



Puget Sound Human Factors and Ergonomics Society

August 2014

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 2014 calendar year by visiting our Web site at www.pshfes.org, click "Membership," and pay online or by check.

PSHFES President's Message



Janet DeLapp
PSHFES President

PSHFES members and friends!

This year we will hold a one day Symposium on October 16, 2014, at the Museum of Flight in Seattle Washington. Leslie Pickett and Miriam Joffe, Co-Symposium Chairs, have worked hard to develop a great speaker line up. The keynote speaker is Mark Benden, PhD, Associate Professor and Director of Ergonomics at Texas A&M Health Science Center. Dr. Benden will be discussing the use of new technology to track and improve work and health, uses for wearable technology and technology-induced obesity. Benden is the author of several articles and book chapters on Ergonomics

and has been called upon to speak at multiple professional groups throughout the United States, Canada, the Caribbean and Central America. We look forward to a very interesting and science based talk. **LOOK INSIDE** for information on other speakers and vendors. Also, registration is open on the website at www.pshfes.org. Cost before Labor Day is \$125 and after Labor Day, it will be \$175.

We hope to present the Ergonomics Professional of the Year Award again this year. Remember resubmissions are encouraged. We have formalized and standardized the award process this year so when comparing nominees we are comparing them on the same measures and with the same degree of information. You should have already received an email about the nomination process with the nomination form. If for some reason you did not received this email and you are a member of the organization, please contact Kelly Lynch at communication@pshfes.org. The deadline for submission is September 15th.

2014 OCCUPATIONAL ERGONOMICS SYMPOSIUM
October 16, 2014
Seattle's Museum of Flight

PSHFES President's Message Continued...

We had a tour lined up at Valin for June 25th but had to cancel due to low participation. We re-scheduled this for September 17th giving folks a lot of time between announcement and event. They plan to have this during the day and will be grilling food for us. Valin is a leading distributor of automation, filtration, fluid handling, fluid power, heating and process control products & systems for a wide range of high purity and industrial applications. They are going to allow us to operate the lifters while we are there, so anyone who wishes to get a hands-on feel for a vacuum lifter will be able to do so. See announcement on page 5.

As many of you know we have had a hard time filling the position of President Elect. The President Elect in 2014 will serve as President in 2015. I held the President Elect position in 2012, 2013, & 2014 while also fulfilling the President position in 2013 and 2014. I feel that it would be good for the organization to have new leadership, as it is good for any healthy organization to switch it up. I am happy with what I accomplished over the last few years, of which most has been to streamline and simplify processes in an effort to lighten the work load on Council members and to make the Treasurer position easier to perform. Everyone has strengths that they can offer to the organization. The position requires about 2-3 hours of time per week, but that also depends on what the person in the position wants to accomplish. I, of course, will stay on as the Past President in 2015 and may choose to take on other roles in future years. Please consider this opportunity.

Remember, we welcome your ideas and article submissions for the newsletters.
Thank you and enjoy the rest of the newsletter.

Janet DeLapp, MS, CDMS, CPE
2014 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.

Welcome New PSHFES Council Members!!!



Leslie Pickett
PSHFES Symposium Chair

Leslie Pickett is a Physical Therapist in practice since 1994. Her emphasis of care has specialized in prevention of injury for both patients and staff using an ergonomic approach to injury prevention. Leslie implemented the Washington State Ergonomics Rule (2000-2003) at Swedish Medical Center. She continued this work as Program Manager for the Swedish system overseeing the Ergonomics and Safe Patient Handling Program until 2013.

Currently she is the Manager for Injury Prevention for Providence Strategic Management Services overseeing 5 states, 28 hospitals and multiple long term care and clinics. Leslie served from 2006 to 2013 on the Washington State Safe Patient Handling Committee, which oversees all hospital implementation of the law in Washington State. In California she gave input in 2014 to the new Safe Patient Handling Law through the OSHA guidelines which were recently approved. Leslie has presented locally, nationally and internationally at conferences for Safe Patient Handling and Ergonomics education. She won the Richard Peterson Award (Swedish Medical Center) in 2008 & 2012 for her Safe Patient Handling Program as well as the 2012 Elaine Carty Award (Washington State Healthcare Improvement Award).

In 2013 she was awarded the Ergonomics Professional of the Year Award from the Puget Sound Human Factors and Ergonomics Society. Leslie completed her Clinical Doctorate Degree in Physical Therapy with a specialty certification in Administration and Practice Management in fall of 2013.

Miriam Joffe, MS, CPE
PSHFES Symposium Chair



Miriam is a Board Certified Professional Ergonomist and Ergonomics/Disability Management Manager for Boeing Commercial Airplane's South Puget Sound fabrication sites. She received her Masters Degree in Ergonomics from the University of Massachusetts in Lowell, her Bachelors Degree in Physical Therapy from University of Texas Medical Branch in Galveston and her Bachelors Degree in Biology from University of Texas in Austin.

Miriam has 20 years of experience in ergonomics both in the private and public sectors and a lengthy career in physical therapy. Her work spans a variety of industries to include aerospace, ball bearing, chemical, computer, electroplating, film, investment casting, light bulb, nuclear power, paper, petroleum, semiconductor, and tire manufacturing. In addition, she has worked with commercial construction, healthcare, pharmaceutical distribution, transportation, and nationwide telecommunications facilities. She has provided comprehensive ergonomics job analyses and developed industry-specific problem solving training and culture-based ergonomics programs for many industries around the U.S.

