



# ISE Newsletter

Quarterly newsletter of the INDIAN SOCIETY OF ERGONOMICS (ISE)

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### Forthcoming National events:

- [3<sup>rd</sup> RECOUP International Conference on Ergonomics, 1–3 August, 2014, Bangalore](#)
- [12<sup>th</sup> meeting of the ISE and HWWE 2014, 3–5 December 2014, Guwahati, Assam](#)

### Forthcoming International events:

- [5<sup>th</sup> International Conference on Applied Human Factors and Ergonomics - AHFE 2014, 19-23 July 2014, Krakow, Poland](#)
- [APCHI-ERGOFUTURE-PEI-IAIFI 2014, 22 – 25 October 2014, Bali, Indonesia](#)
- [3<sup>rd</sup> International Conference of the South East Asian Network of Ergonomics Societies - SEANES2014, 1 - 4 December 2014, Singapore](#)
- [IEOM 2015, 5<sup>th</sup> International Conference on Industrial Engineering and Operations Management, 3-5 March 2015, Dubai](#)
- [IEA 2015, 9-15 August 2015, Melbourne, Australia](#)

ISE is online at : <http://ise.org.in/>

## \* **Welcome New members!**

ISE Newsletter welcomes the following new Life Members:



- L408 Bijoylaxmi Bhuyan, Jorhat**
- L409 Saril V S, Bangalore**
- L410 Goutham D Das, Bangalore**

## \* **Update: HWWE'2014**

Last date for Abstract submission has been **EXTENDED** to **31 July 2014** (limit 300 words).

The updated version of the HWWE 2014 brochure can be downloaded from the [ISE website](#) or from the IIT Guwahati web-sites [www.iitg.ernet.in](http://www.iitg.ernet.in) and [www.iitg.ac.in](http://www.iitg.ac.in). Read more about HWWE 2014 in the Forthcoming Events section below.

## \* **Member Activities**

### **ISE members at the 1st ASIAN CONFERENCE ON ERGONOMICS AND DESIGN (ACED 2014)**

Three members of Indian Society of Ergonomics namely Prof. Debkumar Chakraborti, Guwahati, Dr. Rauf Iqbal, Mumbai and Sangeeta Pandit, Jabalpur participated in the conference held in May 2014, at Jeju, South Korea, and presented papers. Prof. Chakraborti also chaired a session on Industrial Safety.



Delegates from India (L to R) Sangeeta Pandit, Debkumar Chakraborti and Rauf Iqbal



Prof. Chakraborti chairing session Industrial Safety -1

The conference was hosted by the Ergonomics Society of Korea and featured 275 papers and poster presentations. The next ACED conference will held in Japan after three years.

### **The “Safety Professional of the Year” Award from American Society of Safety Engineers (ASSE) comes to India**

Founded in 1911, the American Society of Safety Engineers (ASSE) is the world's oldest professional safety society. ASSE promotes the expertise, leadership and commitment of its members, while providing them with professional development, advocacy and standards development. It also sets the occupational safety, health and environmental community's standards for excellence and ethics.

The “Safety Professional of the Year” Award is the most prestigious Award of ASSE, instituted in the memory of Edgar Monsanto Queeny, third president of Monsanto Company. The enviable safety record to this day reflects Edgar Monsanto Queeny's deep personal commitment in protecting workers from industrial accidents and health hazards.



The award is conveyed annually to recognize a safety professional who has demonstrated outstanding achievement in the safety field while making significant contributions to advancing the safety profession. The recipient of the award is selected by ASSE's Technical and Professional Recognition Committee.

Krishna Nirmalya Sen received the prestigious Edgar Monsanto Queeny Safety Professional of the Year Award from Ms. Kathy A Seabrook, President, and ASSE during “Safety India 2014” - ASSE's Professional Development Conference & Exposition held at The Leela Palace Hotel, Chennai on 26<sup>th</sup> May 2014. Sen is currently Head, Health Safety Environment, Hydrocarbon Construction & Pipelines, L&T Hydrocarbon Engineering.

## **\* Forthcoming Ergonomics Courses**



**Workshop on Office Ergonomics,  
Basic Course on Ergonomic Workplace Analysis (EWA)  
Advanced Course on EWA**

### **Office Ergonomics**

#### *Course Objectives:*

To understand and apply the principles of ergonomics or human factors to the office environment.

#### *Topics Covered:*

On site Ergonomics Programmes, Criteria for selection of Ergonomics Accessories, Office ergonomics for persons with Disabilities and during Pregnancy, Travel Ergonomics, Laptop Ergonomics, Cognitive Ergonomics, Visual Ergonomics, Ergonomics of Mobile Phones and Tablets, Ergonomics at Mattresses and Kitchen, Ergonomics of Footwear, Practical Sessions on Chair Evaluation, Applications of surface EMG in Office Ergonomics, Computer workstation assessment to identify risk of WRMSD, Preventive Exercises.

### **Basic Course on EWA**

#### *Course Objective:*

To learn how to assess a worker at risk for WRMSD.

