



ISE Newsletter

Quarterly newsletter of the INDIAN SOCIETY OF ERGONOMICS (ISE)

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CONTENTS:

- * **Welcome New Members**
- * **ISE Annual General Body Meeting**
- * **Awards**
- * **Achievements**
- * **IEA 2018 – Report**
- * **Applied Ergonomics Conference 2019**
- * **Member Activities**
Computer Injuries and its Prevention in Scientific ways
Sensitization and orientation programme on
Occupational Health and Safety
National Level Workshop on "Occupational
Ergonomics- Principles and Practice"
- * **Seminar – Indian Ergonomics Standards**
- * **Forthcoming Conferences**
- * **Knowledge Base**

Forthcoming National events:

- * **16th meeting of the ISE and HWWE 2018**
December 14-16, 2018,
Thiruvananthapuram, Kerala



Forthcoming International events:

- * **TRANSED 2018 - 15th International Conference on Mobility and Transport for Elderly and Disabled Persons,**
November 12 - 15, 2018, Taipei, Taiwan
- * **SEANES 2018 Conference,**
12 - 14 December 2018, Bangkok, Thailand
- * **AEC 2019 - Applied Ergonomics Conference,**
New Orleans, Louisiana, USA

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

For your security, ensure that you can view the padlock symbol  and <https://ise.org.in> on the web address before you enter

* Welcome New members!

ISE Newsletter welcomes the following new Life Members:



L-472 Vidyasagar Tulasi, Hyderabad

L-473 Kiran Mondal, Delhi

L-474 Parth Shah, Mumbai

* Annual General Body Meeting

The Annual General Body Meeting (AGM) of the Indian Society of Ergonomics (ISE) will be held at College of Engineering, Thiruvananthapuram, on Saturday, 15th December 2018. Notice of AGM will be sent to all the members within a few days. Please contact the Hony. General Secretary in case you do not receive the AGM notice.

* Awards

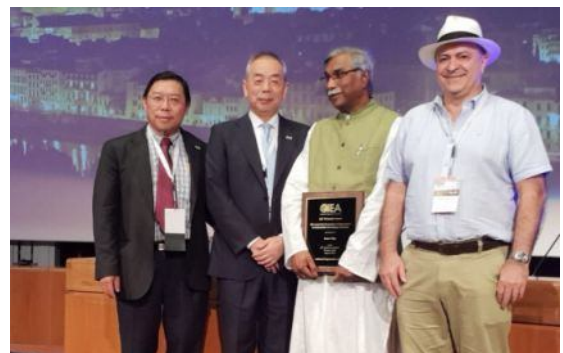
International Ergonomics Association (IEA) Triennial Award



The IEA Award for Promotion of Ergonomics in Industrially Developing Countries has been awarded to **Gaur G. Ray**. The award was announced by the Chair of the Awards Committee, past IEA President Eric Min-Yang Wang, and presented by the current IEA President Yushi Fujita at a special function during the 20th Congress of the IEA at Florence in August 2018. Heartiest Congratulations! A proud moment for Indian Ergonomics!



IEA President Yushi Fujita presents the plaque as Awards Committee Chair Eric Min-Yang Wang applauds



G.G.Ray with (from left) Eric Min-Yang Wang, Yushi Fujita and Jose Orlando Gomes (IEA VP and Treasurer)

* Achievements



In the previous Newsletter, the appointment of Krishna Nirmalya Sen as Chair of the ICOH Scientific Committee on OH in the Construction Industry was reported. We are very happy to announce that Somnath Gangopadhyay has been appointed Secretary of the ICOH Scientific Committee on OH in Small Scale Enterprises and the Informal Sector for the tenure 2018-2021. Congratulations!





20th CONGRESS INTERNATIONAL ERGONOMICS ASSOCIATION FLORENCE August 26th-30th, 2018

IEA2018 in Florence, Italy was a grand success! Approximately 1600 delegates from more than 80 different countries attended the Congress. Most notably, more than 450 attendees were students, who benefitted from discounted registration and inexpensive lodging provided by the conference organizers. The Plenary Sessions were streamed on FaceBook, and can still be viewed at www.facebook.com/pg/FlorenceIEA2018



There was a large attendance from India, a section of the 23 Indian delegates is seen above.



Deepak Sharan (centre), Jerrish Jose and Joshua Samuel from RECOUP Neuromusculoskeletal Rehabilitation Centre, Bengaluru, presented 35 papers (including special sessions, short courses, workshops and symposia) during the Congress.