She authored a chapter in a graduate level textbook and developed a home study course in ergonomics, is a contributing author for the two voluntary OSHA ergonomics guidelines, and has worked on other government projects. Miriam has presented at several national conferences both in the US and Mexico, and has served as adjunct faculty for OSHA through TEEX and Rocky Mt. University for Healthcare Professionals.

2014 OCCUPATIONAL ERGONOMICS SYMPOSIUM - OCTOBER 16TH, 2014

Seattle Museum Of Flight
8:00AM - 4:30PM

KEYNOTE SPEAKER



**Future Ergonomics Assessments
Using Advanced Technology**
Mark A. Benden, CPE

Recent advances in technology have put ergonomics on the path to track and improve health. New apps and wearable sensors allow real-time monitoring during everyday activities that could not be easily captured even 5 years ago. The resulting data has potential for use well beyond traditional evaluation tools such as force meters, stop watches and cameras. The flip side of this easy access to technology is the growing pattern of addiction to electronic and mobile devices, the impact on social health and technology-induced inactivity. Join Dr. Benden as he shares his insight on these topics.

SYMPOSIUM SPEAKERS

**Ergonomics & Enterprise Risk Management:
Achieving a Better Grip in the New Landscape of
Risk Management**

**Matt Saxon, CSP, EHS,
Risk & Business Continuity, REI**

Due to recent events with global implications, many companies are moving away from the traditional approach to risk management and towards the holistic approach of Enterprise Risk Management. This has created new opportunities for Ergonomics Professionals to demonstrate value within their organization.

**Integrating Wellness Strategies into Ergonomics,
Quality & Performance**
Boeing Well Being Leader

Jami L. Smith, Exercise Physiologist
Recent studies support the principle of "healthy body,

healthy mind" and certainly the reverse as well. We know that what we eat and drink, the quantity and quality of our sleep, our recreational habits, our physical activity level and several other factors influence our physical performance abilities and how we cognitively process information. This presentation will explore how wellness impacts the foundation of what we do on a daily basis.

**Change Management for an Effective Ergonomics/
Safety Culture**

**Jevon Powell, PhD, Scontrino-Powell Psychologist
and Executive Coach**

Helping people learn new behaviors is not easy, but it is possible with the right tools and techniques. Dr. Powell will share insights on why change stalls in the workplace. He will share a simple model to help you understand and manage change in organizations, and offer practical tools for getting better results.

Understanding Laptop & Tablet Use & Selection

**Peter Johnson, PhD; Associate Professor, Dept of
Environmental & Occupational Health Sciences,
University of Washington**

With the recent influx of tablets into work environments, this talk will discuss the pros and cons of using laptop computers and tablets with a focus on and the ergonomics and productivity benefits and concerns surrounding tablet use.

**Corporate Stretching Programs:
Is There Something More?**

**Jennifer Hess, DC, MPH, PhD; University of Oregon
Labor, Education & Research Center**

Many businesses have implemented worksite-stretching programs as a means of decreasing work-related injuries. However, these programs vary widely in terms of the types of stretches, physical demand, and worker compliance, hence outcomes vary widely. To date, the evidence that stretching programs reduce workplace injuries is unclear and controversial. Recent research suggests that other types of exercise may be more effective for preventing injury and for promoting worker health. This presentation will explore these new interventions.

SYMPOSIUM PRICE:

Cost: \$125 (before Labor Day)

Cost: \$175 (after Labor Day)

Includes a hot lunch!

REGISTRATION NOW ONLINE!!!

Please visit www.pshfes.org

SpaceCo Business Solutions Open House & Wine Tasting Event

It was great seeing everyone who came to the SpaceCo Business Solutions open house and wine tasting event which followed our last PSHFES meeting. After having our meeting in a glass walled conference room we headed to the showroom. We learned about SpaceCo's office ergonomics products and Comfort Zone software while enjoying our wine and the beautiful view of the water. We tried out the electric height adjustable desks, monitor arms, pelican drawers, and then we went back to trying more wine. SpaceCo's website has pictures and descriptions of their products. <http://spaceco.com/>

*Cindy Williamson & Celeste McLaughlin
2014 PSHFES Events Coordinators*

PSHFES Valin Corporation Event

Register now for the Lunch & Lifter Event at Valin!!!

WHEN:

September 17, 2014
12:00pm to 2:00pm

WHERE:

Valin Corporation
7019 S 234th St.
Kent, WA 98032

Register Online: www.pshfes.org

Join us at 12pm on September 17th at Valin for a complimentary lunch and opportunity to observe and operate a lifter. Valin is a leading distributor of automation, filtration, fluid handling, fluid power, heating and process control products & systems for a wide range of high purity and industrial applications. Valin represents brand leading manufacturers, offering comprehensive solutions to the process markets including technology, life sciences, energy, and transportation. They are going to allow us to operate the lifters while we are there, so anyone who wishes to get a hands-on feel for a vacuum lifter will be able to do so. They have a few different models on hand.

Questions: Contact PSHFES Events Coordinator, [Celeste McLaughlin](mailto:Celeste.McLaughlin@psshfes.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 for the position of President Elect/Secretary. 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 in 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 Leslie Pickett, 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!



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