VIRTUAL EVENT
AUGUST 4-6, 2020

The 23rd Annual
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- IISE University Partners boost their faculty’s opportunity to network and publish research.
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<td><strong>ADVANCEMENTS IN ERGONOMICS</strong></td>
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<td><strong>OFFICE ERGONOMICS PROGRAMS AND APPLICATIONS</strong></td>
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<td>1 p.m.</td>
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<td>1:05 – 1:30 p.m.</td>
<td><strong>Utilization of Smart and Wearable Technology to Evaluate the Impact of Ergonomic Solutions</strong> &lt;br&gt; Ben Zavitz, Ergo Human Performance LLC</td>
<td><strong>Ergonomics Regulations in the United States</strong> &lt;br&gt; Gary Orr, OSHA</td>
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<td>1:35 – 2 p.m.</td>
<td><strong>Static and Dynamic Assessments of Back-Support Exoskeletons</strong> &lt;br&gt; Maury Nussbaum, Virginia Tech</td>
<td><strong>Ergonomics in a Global Company</strong> &lt;br&gt; Allison Stephens, Fanshawe College&lt;br&gt; Salima Ladha, Ford Motor Company</td>
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<td><strong>Exploring Neuroergonomic Fit of Passive Exoskeleton During Simulated Manual Material Handling Task</strong> &lt;br&gt; Yibe Zhu, Texas A&amp;M University</td>
<td><strong>Profitability: How Ergonomics Can Impact ROI in the Construction Industry</strong> &lt;br&gt; Brian Roberts, CNA</td>
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<td>2:35 – 3 p.m.</td>
<td><strong>Potential Use of Optimization Techniques to Refine Anthropometric Design of Products</strong> &lt;br&gt; Matt Camilleri, Synaptics&lt;br&gt; Thomas Albin, High Plains Engineering Services LLC</td>
<td><strong>$8 Million Payback in Three Years – How the Lear Corporation Did That</strong> &lt;br&gt; Jack Nunes, Lear Corporation&lt;br&gt; Blake McGowan, VelocityEHS</td>
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<td><strong>Master Track Panel Discussion Exoskeletons Implementation… The Pros and Cons</strong> &lt;br&gt; Moderator: Joe Wallace, CNA Insurance</td>
<td><strong>Master Track Panel Discussion Industry 4.0</strong> &lt;br&gt; Moderators: Allison Stephens, Fanshawe College&lt;br&gt; Kelly Hogan, Sandalwood of Canada</td>
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| 1:05 – 1:30 p.m. | **Utilization of Smart and Wearable Technology to Evaluate the Impact of Ergonomic Solutions**  
*Ben Zavitz, Ergo Human Performance LLC*  
Smart and wearable technology is all the rage, but can it be used to effectively identify cost effective solutions in industry and convince management of the need to make an improvement? This presentation will provide an overview of some of the technology available today and the challenges and benefits of using various smart and wearable technologies and measurement equipment. A series of industrial ergonomic projects related to material handling, equipment design and selection, whole body vibration of vehicle seats, hand arm vibration of power tools, and evaluation of PPE will be shared with the audience to demonstrate how various types of technology were used to evaluate the impact of ergonomics solutions. Examples of technology that will be shared include motion capture suits, heart rate monitors, wireless EMG, phone-based apps, accelerometers and pressure sensors. |
| 1:35 – 2 p.m. | **Static and Dynamic Assessments of Back-Support Exoskeletons**  
*Maury Nussbaum, Virginia Tech*  
Prolonged or repetitive trunk bending is associated with increased low-back musculoskeletal disorders (MSDs), yet reducing this risk can be challenging. Back-support exoskeletons (BSEs) are an emerging technology that may be of benefit, allowing workers to perform tasks with less physical effort and reduced MSD risks. There is emerging evidence showing the potential benefits of BSEs, particularly for simple (static or symmetric) tasks. Yet, this evidence is relatively limited, especially regarding differences between exoskeleton design, diverse tasks, and adverse effects that may result from BSE use. We complete two laboratory-based studies to evaluate two very different BSE designs, in the context of pseudo-static trunk bending and repetitive lifting. Major results indicated that there are clear potential benefits of BSE use, in terms of reducing trunk muscle activity, metabolic demand, and perceived exertion. However, these benefits differed substantially between the two BSE design tests and varied across the range of task characteristics investigated (e.g., work location and symmetry). Further, such benefits were minimal in some cases. Potential adverse effects were also evident, such as related to localized discomfort at the exoskeleton-body interface, especially in more “extreme” postures involving trunk flexion, bending, or twisting. |
| 2:05 – 2:30 p.m. | **Exploring Neuroergonomic Fit of Passive Exoskeleton During Simulated Manual Material Handling Task**  
*Yibe Zhu, Texas A&M University*  