#### *Topics Covered:*

SHARAN'S (Safety & Health Assessment and Risk Analysis for a Neutralised work Situation) Model, Subjective Tools, Psychosocial Questionnaires, Postural evaluation tools, Strain Index, Measurement of work effort and fatigue, Methods for assessing back injury risks, How to select the best EWA tool?

## **Advanced Workshop on EWA**

### *Workshop Objectives:*

To train practising Ergonomists in the gold standard tools for Postural risk assessment and assessment of the Ergonomic risk factors involved in manual material handling and biomechanical overload due to repetitive activities.

### *Topics Covered:*

The workshop explains how RNLE methods can be applied to evaluate single, composite, variable, and sequential lifting tasks. It also explores how to interpret and apply the results according to international standards and guidelines. Workshop on Revised NIOSH Lifting Equation (RNLE) & Occupational Repetitive Action (OCRA).

### **Dates**

Office Ergonomics	July 12-13, 2014	Nov 1-2, 2014
Basic Course On EWA	July 14-16, 2014	Nov 3-5, 2014
Advanced course on EWA	July 17-20, 2014	Nov 6-9, 2014

**Venue:** RECOUP Hospital, Bangalore, India

Early bird and combined registration discounts are offered. Online booking and payment are available.

### **For further details please contact:**

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# 312, 10th Block, Further Extension of Anjanapura Layout, 80 Feet Road, Bangalore 560 062, India.  
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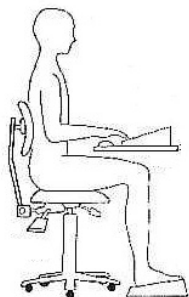
Email: [academics@recoup.in](mailto:academics@recoup.in)

For information about Accommodation, Online Registration and Payment please visit [www.recoup.in](http://www.recoup.in)

## **\* Knowledge Base**

### **The upright seated posture revisited**

This 90-90-90 posture rule just won't die! Conventional Wisdom tells us this is the one correct way to work. Current ergonomics thinking, however, says that this is a wrong, or too narrow a recommendation. Furthermore, we rarely see people voluntarily sitting this way unless they consciously hold this rigid posture or there is another ergonomic issue leading them to do so (such as keyboard or monitor too high).



The human body does not like static rigid postures - it likes variety, variation and some movement. This upright seated position with the hips at 90 actually flattens the normal curve in the low back and results in increased strain.

At a presentation in Minneapolis, USA, Tom Albin (Engineer, Certified Ergonomist, consultant, and Director of the Office Ergonomics Research Consortium), told the group that this 90-90-90 posture came to prominence by accident. He told the attendees that the earlier version of the ANSI/HFES 100-2007 Human Factors Engineering Standard for Computer Workstations had used a 90-90-90 drawing on the cover of the final standard.

People who read no further than the cover incorrectly assumed that this was the correct way to sit when operating a computer! The actual standard recommendations included several reference postures including: Reclined seated, Upright seated, Thighs declined, and Standing. See images on the OSHA web site: <http://www.osha.gov/SLTC/etools/computerworkstations/positions.html>

## What are the recommendations for seated computer work?

- ✓ Regularly move and change positions
- ✓ Reduce lumbar strain with an open hip angle greater than 90 degrees. Reclining against the back rest opens the hip angle and restores the normal curve in the spine while also shifting much of the upper body weight onto the backrest and further reducing spinal loading. (Reclining beyond a 120-130 degree back angle can result in significant neck flexion when viewing the monitor, however.)
- ✓ Sitting upright with declined thighs (tilt seat down in front) also results in a more normal lumbar curve and significant reductions in spinal disc pressure.

## How do we enable this healthy seated posture?

- ✓ Increase awareness of good postures and the risks of awkward ones.
- ✓ Modify the work system (chair, monitor, input devices etc.) to enable a range of healthy postures.
- ✓ Teach the user how to make the available adjustments.

For more on this topic, read "The Upright Seated Posture: Conventional Wisdom vs. Current Thinking", by Gene Kay, at <http://ergoweb.com/the-upright-seated-posture-conventional-wisdom-vs-current-thinking/>

## \* Forthcoming Conferences



**3<sup>rd</sup> RECOUP International Conference on Ergonomics  
1 – 3 August, 2014, Bangalore, India  
Management of Work Related Musculoskeletal Disorders**

### Pre Conference Workshops:

- \* Craniosacral Therapy (July 30, 2014)
- \* Visceromyofascial Manipulation (July 31, 2014)

### Post Conference Workshops:

- \* "TEST THE TEST" IAMMM Practical Interdisciplinary Course in Reproducibility Studies (August 4, 2014)
- \* Laterality and Biomechanics (August 5, 2014)

**Call for Abstracts:** Visit [www.recoup.in](http://www.recoup.in) for Online Submission

### For further details please contact:

Course Coordinator, RECOUP Neuromusculoskeletal Rehabilitation Centre,  
# 312, 10th Block, Further Extension of Anjanapura Layout, 80 Feet Road, Bangalore 560062, India.  
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For information about Accommodation, Online Registration and Payment please visit [www.recoup.in](http://www.recoup.in)



**12<sup>th</sup> meeting of the ISE and HWWE 2014  
3 - 5 December, 2014, Guwahati, Assam, India  
Ergonomics and Design Issues**

The 12<sup>th</sup> meeting of the ISE and HWWE 2014 will be held at the Department of Design, Indian Institute of Technology (IIT) Guwahati, Assam, India, during 3 - 5 December 2014, with pre-conference workshops on "Ergonomics and design issues" during 1 - 2 December 2014.

