



Puget Sound Human Factors and Ergonomics Society

August 2009

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 2009 calendar year by visiting our Web site at www.pshfes.org, click "Membership," and pay online (Pay Pal) or by check.

PRESIDENT'S MESSAGE

We're rounding into the most beautiful time of the year in the Puget Sound area – a good time to reflect on the things that we've accomplished and the things that we're still striving for as a local community. In my first President's note, I laid out several goals for PSHFES year 2009. These included the following:

1. Make PSHFES easy to find for Human Factors and Ergonomics enthusiasts
2. Clarify our mission statement
3. Run a balanced budget within 15% of revenue
4. Maintain the existing success of the group
5. Expand support for the student community
6. Provide volunteer opportunities for HFE professionals to give back to the community
7. Provide low-cost, local training opportunities for members and others with an interest in HFE

We've made good progress on several of these areas. And, it's fun to see how individual activities can support several of our higher level goals. We have had one well attended dinner event discussing slips and falls. We've also had one very exciting project working with students in schools that you can read about later in this newsletter. These activities furthered our goals for providing training, volunteer activities, and expanding our support for students.

We have also had successes in collaborating with other groups and raising awareness of ergonomics. These activities have included cross-posting our group with other related groups, such as PS SIGCHI, and reaching out to national HFES members so that they know that there's a regional chapter. We've also had a few great recent accomplishments – of which you can read about in this newsletter. These include starting up a linked-in group for PSHFES (which we invite you to join!), adding pages to the web site to provide information about local ergonomists and their activities, and sharing information about the Ergonomics Roundtable group – another great group that shares many of our goals.



Dan Odell
PSHFES President

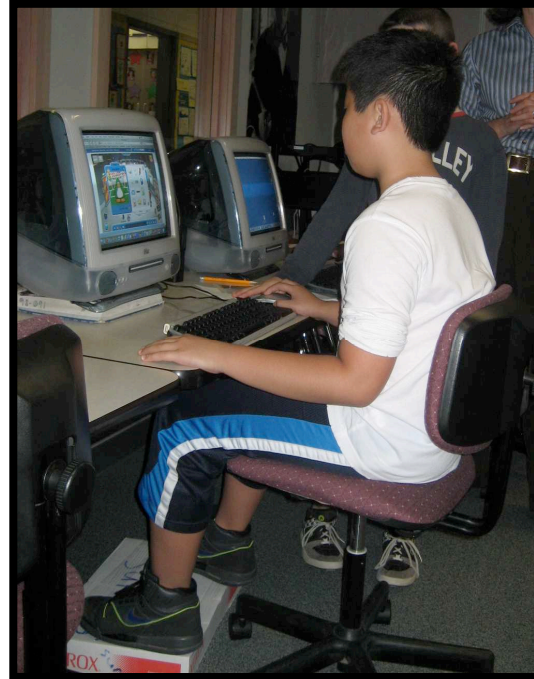
Planning for our upcoming activities, we have a tour of the Woodland Park Zoo coming up at the end of August, and, of course, the gem of PSHFES - our yearly symposium. We have a great group of volunteers who are ramping up work to deliver this exciting networking and learning activity in early October. Check out the symposium announcement later in this newsletter!

Technically Cool Computing Pilot Project Update

Community Projects Chair, Susan Murphey is pleased to announce the completion of the first run of the PSHFES *Technically Cool Computing (TCC)* Ergonomics for Schools Program. The project, piloted in May in the Shoreline School District, teaches kids how to evaluate the set up and use of computer workstations to reduce their risk for musculoskeletal injuries. Susan worked with PSHFES members Janet Peterson and Kim Popovic to test the pilot project with a class of fourth grade students in their school computer lab. The results were extremely positive, and provided excellent feedback in identifying areas for improvement.

- ◆ 72% of students were able to recognize non-neutral postures
- ◆ 61% of students were successful in correcting non-neutral postures
- ◆ 89% of students felt they could repeat the exercise at home on their own

In order to develop a teaching module best suited to the needs of the student population, the TCC team hopes to run the pilot several more times, targeting fourth through sixth grade classes.



