



ISE Newsletter

Quarterly newsletter of the INDIAN SOCIETY OF ERGONOMICS (ISE)

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Forthcoming National events:

- [14th meeting of the ISE and HWWE 2016](#)
8 - 11 December 2016, Jalandhar, Punjab

Forthcoming International events:

- [Human Factors in Complex Systems](#),
June 7-8 2016, Nottingham, UK
- [International Society for Occupational Ergonomics and Safety \(ISOES\) XXVIII Annual International Conference](#), June 9-10, 2016, Chicago, USA
- [AHFE 2016 International Conference](#),
July 27-31, 2016, Florida, USA
- [Human Factors and Ergonomics Malaysia Conference \(HFEM\)](#), September 26-27, 2016, SEGi University, Kota Damansara, Malaysia
- [SEANES 2016 Conference](#),
28 November - 1 December 2016, Bandung, Indonesia
- [2017 Applied Ergonomics Conference](#),
March 27-30, 2017, Orlando, USA

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

* ISE News

As committed in the Annual General Body Meeting in Mumbai, Membership certificate distribution is now up-to-date. Any member who has not received the Membership Certificate should write to the General Secretary quoting the membership number and the date and number of the receipt issued by the Treasurer.

* Welcome New members!

ISE Newsletter welcomes the following new Life Members:



L-425 Jay Paresh Mehta, Mumbai

L-426 Jignesh Vadher, Gummidipoondi

L-427 Kumari Amrita Sinha, Ludhiana

L-428 Indresh Kumar Verma, Guwahati



L-429 Nilakshi Yein, Guwahati

L-430 V. Srinivasa Prasad Rao, Navi Mumbai

L-431 Aprajita Kumari, Ludhiana



L-432 Susmita Nath, Guwahati

L-433 Sai Praveen Velagapudi, Hosur

L-434 Shilpi Bora, Guwahati

* Member Activities

BIS representation at Paris ISO TC-159 meeting



Dr. Nandita Bhattacharyya was part of the Indian delegation from BIS (Bureau of Indian Standards) at the meeting of ISO/TC-159/SC1/WG5 (Ergonomics Process Standards) during 12-13 November 2015 at INRS Paris, France, which deliberated on ISO 27501 (Human-centred organizations — The practice of management) and ISO 27502 (The human-centred organization – guidance for the front line manager).

AHFP certification for Avinash Konkani



Avinash Konkani has been certified as an Associate Human Factors Professional (AHFP) by the Board of Certification in Professional Ergonomics (BCPE) on 19 January 2016. Avinash is looking forward to apply his knowledge of HFE in Healthcare Technology Management field and Healthcare Systems.

* HWWE 2016 - Announcement

The 14th annual meeting of the Indian Society of Ergonomics (ISE) and International Ergonomics Conference "Humanizing Work and Work Environment" (HWWE 2016) will be organized by **Dr. B R Ambedkar National Institute of Technology, Jalandhar, Punjab** during **8 to 11 December, 2016**. The

focus of conference is to explore and discuss opportunities related to ergonomics and human factors engineering for participants from all over the globe.

Humanizing Work and Work Environment (HWWE 2016) is a premier multidisciplinary conference for participants to present research innovations and challenges, exchange ideas, develop networking and collaboration in the area of ergonomics and human factor engineering from all over the globe.

See details in "Forthcoming Conferences" section below.

* Request to participate in a design project

Sri Ashok Raj, Project-Coordinator of the project entitled "The Rise of Design in Innovation: Study on Indian Industrial Design Capability and Developing a Strategic Action Plan for making this Capability Globally Competitiveness, particularly with Reference to China." (a project catalyzed by the Department of Science and Technology (DST), Ministry of Science and Technology) is seeking the cooperation of designers (preferably those with registered designs) for this study for obtaining the required inputs **through a small, objective-type questionnaire**.

The Department of Science and Technology (DST) may consider offering support to the prospective designers. The information provided through the questionnaire will be kept confidential and it will be used only for analysis purposes.

Those interested may please visit the website of the project: www.industrialdesigndstproject.in or contact Sri Ashok Raj through email sadbhav_harmony@rediffmail.com or phone +91 9891206988, **mentioning your affiliation to the Indian Society of Ergonomics (ISE)**.

* Forthcoming Conferences

2016 *14th meeting of the ISE and HWWE 2016*
HWWE **8 - 11 December 2016**
Jalandhar, Punjab

The 14th annual meeting of the Indian Society of Ergonomics (ISE) and International Ergonomics Conference "Humanizing Work and Work Environment" (HWWE 2016) will be organized by the Dr. B R Ambedkar National Institute of Technology, Jalandhar, Punjab during 8 to 11 December, 2016. The focus of conference is to explore and discuss opportunities related to ergonomics and human factors engineering for participants from all over the globe.