On day 4, Dhurjati Majumdar presented a key-note address entitled “Ergonomics in defence: world trends with reference to the emerging countries”.

During the Congress, BRICSplus Network application to be an International Ergonomics Association Network was formulated and submitted. The Federation of Brazilian, Russian, Indian, Chinese and South African Ergonomics Societies (BRICSplus) was formed on the 15th December 2016 at Tsinghua University, Beijing, China to represent the needs of the Brazilian, Russian, Indian, Chinese and South African (BRICS) countries in the global ergonomics community.



BRICSplus meeting attendees

It is clear from the presentations and discussions at the Congress that the future of human factors and ergonomics is evolving rapidly and in ways that were not easily predicted a decade ago. If Human Factors / Ergonomics (HFE) science and practice are to have an impact, the discipline of HFE needs (1) to take a systemic approach rather than remaining segmented into physical, cognitive, and organizational areas of specialization; and (2) to be proactive and anticipatory. As Eric Hollnagel cautioned in his Plenary Address: “It is the dilemma of HFE that we inadvertently create the complexity of tomorrow by trying to solve the problems of today with the mindset (models, theories, methods) of yesterday.” We need to be future-focused.

(sourced from IEA website, member inputs and IEA Council files)

Applied Ergonomics Conference 2019



The 22nd Annual Applied Ergonomics Conference (AEC), presented by GOErgo, a worldwide resource dedicated to the support of the profession and individuals involved with improving workplace performance, quality, sustainability and employee availability is scheduled for March 25-28, 2019 at the Hyatt Regency New Orleans, New Orleans, Louisiana, USA.

The Applied Ergonomics Conference (AEC) is one of the largest and most impressive ergonomics conferences in North America. Presenters are practitioners sharing real-world experiences and practical solutions to common problems in industry. This conference provides comprehensive and broad-spectrum education for employees at all levels (managers to professionals to line-workers).

ISE continues to be an International Alliance Partner of AEC. **ISE Members will get Discounted Registration** – contact the Honorary General Secretary for Alliance Partner Code.

See below (Forthcoming International Events) for more details.

Computer Injuries and its Prevention in Scientific ways

H M Arun Kumar participated in the 68th Annual Conference of Association of Occupational Health Karnataka, held at Bengaluru on 7th July 2018 and presented a paper on "Computer Injuries and its Prevention in Scientific ways".

The main findings were that symptoms such as eye strain, neck pain, back pain, shoulder pain and pain in the carpal tunnel region were common among computer users including children. Severity of pain increased with number of hours of computer use at work, and this was found only in unscientific style of working.



Sensitization and orientation programme on Occupational Health and Safety

Aditya Birla group organized a sensitization and orientation programme on Occupational Health and Safety (OH&S) at its Talcher plant on 30th August 2018. A team of eminent scientists from the ICMR's National Institute of Occupational Health (NIOH) including Director, NIOH and the Regional Occupational Health Centres (ROHC) were the resource persons. Chandan K. Pradhan, Officer-in-Charge, ROHC(E) and Treasurer, ISE provided the inputs on Ergonomics.

National Level Workshop on "Occupational Ergonomics- Principles and Practice"

Jerrish A Jose, Consultant Physiotherapist and Ergonomist, RECOUP, conducted a National Level Workshop on "Occupational Ergonomics- Principles and Practice" at RVS College of Physiotherapy, Coimbatore on September 19-20, 2018. It was a certified course from the Indian Ergonomics School (a RECOUP initiative, affiliated to the EPM International Ergonomics School).





* Seminar – Indian Ergonomics Standards

A National Seminar on "**Indian Ergonomics Standards – Existing and Needs**" was conducted on 26th September 2018 at Mumbai. The seminar was organized by the Bureau of Indian Standards (BIS) in collaboration with Godrej Interio. In the inaugural session R. Rengarajan, Head of the Production and General Engineering Division (PGD) of BIS welcomed the gathering and delineated to objectives of the seminar, and Sunil R. Kale, Professor, IIT Ahmedabad and Chairman of the BIS PGD Council delivered the inaugural address. Thereafter, Sameer Joshi, Head, Workplace & Ergonomics Research, Godrej Interio gave a special address. The key-note address was delivered by A. K. Ganguli, President, ISE, and Chairman of the PGD Ergonomics sectional committee (PGD-15).