TCC gained national attention in an article entitled *Elementary Ergonomics*, in the June/July issue of T.H.E. Journal, an education technology news magazine. The goal is to develop a user-friendly learning module that can be easily implemented by teachers or facilitators in the classroom environment. If you know of an 4th, 5th or 6th grade class in the Seattle area that might be interested in participating in the trial phase of this project next fall, or if you are a PSHFES member who might be interested in facilitating a local trial, please contact Susan Murphey at communityprojects@pshfes.org

2009 OCCUPATIONAL ERGONOMICS SYMPOSIUM & WORKSHOP

2009 Occupational Ergonomics Symposium & Workshop

Where: Seattle's Museum of Flight

Date: September 30th & October 1st

Time: 8:00 am - 4:30pm

PSHFES SYMPOSIUM

Speakers & Presentations

Keynote Speaker: *Ira Janowitz*

Wednesday, September 30th

Price: \$75

PSHFES WORKSHOP

"Designing the Age-Friendly Workplace"

Presenters: *Janet Peterson & Rick Goggins*


Thursday, October 1st

Price: \$180

REGISTRATION NOW ONLINE!!!

Please visit www.pshfes.org

Ergonomics In Spanish

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|-----------------|--------------------|
| ◆ Ergonomics | ◆ Ergonomía |
| ◆ Human Factors | ◆ Factores Humanos |
| ◆ Anthropometry | ◆ Antropometría |
| ◆ Anthropology | ◆ Antropología |
- 

Are you linked-in with PSHFES?

We are excited to announce that PSHFES is now on LinkedIn!!!

LinkedIn is a online networking resource designed to build your professional network through online connections. To join, just log into your account on LinkedIn (or create your profile on www.linkedin.com), search for the 'PSHFES' group, and request to join the PSHFES group. We will immediately approve your request and you can quickly take advantage of the benefits, which include:

- ◆ **NETWORKING:** Professional online networking experiences and opportunities for our PSHFES membership
- ◆ **EDUCATIONAL RESOURCE:** Human Factors and Ergonomics educational resources and opportunities through discussion postings

If you have any questions regarding joining the PSHFES group on LinkedIn, please contact David Lee, Membership Chair at membership@pshfes.org. We look forward to connecting you on LinkedIn!

New Feature on the PSHFES Website

Do you have a message you'd like to get out about Human Factors or Ergonomics?

Have you recently had an article published or been quoted in the media?

We've created a page on our web site to help you share your message or accomplishment: <http://www.pshfes.org/media.htm>.

We can work with you to publish a press release to help you get your story out to a wider audience. Or, if your story is already out there, we can link to it as part of our campaign to highlight "Our Members in the Media."

This service is open to all PSHFES members, but we do ask that your submissions follow these guidelines:

- ◆ Items included must be informational in nature, not promotional or sales-related.
- ◆ Items should be published by an outside source (i.e., not a self-published article on a commercial web site).
- ◆ Business name, contact information, web site addresses, etc. can be associated with the information, but should avoid the appearance of being an advertisement for a particular business or product.

For more information, contact Rick Goggins, Communications Chair at communication@pshfes.org.

Ergonomics Tip of the Week

Call for Contributions – Ergonomics Tip of the Week

We're looking to add more useful content to the PSHFES web site, and one idea we have is an Ergonomics Tip of the Week e-mail service that visitors could subscribe to. We'd like to collect all 52 tips in advance so that we don't have to stress about coming up with them ourselves every week, and this is where you can help out. If you have tips to share, please send them to Rick Goggins at communication@pshfes.org. If we use your tips, we can credit you in the e-mail if you'd like.

Here's a sample tip to give you an idea of what we're looking for:

"Store heavy items at waist height. You'll be able to lift them without having to bend or reach. Better yet, you can slide them onto a cart so that you don't have to lift at all."

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.com.

Thank you for all your continued support and contributions!



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