Approximately 40 percent of non-fatal occupational musculoskeletal disorders (MSDs) are low-back injuries. Recent advances in human-robot cooperation have shown strong potential to reduce MSD risks by reducing or transferring biomechanical loading from targeted joints. However, human-robot synchrony (i.e., reducing mismatch between motor, mind, machine interactions), learnability, and usability of these technological solutions remain untested. The ultimate goal of the study is to improve exoskeleton-workplace safety and productivity by understanding, assessing, and augmenting the neuroergonomic fit of exoskeletons. Neuroergonomic fit is defined as a human-robotic fitness that minimizes the physical load while maximizing the neural (cognitive) availability of a user. In this study, the neuroergonomic fit of an industrial passive low-back exoskeleton (Laevo, Delft, The Netherlands) was evaluated during simulated manual handling tasks with varying levels of physical and cognitive demands of twelve healthy subjects. The preliminary brain activation result showed significant increase of connectivity strength between the dorsolateral prefrontal cortex and the premotor cortex for exoskeleton condition compared to non-exoskeleton condition regardless of cognitive demand level. This result implicates that the exoskeleton requires higher connection between the cognitive workload area and the motor planning area than non-exoskeleton MMH task requires. |
| 2:35 – 3 p.m. | **Potential Use of Optimization Techniques to Refine Anthropometric Design of Products**  
*Matt Camilleri, Synaptics  
Thomas Albin, High Plains Engineering Services LLC*  
Designers seek to build products that will accommodate a specified fraction of users. If multiple percentile values are used, the percent of users accommodated is generally less than expected. The Virtual Fit Tool (VFT) is a spreadsheet-based anthropometric design tool developed for the Human Factors and Ergonomics Society that addresses the problem. Upon input of a set of values for multiple variables, the VFT calculates the percent of males and females accommodated on each dimension, both separately and jointly, to ascertain if the desired percentage of users will be accommodated. It is possible that more than one design, for example, different height, width and depth dimensions, would each accommodate the desired percent of intended users. In this presentation, we will describe utilization of an optimization technique available within Excel to determine the most efficient solution in terms of materials costs, range of adjustment, etc., that will satisfy the desired accommodation percentage. An alternative use of the optimization technique would be to determine an “inverse solution”, i.e. determine the largest accommodation percentage that will satisfy desired materials cost, range of adjustment, etc. The technique might be used by product designers, or by consumers to define a product “wish list”. |
| 3 – 3:30 p.m. | **Break** |
| 3:30 – 5 p.m. | **Master Track Panel Discussion – Exoskeletons Implementation...The Pros and Cons**  
*Moderator: Joe Wallace, CNA Insurance*  
Exoskeletons are becoming more utilized in industrial, construction and medical work environments to help reduce worker exposure while helping to increase productivity and quality. This session will focus on challenges and successes during implementation of exoskeletons into the workplace. Attendees will be able to see how companies adopted the use of the tools and question the obstacles and challenges. |
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| 1:05 – 1:30 p.m. | **Ergonomics Regulations in the United States**  
*Gary Orr, OSHA*  
Muscloskeletal disorders (MSDs) account for roughly 1/3 of all non-fatal incidents. The cost of MSDs is as high as 60% of all workers’ compensation for some industries. Given the high costs in terms of both life changing injury and compensation some states have passed regulations that employers must implement to prevent MSDs. These regulations vary from requiring an ergonomics program to the implementation of controls for specific jobs. This session will give US and international attendees an understanding of ergonomics-related requirements for the US and will provide comparisons to ergonomics regulations in other countries. |
| 1:35 – 2 p.m.  | **Ergonomics in a Global Company**  
*Allison Stephens, Fanshawe College*  
*Salima Ladha, Ford Motor Company*  
Ford Motor Company’s Ergonomics program is a Global program that effectively integrates ergonomic principles into the design of its manufacturing process around the world. It is often challenging to implement cross border programs with different regional requirements, cultural norms and travel distance. Ford has years of experience that will give you insight on how they leveraged the diversity and expertise around the globe to build a world class Global Ergonomics program. Each facility should have a vision of what they want to accomplish from awareness to measured outcomes like injury reduction. These facility goals should align with the Corporate Mission Statement. Corporate goals must address and align with the region differences and diversity. An internal Global metric driven process was the Business Plan Review – BPR. All components of the business from Safety, Quality, Delivery, Cost and Moral created metrics that were tracked. On a rotating basis presentation to directors around the globe were given. Ensuring ergonomics was measured and kept in the forefront of the company. Communication is key to keeping a productive Global Ergonomics team. Sharing of ideas and challenges, along with consistent analysis methods and specifications. The G.R.E.A.T. book – Global Reference of Ergonomic Assessment Tools was developed with that in mind. Communication is key. Weekly tech meetings were used for specification reviews, new technology development and research updates. |
