



Puget Sound Human Factors and Ergonomics Society

SUMMER NEWSLETTER

ISSUE 2

Message from the President, Janet DeLapp



Dear Members,

I have now been on the Council for six years. In 2011 I was Programs Co-Chair with Kelly Lynch, in 2012 I was President Elect, and now this is my 4th year as President. This all happened when Janet Peterson came over and whispered in my ear, PSHFES needs you, in so many words. Thanks Janet for the encouragement. I have had a great time in these roles and have worked with a lot of great people. I am a better leader for the experiences and I thank everyone for their encouragement and support all these years. As Past President, next year my goal is to organize all our documents online. We have been amiss about this and I will leave that in tidy order. I am very excited to have *Ram Maikala*, as President next year. With his background, knowledge and experiences he will bring new light to the organization and new opportunities for our members. Why am I talking about this now? Well this is the time to see change coming and decide if you want to stretch yourself and be a bigger part of this organization. Ram will draw different people into leadership and this may be your chance to get involved on something really exciting. I would encourage you to talk to Ram about his vision and see if this is something you want to be part of. Not to put you on the spot Ram!!

With that said I just have a few updates to share.

We are going forward with the new website design, working with The ARRC group out of CA. They not only have website development experience but also are experts on the Wild Apricot application that we use for memberships and events. We have never had

this combination of skills before and working with them will streamline the website and make it much easier to navigate, sign up for events and sign up to be a vendor. We hope this comes on line in June. This is a good group to work with and they came highly recommended.

The Skills Inc. project, under Ram's direction and Tonya LaFranchi and Patti Connolly's help is off and running. The site visit for the job assessment took place on May 13th. Now they are analyzing the data they gathered to determine what we can do to help Skills Inc. improve their ergonomics. After this piece is done, there will be additional opportunities for members to get involved on the next project.

We recently joined Washington Non Profit group. We have not yet participated in any events but we thought this could raise awareness about our group and ergonomics and human factors in general in our community.

Miriam Joffe has done a super job on developing a Ted Talk design for the symposium (*See Page 4*). There will be three main topics (Office, Advanced Manufacturing and Case Studies) with 9 speakers, each providing a wealth of information on their topic. We look forward to a fun filled year with excellent educational opportunities.

Thank you.

News Regarding HFES and Chapters

HFES meets, via phone, with chapter Presidents every quarter. The topic for the last few meetings has been on how to support local chapters and how to reach those HFES professionals that do not belong to a chapter.

HFES will be providing local chapters with help on delivering webinars through the HFES GoTo meeting tool. They are building an instruction guide on how to access and use this technology so any chapter can share a meeting, discussion group or speaker event via a webinar with the larger HFES society.

Benefits include:

- Reach participants that cannot attend the meeting in person
- Good and low cost outreach to those interested in the chapter
- Possible to invite a speaker who is not in your local area
- Reduce the time commitment required by participants to attend chapter speakers
- Wider dissemination of information within and between chapters.

HFES plans to be responsible for:

- Set up the practice and live webinars
- E-mail links to panelists and moderator
- Send the organizer a link for attendees to register
- Start and stop the webinar; start and stop the recording
- Send the recording to the organizer
- Help with promotion via HFES Bulletin article, social media, etc.

The instruction guide has not yet been seen. PSHFES wants to take advantage of this resource. I would expect we may offer this at a speaker event to get this started. Keep an eye out for this.

HFES also wants to set up a virtual chapter for folks that are too far away from being involved in a local chapter. The virtual chapter will work just like the local chapter, same rules, By-laws and the same type of Council. I expect some professionals who are already tied to a local chapter may also want to participate in the virtual chapter.

One idea for the virtual chapter is the use of webinars, so local professional (whose numbers are not big enough to form a chapter) can get together and share in the webinar event. The idea is for, at least a few people to do face to face together and be supported by their virtual chapter.

The Chapters decided that it would be a good idea to revitalize the Local Chapter Distinguished Service Award. It has not been used for 7 years. HFES will do some information gathering regarding the kinds of activities that chapters want to be acknowledged for and that chapters would be motivated by. We discussed the goal of setting different bench marks for chapters of different sizes, so any chapter could meet the criteria. We will be discussing this at future meetings.

Contributed by: Janet DeLapp

2016 Events So Far

SEATTLE TIMES PRINT TOUR

On February 25th, over 20 PSHFES members attended an “ergonomic” tour of The North Creek Seattle Times production and distribution facility. Times employee Kate Palmer explained and then showed us where 200,000 copies of the paper are printed each weekday. If any of you remember the scene from “Spotlight” where the papers are finally being printed and go whizzing by, that’s what we saw! The 1992 facility was clearly designed with the worker in mind, because most of the steps to set, print, bundle and load into trucks have been automated.

One of the only materials handling intensive tasks remaining is where the workers “feed” stacks of inserts to the papers [all those ads!] into a machine that then drops them into each individual paper.



These 2000-pound rolls of paper are put into place with mechanical equipment plus some human “guidance”. This is where the aluminum “plates” with the newspaper content are printed.