Last date for Abstract submission has been **EXTENDED** to **31 July 2014** (limit 300 words).

The updated version of the HWWE 2014 brochure can be downloaded from the [ISE website](#) or from the IIT Guwahati web-sites (below).

*Contact:*

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The 5<sup>th</sup> International Conference on Applied Human Factors and Ergonomics 2014 and the Affiliated Conferences will be held at Krakow, Poland, from July 19 to 23, 2014.

To join the mailing list, please contact the **Conference Administrator, L. Abell**, [aeiadmin@insightbb.com](mailto:aeiadmin@insightbb.com)

All submissions should be done through the **website**: <http://ahfe2014.org>

**Submission Deadlines for Abstract for Posters/demonstrations: Extended to: 15 May 2014**

**Keynote Address: The Future of Human Factors and Ergonomics**

Dr. Kay Stanney, President and Founder of Design Interactive, Inc., Orlando, Florida, USA



**APCHI-ERGOFUTURE-PEI-IAIFI 2014**  
**22 – 25 October 2014, Bali, Indonesia**

*With new mindset and widen horizon to catch the future: Physiology is the basic science for human life*

This joint international conference marks the 3<sup>rd</sup> meeting of Ergofuture, the 12<sup>th</sup> meeting of APCHI, and the 23<sup>rd</sup> scientific meeting as well as 50<sup>th</sup> birthday of IAIFI. Udayana University, Denpasar – Bali, will host this event on the 22-25 October 2014

The conference organized by Perhimpunan Ergonomi Indonesia (PEI) Bali and Ikatan Ahli Ilmu Faal Indonesia (IAIFI) and supported by APCHI, IEA, ICOH, IUPS, Udayana University Bali and Bali Human Ecology Study Group (BALI-HESG).

*Important Deadlines*

28 May 2014: Abstract submission.

30 July 2014: Full paper submission; Early bird registration

*Secretariat:*

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Website: <http://ergofuture2014.unud.ac.id>



**SEANES 2014**

**1 - 4 December 2014, Singapore**

The goal of the SEANES 2014 Conference is to enhance awareness of the importance of Human Factors Engineering (HFE) in various human activities and application domains, including product design, learning, communication, healthcare, transport, defence & security. Hosted by the Ergonomics Society of Singapore, we cordially invite you to participate by contributing papers, posters, workshops, and product demonstrations. The robustness and innovativeness of Singapore provide an excellent venue for scientific exchanges and learning among researchers, practitioners and policy-makers, across professions & disciplines, particularly for the Southeast Asian region.

Full Paper Submission	28 April 2014
Notification of Acceptance	01 July 2014
Camera-Ready Full Paper	15 September 2014
Early-Bird & Author Registration Deadline	30 September 2014

Online registration starts **15 July 2014**. Register before **31 September 2014** to enjoy early bird rates!

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Website: <http://seanes2014.org/index.html>



**IEOM 2015**

**3-5 March, 2015**

**Dubai**

IEOM Society is organizing the Fifth "International Conference on Industrial Engineering and Operations Management" which will be held in March 3-5, 2015 in Dubai. The conference aims to provide a forum for academics, researchers and practitioners to exchange ideas and recent developments in the field of Industrial Engineering and Operations Management. The conference is also expected to foster networking, collaboration and joint effort among the conference participants to advance the theory and practice as well as to identify major trends in Industrial Engineering and Operations Management.

*Important Dates*

Abstract/Paper Submission: August 30, 2014

Early Bird Registration Deadline: November 30, 2014

*Conference Chair*

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Telephone: +1-248-204-2531

Website: <http://ieom.org>



**Abstract submission is now open - submissions close 3 October 2014**

**Important Dates**

3 October	Deadline for submitting abstract
12 December	Completion of abstract review process; individual feedback, general instructions on full paper completion and submission sent to authors
30 January	Deadline for submitting full paper
12 February	Registration open
1 May	Full paper reviewing and revisions completed, all notifications of acceptance sent.
30 May	Earlybird registration deadline, Camera-ready full paper deadline

**Stay up to date with the latest news from IEA 2015:**

*For delegate and general inquiries, contact:*

Joanna Cogan, IEA 2015 Project Coordinator via [info@iea2015.org](mailto:info@iea2015.org)

*For program and submission enquiries, contact:*

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