Factors and Ergonomics Society

July 2013

Summer 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.

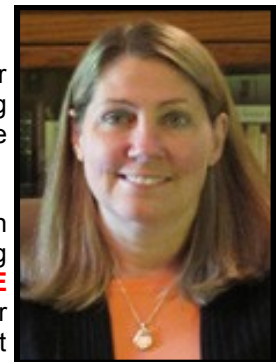
Join for the 2013 calendar year by visiting our Web site at www.pshfes.org, click "Membership," and pay online (PayPal) or by check.

PSHFES President's Message

PSHFES Members and Friends!

The year is flying by, I can't believe it is July already. Over the last several months, the council has been working hard to make internal improvements, as well as create interesting educational opportunities for our members.

Events – Kurt Fellrath, our Events Chair, is working on scheduling a few additional tours and a dinner meeting this year. To find out what those events are **LOOK INSIDE** this newsletter. If you have any other ideas for dinner meetings or tours, please contact Kurt, at kurt.a.fellrath@boeing.com. He is working on next year's line up as well.



Janet DeLapp
PSHFES President

Symposium and Workshop – Cindy Williamson, our Symposium/Workshop Chair and her committee have done a great job of bringing a wonderful line up of speakers for September 18th & 19th. This year's theme is material handling and there will be plenty of variety to peak everyone's interest at the symposium and a great deal of in-depth knowledge sharing and problem solving at the workshop.

- ◆ Our Symposium keynote speaker is William S. Marras, Ph.D., C.P.E., with the Department of Integrated Systems Engineering at Ohio State University. Dr. Marras' topic is "The Working Back."
- ◆ The Workshop features Jim Galante, Chairman of the EASE Council with the Material Handling Industry of America (MHIA). The Ergonomic Assist Systems and Equipment (EASE) is a "resource for trends, information, practices, equipment, and organizations that focus on ergonomics and improving the working interface between people and the materials they must move and use to reduce injury, increase productivity while providing a significant return on investment." It will be great to learn from Jim's vast experience in the practical application of different types of equipment. **LOOK INSIDE** for more information.

2013 OCCUPATIONAL ERGONOMICS SYMPOSIUM & WORKSHOP
September 18th & 19th
Seattle's Museum of Flight

PSHFES President's Message Continued...

Council Duties – The Council has made strides in streamlining and simplifying Council Duties this past year, particularly those of the Treasurer. We have also rewritten all the Council descriptions. The main changes include:

- ◆ Hiring a Website Consultant to help manage our Wild Apricot membership site. The Consultant is Mark Tinley from 34fiveSolutions. Wild Apricot is his specialty. Mark is working closely with Kelly Lynch, our Communications Chair, on maintaining the site. Margot Booth remains our Web Designer.
- ◆ Hiring an Accountant Consultant to set up the PSHFES financials in QuickBooks and manage the books. On a monthly basis, they will maintain PSHFES' accounting software system and provide financial reports as needed and requested. On a yearly basis, they will prepare taxes and annual reports. The Accounting firm is Bateman Larkin, CPAs, PC and we are working with Karla Bateman.

Change is good, right?

With that said, I wish you all a great summer.

Janet DeLapp, MS, CDMS, CPE
2013 PSHFES President

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.

2013 OCCUPATIONAL ERGONOMICS SYMPOSIUM - SEPTEMBER 18TH, 2013

Seattle Museum Of Flight
8:00AM - 4:00PM

KEYNOTE SPEAKER

The Working Back
William S. Marras, Ph.D.



Low back pain in the workplace continues to represent a very prominent and extremely costly problem to individuals and employers. Our ability to treat these problems is poor so prevention is critical. Over the past decade much of the contemporary scientific findings have been able to identify how many diverse risk factors (physical work requirements, individual factors, psychosocial environments) can all influence low back disorder risk. This presentation will show how these factors can influence a common causal pathway and will discuss the types of prevention strategies that are most likely to control low back problems in the workplace.

SYMPOSIUM SPEAKERS

Effect of Lift Teams on Upper Extremity and Trunk Kinematics and Muscle Activity
Dan Anton, PT, PhD, ATC

Current literature regarding lift team effectiveness and research study results from the Biomechanics and Ergonomics Laboratory at Eastern Washington University.

Finding Causes of Musculoskeletal Disorder and Identifying Best Practices Among Industries

Stephen Bao, SHARP

This is an epidemiology surveillance study on finding causes of musculoskeletal disorders and identifying best practices among several industries which have high workers' compensation rates due to work-related MSDs.

Healthcare Ergo/Safety Culture

Betsy Hart, Ergonomics Director Jefferson Healthcare

Jefferson Healthcare's journey to creating a culture of safety.

Prevention Through Design: Incorporating and Assessing Ergonomics and Safety Requirements in Design/Build Processes at Boeing

Peregrin Spielholz, The Boeing Company

Peregrin is an ergonomist for the Boeing Company and will discuss incorporating ergonomics and safety criteria into Airplane design.