The papers are bundled by weight [about 20 pounds], not by number of papers, so that on Sunday there might only be 7 or 8 papers in a bundle while on Monday there might be 20. The strapped and bundled papers ride up a mechanical ramp, almost like a Disney ride, and then slide down a specific chute into a truck with a telescoping conveyor belt. This is where the real physical work begins, as the truck drivers then stack the bundles in their trucks and

deliver them to the pick-up locations for the individual carriers to transfer them to their own vehicles and aim for a 5AM “porch time” delivery.



Behind these huge glass walls is the room where the papers are being printed. The glass walls protect the workers' hearing while allowing visual access to the machines. The computers in this room control the machines.



PSHFES member Rick Goggins is applying hearing protection to walk through the room where the papers are being printed.



This “robot” machine picks up and moves the 2000-pound rolls of paper so that there is no human materials handling risk exposure.

We were impressed with the attention to hearing protection, with the noisiest area [where the 2,000-pound rolls of paper actually are printing the newspaper] encased in glass walls on either side, allowing for the majority of the workers to observe the machines yet with minimal noise exposure.

Contributed by: Janet Peterson

Potential Events

Celeste McLaughlin and Beckie Hill, our Program Chairs are working to provide more events for 2016. We have had three events so far this year, and besides the Symposium on September 15, 2016 and the end of year social we want to offer our members three more events to attend. Although these are yet to be confirmed, Celeste and Beckie are working on the following:

- Recycling plant tour, possibly for July
- Miriam Joffe's talk on chairs, possibly for October
- Pete Johnson's talk from Ergo X Conference on Whole Body Vibration, possibly in November

More detail will be provided as it is confirmed. As always if you have any ideas for speakers, tours or other events we would love to hear from you.

Contributed by: Janet DeLapp

2016 Occupational Ergonomics Symposium

September 15, 2016 | 8:00am – 4:30pm | Emerald Downs in Auburn, WA

Keynote Speaker: John Nance, JD, ABC Analyst, Professional Speaker, Author, Consultant



Re-Humanizing Human Institutions

Since the onset of the Industrial Revolution in the mid-19th Century, all modern societies have struggled to make things more efficient in human institutions by finding ways of removing human-caused uncertainties and vulnerabilities. Unfortunately, that was the wrong path, as over-automation efforts in aviation continue to demonstrate. In extremely complex professions, such as healthcare, the challenge has been (and is) fully embracing and institutionally understanding our human failings. Indeed, the staggering preventable death toll in American hospitals of 440-thousand per year will not change until we learn these lessons. Join John Nance as he shares his insight on these topics and more.

Organization of Future “Office” Work Space

Traditional “office work” is disappearing, or at least changing due to an evolution in technology and the emerging workforce. Today, “work” occur in cars, hotels, airports, home offices and coffee shops. This series of presentations will challenge the audience to consider designs for the mobile workforce, impact to risk management and social implications.

Advanced Manufacturing

The need for improvements in productivity, quality, profits and protection of human life have challenged scientists, inventors and entrepreneurs to design software and equipment that seemed impossible just a few years ago.

Success Stories in Industry

Applying the basic principles of human factors and ergonomics to problems in the service, retail and manufacturing environments can yield a workplace that is safer, more productive and more enjoyable. These success stories highlight our premise.

Registration Information

Cost: (Before 8/18/16): \$160

(After 8/18/16): \$210

Includes continental breakfast, lunch and “theme” snacks.

New This Year!

This year’s format is based on short, sequential TED-type “PODs” of concentrated information. Each POD has a unique theme with interactive components.

Our new venue offers great food, a view of the race track and expanded space for vendors.

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PLATINUM



Boeing Renton Ergonomics

GOLD



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Focal Upright



**BUREAU
VERITAS**

Move Forward with Confidence

human^{tech}®



Herman Miller

SILVER



BRONZE



MARK YOUR 2016 CALENDAR FOR LOCAL AND NATIONAL EVENTS

June 9-10	XXVIII Annual International Occupational Ergonomics and Safety Conference, Chicago, IL
June 26-29	The ASSE Safety 2016 Professional Development Conference & Exposition, Atlanta, GA
September 19-23	International Annual HFES Meeting, Washington Hilton, Washington DC.
October 19-21	Northwest Occupational Health Conference, Northwest Association of Occupational and Environmental Medicine, Portland Airport Sheraton Hotel, Portland, OR
November 15-18	National Ergonomics Conference & ErgoExpo, Las Vegas, NV

The PSHFES Council

President	Janet DeLapp
President-Elect/Secretary	Rammohan Maikala
Past President	Gary Davis
Treasurer	Trevor Bryant
Communications Chair	Kelly Lynch
Newsletter Editors	Rammohan Maikala Kelly Lynch
Programs Events Chairs	Celeste McLaughlin Beckie Hill
Symposium Chair	Miriam Joffe
Outreach Chair	Janet DeLapp
Committee Members	Janet Peterson Cindy Williamson Rick Goggins Ernesto Carcamo Trevor Bryant

PSHFES MISSION STATEMENT

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