Important Deadlines for Registration	Important Deadlines for Paper Submission
Early Bird Registration - On or before, 15 July 2016	Abstract Submission - 15 July 2016
Normal registration - 15 August 2016	Full Paper Submission - 15 September 2016
Late Registration - 15 September 2016	
Spot Registration - 8 December onwards	

Organizing Secretaries: Sarbjit Singh, Lakhwinder Pal Singh, Dr B R Ambedkar National Institute of Technology, Jalandhar, Punjab

For paper submission and HWWE 2016 related queries, please send email to hwwe2016@gmail.com
Website: <http://www.hwwe16.org>

The Human Factors in Complex Systems event will run on 7 - 8 June 2016 in Nottingham, UK and is organized by the CIEHF and the UK University of Nottingham.

The conference will bring together academics and practitioners working in diverse areas such as transport, healthcare, manufacturing and defence. In the two day programme there will be opportunities to present papers or posters and take part in panel discussions. You will be able to discuss and debate the latest research and ideas on relevant topics, including:

- automation
- design of technologies and systems
- methodology and complex systems
- safety, risk and resilience
- data and systems
- future systems
- modelling / simulation of people in systems

Papers may take the form of novel human factors research contributions, practice-based case studies, or critiques of theories and methods. Successful abstracts will be published in a conference booklet.

Event website www.hf-complexsystems.org.uk

Contact person: Tina Worthy, Chief Operating Officer, Chartered Institute of Ergonomics & Human Factors, www.ergonomics.org.uk



**XXVIIITH Annual International Occupational Ergonomics and Safety
Conference
June 9-10, 2016
Chicago, Illinois, USA**

The International Society for Occupational Ergonomics and Safety (ISOES) will be holding its XXVIII Annual International Conference on June 9 - 10, 2016 in Chicago, USA.

Call for Contributed Papers

Individuals interested in presenting their research/case study can submit an abstract of no more than 350-words in English to: Dr. Anand Subramanian at conference@isoes.info.

All abstracts submitted for publication in the Conference proceedings will be peer-reviewed by the International Program Advisory Committee.

Papers for the conference will be published in the conference proceedings. Copies of the CD will be available to all conference participants. Keynote presentations are featured as well as break-out sessions to fit the needs of those responsible for ergonomics and the safety of their workforce. Participants receive peer-reviewed publications that includes the latest research presented at the conference.

Visit the International Society for Occupational Ergonomics and Safety Website at: <http://www.isoes.info/>



AHFE 2016 International Conference

July 27-31, 2016

Florida, USA

The Applied Human Factors and Ergonomics (AHFE) conference incorporates 26 thematic areas with participation of 2000 researcher and industry participant from more than 62 countries worldwide. Peer-review accepted full papers will be published in the AHFE 2016 proceedings and as chapters in Springer Multi-volume Edited Books under the prestigious series of LNCS Advances in Intelligent Systems and Computing.

Submission Website: <https://cmt.research.microsoft.com/AHFE2016/>

AHFE 2016 International Conference, Walt Disney World® Swan and Dolphin Hotel, Florida, USA

www.ahfe2016.org



Human Factors and Ergonomics Malaysia Conference (HFEM)

September 26-27, 2016

SEGi University, Kota Damansara, Malaysia

HFEM (Human Factors and Ergonomics Society Malaysia) is happy to invite all members from Asian Ergonomics Society to participate in their coming conference and their first Ergonomics competition. The main objective of the conference and competition is to have a sharing session with application of ergonomics and to showcase ergonomics products and innovation by academician and companies alike.

ERGOCUP competition: ErgoCup is the HFEM first ergonomic design championship. It provides an ideal opportunity for students/academics/industries alike to participate and present their ideas/innovations/solutions to ergonomics issues and problems.



Objectives:

- To gather new development of product designs that incorporate human factors and ergonomics principles.
- To recognize public and students who applying human factors and ergonomics principles in their product design process.
- To create awareness of the importance of human factors and ergonomics principles in product development processes.

Categories:

- Product Invention
- Ergonomic Program
- Intervention, Research, etc.

Important dates:

May 16 Mon : Abstract Submission (not longer than 300 words)

June 16 Thu : Full Papers Submissions (formatted according to the provided template)

July 16 Sat : Scientific Committee Feedback

Online submission <http://hfemconference.wix.com/>

Email submission hfemsecretary@gmail.com

Please include your name, full address and conference topic

Contact person: Ali Ahmadian Mazraeh, HFEM Administrative Executive, Tel: 018-385 2957, Email: ali.ahmadian92@gmail.com Website: <http://hfemconference.wix.com/hfemconference2016>

Green Ergonomics: Sustainability, Productivity and Well-Being

You are invited to submit your research paper to be presented at the **4th SEANES** International Conference on Human Factors and Ergonomics in South-East Asia (SEANES) 2016. The conference is endorsed by International Ergonomics Association (IEA).