| 2:05 – 2:30 p.m. | **Profitability: How Ergonomics Can Impact ROI in the Construction Industry**  
*Brian Roberts, CNA Insurance*  
The cost of doing business requires employers to examine productivity and efficiencies. The Motion is Money process integrates principles of ergonomics with the concepts of lean construction. The focus of the presentation deals with increasing productivity, enhancing workers efficiency, improving bottom line profitability, and reducing jobsite exposures. The Motion is Money methodology examines how walking, bending, reaching, lifting, lowering and carrying are overlooked and never seen on a jobsite. These movements cost time and money and no one measures these movements. We will discuss how to measure these activities and success stories of reducing labor hours and the cost of completing job tasks and the overall project. |
| 2:35 – 3 p.m.  | **$8 Million Payback in Three Years – How the Lear Corporation Did That**  
*Jack Nunes, Lear Corporation*  
*Blake McGowan, VelocityEHS | Humantech*  
The Lear Corporation is a leading supplier of automotive seating and electrical and serves its customers with global capabilities. Headquartered in Southfield, Michigan, they maintain 261 locations in 39 countries around the globe and employ approximately 161,000 employees. Like most large operations, getting approval to invest in a new, enterprisewide ergonomics process took some number crunching. When the value of ergonomics was communicated to management and the return on investment of implementing an ergonomics process using a cloud-based system was demonstrated, the company moved from an expert-based process to a participatory ergonomics approach with union support. This presentation will explain how they standardized their process elements by: • establishing an ergonomics team • providing online ergonomics training in multiple languages • implementing a common musculoskeletal risk assessment tool to be used across their globe sites • engaging their engineers using global ergonomics design guidelines • engaging manufacturing employees in the continuing improvement process • providing an easy-to-share data management system The results of how Lear improved its overall continuous improvement process and increased productivity, human capital and employee engagement, and efficiency in the amount of $8 million dollars will also be shared. |
| 3 – 3:30 p.m. | **Break**                                                                                     |
| 3:30 – 5 p.m. | **Master Track Panel Discussion - Industry 4.0**  
*Moderators: Allison Stephens, Fanshawe College*  
*Kelly Hogan, Sandalwood of Canada*  
Industry 4.0 is the name given to the next revolution in manufacturing and production. It has been proclaimed the future of work. From AR/VR and simulation to AI, emerging technologies and Big Data, this leap or journey into the next industrial revolution is fascinating and intimidating. It will change how we work from the front office to the factory floor. As ergonomists we know that the human needs to be considered as work changes, how can we ensure this continues to happen and how can we leverage these activities to further advance ergonomics. Many have written about the need to focus on the human in these changing times. There are articles are warnings of consequences when the human is not considered fully, descriptions of complex system designs and the potential for error. There is a frustrating lack of actionable advice on how to include the human voice in Industry 4.0. This MT we will provide an overview of Industry 4.0 and a collection of ideas for the ergonomics, health and safety community on how to begin involving themselves in the Industry 4.0 movement. This presentation is intended as a call to arms for ergonomists to engage in the design, implementation, and regulation of the future work. |
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<td>1:05 – 1:30 p.m.</td>
<td>Managing Ergonomics for Work at Home (WAH) Employees</td>
<td>Hank Austin, NL Austin Consultants LLC</td>
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<td>USAA has over 40,000 employees with more than 4,000 working from homes across the United States. Program obstacles have included changes in management personnel, constant justifications, potential legal roadblocks, and the logistics of providing services and equipment to home-based workers in just about anywhere USA and sometimes very remote locations. While the program works well, there are constant challenges and opportunities for improvement. USAA was awarded IBM's Top 13 Ergonomics Programs in the US and was the first recipient of the Center for Office Technology Outstanding Office Ergonomics Program award.</td>
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<td>Sit-to-stand workstations have been deployed in office environments to reduce sedentary behavior and improve worker’s health. However, efforts to initiate and sustain long-term usage of sit-stand workstations has been a challenge, with primarily anecdotal evidence suggesting many employees cease using their sit-stand workstations once the newness diminishes. To objectively determine sit-stand workstation usage and what impact computer-based prompts would have on sit-stand desk use and sustainability, 200 office workers (118 control and 82 treatment) in two different geographic locations were continuously monitored over a 4 ½ month period, which consisted of a 6-week baseline and a 3-month experimental period. During the 3-month experimental period, computer-based prompts elicited a 229% increase in daily standing transitions which was sustained over the entire 3 months with 40% of the participants adhering to a pre-determined sit to stand schedule. These findings indicate that the use of computer-based prompts can be used to motivate employees to change their behavior regarding the use of sit-to-stand workstations.</td>