Good Intentions Gone Bad: Learning from Your Ergonomics Misfortunes

Deborah Read, ErgoFit Consulting and Steve Russell, The Boeing Company

Most of us are eager to share our ergonomics successes with others, but it is our failures that often teach us the most and leave the most indelible imprint in our minds. Deborah and Steve plan to share some of their failed ergonomics projects, how these experiences led to a better understanding of the process, and the value of shedding light on what we normally would least want others to know.

SYMPOSIUM PRICE:

Cost: \$125 (before Labor Day)

Cost: \$175 (after Labor Day)

Includes a hot lunch!

REGISTRATION NOW ONLINE!!!

Please visit www.pshfes.org

2013 OCCUPATIONAL ERGONOMICS WORKSHOP - SEPTEMBER 19TH, 2013

Manual Material Handling (MMH) Problem Solving



James Galante
EASE Council Chairman



Dr. Stephen Bao
SHARP

This workshop will provide the audience with a practical methodology for how to assess workplace MMH risks, select appropriate controls and implement sustainable solutions. Emphasis will be placed on application of ACGIH TLVs, Lean principles and Participatory Ergonomics. Workshop participants are strongly encouraged to bring a photo and/or video of their current MMH problems to the workshop to use as examples, and will benefit from group and expert advice.

WORKSHOP PRICE:

Cost (before Labor Day): \$185.00

Cost (after Labor Day): \$250.00

Includes a hot lunch!

REGISTRATION NOW ONLINE!!!

Please visit www.pshfes.org

PSHFES TCC Updates

Kim Popovic continues to work on the Technically Cool Computing (TCC) computer ergonomics learning activity module for students. This module was developed by members of the Puget Sound Human Factors and Ergonomics Society. Kim now has the assistance of Cathy Muller, OTR/L as part of her team. They would like to augment the module to address appropriate keyboard, mice and other input devices for the smaller hand, as well as address hand held devices.

Kim Popovic, PT, Ergonomics Consultant
PSHFES Community Projects Chairperson
CommunityProjects@pshfes.org or Kim@ErgoFitConsulting.com

PSHFES Events & Activities

Columbia Distributing Warehouse Tour

Come join us, **August 8 from 10:00am to 1:00pm** as Puget Sound Human Factors and Ergonomics Society tours Columbia Distributing in Kent, WA. In 1935 Chris Maletis, Sr. had a vision to distribute beer and wine products in the Portland Metropolitan area. From this vision Columbia Distributing was born and since 1935 has distributed some of the best known brands in the beverage business. When Columbia Distributing, Mt. Hood Beverage and Gold River Distributing joined together in 2008 to form the new Columbia Distributing, they immediately became one of the largest malt beverage distributors in the country. Like many warehouses, Columbia's 450,000 sq ft warehouse, has many challenges: picking 40-80,000 cases of beer/liquor a night, moving 170-lb kegs, and finally delivering beverage products to retail customers. This is a great opportunity to glimpse a local warehouse in its daily operations and to share safety best practices.

Kurt Fellrath
PSHFES Programs Chair
program@pshfes.org

Columbia Distributing Warehouse
20301 59th Place South
Kent, WA 98032
Just south of South Center Mall.

Ergotron Solutions Showroom Tour

The Traveling Ergotron Solutions Showroom recently teamed up with the Puget Sound Human Factors and Ergonomics Society. We met at the Metro South Facilities Training building for an afternoon of viewing Ergotron's latest wall mounts, desk mounts, carts and sit-stand workstations. Our members had a chance to experience these products first hand. Please visit their website for detailed product information visit: <http://www.ergotron.com/tabid/796/default.aspx>.

Thank you Gabrielle Toutonghi and Andrew Goudreau of the Metro Transit Division for helping us secure a host location for this event. A special thank you to Dan Limon and the Ergotron team for working with PSHFES to host this event.

Kurt Fellrath
PSHFES Programs Chair
program@pshfes.org

PSHFES Opportunities!!!

Are you looking for an opportunity to get involved in the local ergonomics community?

Here is your chance!!!

PSHFES is seeking candidates that wants to get involved in the local ergonomics community. Here is your opportunity to be involved in the most robust and active HFES Local Chapter in the nation. For more information, contact Janet DeLapp at president@pshfes.org

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

If you are interested of becoming part of the PSHFES Council 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, please contact Cindy Williamson, symposium@pshfes.com.

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 newsletter-editor@pshfes.org.

Thank you for all your continued support and contributions!



OFFICER CONTACT INFORMATION

President

Janet DeLapp
president@pshfes.org

President Elect/Secretary

Janet DeLapp
secretary@pshfes.org

Treasurer

Wilmarie Villanueva
treasurer@pshfes.org

Communications Chair

Kelly Lynch
communication@pshfes.org

Community Projects Chair

Kim Popovic
communityprojects@pshfes.org

Program Events Chairs

Kurt Fellrath
program@pshfes.org

Newsletter Editor

Wilmarie Villanueva
newsletter-editor@pshfes.org

Past President

Gary Davis
pastpresident@pshfes.org

Symposium Chair

Cindy Williamson
symposium@pshfes.org

Student Liason

Mark Von Weber
studentliason@pshfes.org