SEANES 2016 will be held at Crowne Plaza Bandung Hotel, nestled in the heart of Bandung city, Indonesia, 28 November - 1 December 2016. This year conference is hosted by Perhimpunan Ergonomi Indonesia (Indonesian Ergonomics Society) in collaboration with Institut Teknologi Bandung (ITB) and Universitas Katolik Parahyangan (UNPAR).

The conference focuses on the theme "Green Ergonomics: Sustainability, Productivity and Well-Being". Please make your submission through EasyChair conference system before 11 July 2016.

Important Dates:

Full Paper Submission	: 11 July 2016
Acceptance Notification	: 29 August 2016
Camera-Ready Paper Submission	: 12 September 2016
Early Bird and Author Registration	: 10 October 2016
Regular Registration	: 11 October 2016 onward
Workshop and Welcome Reception	: 28 November 2016:
Conference	: 29 November - 1 December 2016

For updated information or queries, please kindly visit:

website: <http://seanes2016.org> e-mail: seanes2016@gmail.com twitter: @SEANES2016



The 2016 Applied Ergonomics Conference had attendees from 19 different countries and a total of 26 international alliance partners.

The 2017 conference is scheduled for **March 27 - 30, 2017** at the Disney's Coronado Springs Resort, Orlando, Florida, USA. The conference website (www.appliedergoconference.org) is currently being updated.

The abstract submission deadline for oral presentation is **May 27, 2016** and for poster presentation is **November 11, 2016**.

The link to the abstract submission site is

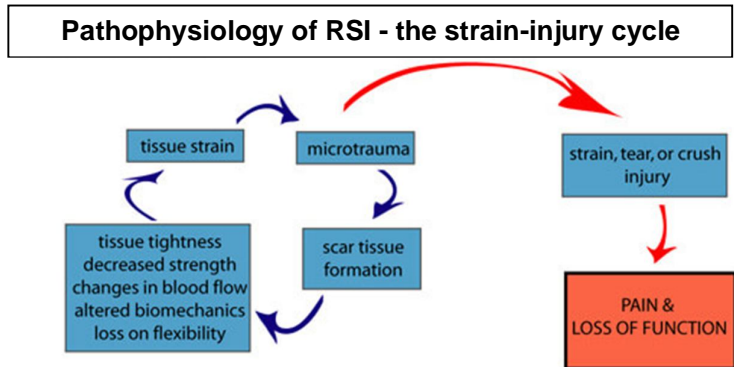
<https://www.xcdsystem.com/appliedergo/abstract/index.cfm?ID=wp10YLz>

Gaming and RSI: The Spirit is Willing but The Wrist Is Weak

Adapted from <http://xgamingchair.com/>

While some may think that gaming is a past-time that is all chill and fun, there is a reality about gaming that only fellow heavy gamers would understand – it's not all rainbows and butterflies every time. Like having to work in an office, gaming can be as stressful, tedious, and prone to aches and nagging pains resulting from the repetitive nature of the activity (though the fun part overpowers all of these).

The toil is even truer for hardcore and professional gamers who spend countless hours mastering their craft – after several hours of adrenaline-filled, red bull-pumped gaming, the resulting outcome has always been the same – it is tiring (both physical and mentally), if not something that results in sore pains which many gamers are familiar with but do not give too much attention to ...until the pain is already excruciating, if not debilitating, a full-blown Repetitive Strain.



A simple RSI Cycle diagram. Credit: kinetesisspineandjoint.ca

Risk Factors for RSI

Not all people get RSI and may likely be explained by the differences in people's lifestyles. However, here are the factors that may contribute to the development of RSI, especially amongst gamers:

- Short interval (30 seconds or less), repetitive arm and hand movements
- Improper sitting or body positioning
- Underlying cardiovascular disease
- Illnesses such as diabetes, arthritis, and gout
- Pregnancy
- Overweightness or obesity
- Stress

Prevention is the key! Here are some things that we can do.

• Time Management and Gaming Efficiency

Luckily, for many people RSIs are as optional as the choice we make on how long we play our games. The lesser the time for gaming, the lesser the chances of acquiring RSI - but giving this advice to gamers is futile – we'll play the game as long as our wrist and fingers can move! Fortunately, most e-sports doctors say that it all boils down on playing the game as efficiently as possible – basically clicking less, but doing more.

- Proper Posture and Exercise
- Use Ergonomic Equipment
- Educate Yourself

More resources at: <http://xgamingchair.com/gaming-health/gaming-rsi-spirit-willing-wrist-weak/>