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<td>2:05 – 2:30 p.m.</td>
<td>A Sneak Peek at Revisions to BIFMA G1 as it Transitions to an ANSI Standard</td>
<td>Teresa Bellingar, Haworth</td>
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<td>BIFMA G1 Ergonomics Guideline for Furniture Used in Office Workspaces Designed for Computer Use has been in the marketplace since 2002. Revisions to the most recent edition, BIFMA G1-2013, are well underway including transition to an ANSI standard. Learn about the implications of moving from a guideline to a standard, changes to the chair measuring technique, updates to the anthropometric data and anticipated changes to seating and work surface dimensions and their impact on existing and new furniture. Find out about a new appendix that will provide recommendations for large occupants between 300 and 400 lbs.</td>
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<td>2:35 – 3 p.m.</td>
<td>Hand-Held Technology – It’s Worse Than We Thought</td>
<td>Tim Pottorff, QP3 ErgoSystems</td>
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<td>We know the use of hand-held technology has detrimental physical effects such as upper extremity and neck disorders. This talk will present findings showing how the use of hand-held technology presents risks much worse than ergonomics-related hand/wrist or neck disorders, including speech delays in toddlers, sleep deprivation, social isolation, adolescent spinal deformities, significant increases in car crash fatalities, and significant increases in pedestrian accidents— including those involving both vehicles and pedestrians. This is a critical issue not only from a worker injury perspective, but for the whole of society due to the effects on young people and children. We will also evaluate steps that can be taken to reduce the negative impact of improper use of handheld technology, and steps that have been taken by some governing bodies to address the issue.</td>
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<td>Master Track Panel Discussion - Role of Ergonomists Amid the COVID-19 Crisis</td>
<td>Moderator: Ben Zavitz, Ergo Human Performance LLC</td>
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<td>As we bring employees back into the workplace there is going to be a lot of reconfiguration, both in the office and in a factory setting. Employers are following CDC and OSHA guidelines to put controls in place around social distancing, physical dividers, one-way path of travel etc. How is this impacting how people work? What, if any, are the ergonomic challenges? Is the role of the ergonomist restricted to helping work from home workers in a less than ideal setup? How do increased cleaning duties at work and increase demands on the respiratory systems from wearing a mask apply to ergonomics? How can the ergonomist be most effective in helping to bring people back to work?</td>
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- Human Element
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The non-profit Board of Certification in Professional Ergonomics provides internationally recognized, comprehensive, professional certification for human factors/ergonomics/user experience practitioners. BCPE is the primary source of credentialed practitioners, providing employers and consumers an independent verification of competency and knowledge they are working with a professional who has met a rigorous standard.

Caster Connection’s team of veteran experts will exhibit ergonomic caster, wheel, and mobility solutions for visitors’ toughest challenges. Stop by for tips on reducing downtime in your facility by eliminating employee ergonomic injury and product failure, and learn about our push/pull collaboration with The Ohio State University Spine Research Institute.

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The Center for Occupational and Environmental Health Continuing Education presents the Online Ergonomics Training Program, consisting of six, eight-week online courses. Ideal for learners with a degree in a related field, these asynchronous, instructor-led courses are designed to provide expertise in core competencies required for CPE Certification by BCPE.

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**EXHIBITORS**

**Ergonomics Center of North Carolina**
The Ergonomics Center is a client-based organization housed in the College of Engineering at North Carolina State University. The Center’s highly experienced, board-certified ergonomists provide the highest quality ergonomics consulting, training programs and research for companies throughout the world. Our services include onsite training, job and task analysis, program development, engineering design guidelines, and cost-saving solutions for both industrial and office ergonomics.

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