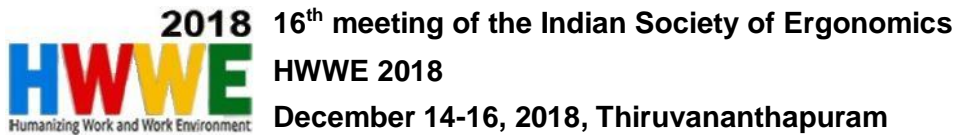
The first technical session (Ergonomics in the regular life - Safety and Human Centred Design) was chaired by A. K. Ganguli, Chairman, PGD-15. In this session, G.G.Ray, Professor, IIT Bombay spoke on "Ergonomics — Accessible Design", C.R.Mehta CIAE, ICAR Bhopal spoke on "Ergonomic Standards in Agricultural Sector", Rauf Iqbal, Professor NITIE, Mumbai spoke on "Need for development of the National Database of Indian Population for Ergonomics", and Deepak Kulkarni of ARAI spoke on the "Size India Project".

The second technical session (Ergonomics for the Industry) was chaired by Debkumar Chakrabarti, Professor, IIT Guwahati and Vice-President, ISE. In this session, Nirav Shah and Reena Valecha of Godrej Interio spoke on "Ergonomics Standards - Industry Perspective", followed by Nandita Bhattacharya, Professor, Assam Agricultural University on "IS/ISO 27500: Ergonomics — Human Centered Organization", T Pachal, AGM, Bokaro Steel Plant, on "Ergonomics Standards in Industry" and Ganesh D. of Mahindra and Mahindra on "Ergonomics standards for the Automobile Sector". After a brief discussion and Q&A session, the seminar recommendations were finalized, followed by presentation of mementos and proposal of Vote of Thanks by A. Rengarajan, Head (PGD), BIS.



The unique feature of this seminar was that it brought together industry representatives (such as Godrej, SAIL, Wipro, Mahindra & Mahindra, Maruti Suzuki), academicians (from IITs, NITIE, AAU and SNDT universities), researchers (such as ICAR), data providers (such as ARAI), professional bodies (such as Consumer Protection, ISE), and Governmental standardization bodies (BIS). The seminar recommendations will help to shape the process of formulation, development, adaptation and certification to ergonomics standards in India in the coming years.

* Forthcoming National Events



The 16th meeting of the Indian Society of Ergonomics and HWWE 2018 will be held at the College of Engineering (CET), Thiruvananthapuram, Kerala, December 14-16, 2018. Please visit the website of the event at <http://hwwe2018.cet.ac.in/> for more details and to download the brochure. D.Bijulal is the Organizing Secretary.

Email: hwwe2018@gmail.com Website: www.hwwe2018.cet.ac.in Phone: +91 9645357434, 9846569727

* Forthcoming International Events



15th International Conference on Mobility and Transport for Elderly and Disabled Persons (TRANSED 2018)

November 12 - 15, 2018, Taipei, Taiwan

The 15th International Conference on Mobility and Transport for Elderly and Disabled Persons (TRANSED 2018) will be held in Taipei from Monday November 12 to Thursday November 15, 2018 at the Taipei International Convention Center, No. 1 Hsin-Yi Road, Section 5, Taipei 11049, Taiwan R. O. C. Eden Social Welfare Foundation, with the support of Taiwan Government, is the host of this conference and exhibition. TRANSED is traditionally held in Europe and North America; Taiwan is the fourth city in Asia to host TRANSED following India. A limited number of scholarships will be offered to authors and delegates whose abstract/participation discuss work that has substantial contribution in their home country and who are in need of financial assistance to attend the conference.

Visit the TRANSED 2018 official website <http://www.transed2018.com/> or email the organizers at transed2018@transed2018.com to receive updates on all conference developments.



SEANES 2018 Conference **December 12 – 14, 2018** **Bangkok, Thailand**

Multidisciplinary for human well-being and design

The 5th International Conference of Southeast Asian Network of Ergonomics Societies (SEANES 2018) is intended to be a forum for researchers and practitioners from countries around the globe to meet and exchange ideas, experiences, research results, and problems related to ergonomics both theories and applications. This conference hopes to find solutions on how to bridge the gaps between theories and applications and those between researchers and practitioners, which are essential for making ergonomics implementation and application successful. As such, ergonomics researchers and practitioners are invited to attend the SEANES 2018 which will be held in Bangkok, Thailand during December 12-14, 2018 and to exchange their experiences with their international colleagues who share similar interests.

SEANES 2018 will be hosted by Ergonomics Society of Thailand (EST) in collaborative with Human Factors & Ergonomics societies of Southeast Asian countries and support 17 Thai organizations.

For updated information or queries, please kindly visit:

website: <http://www.est.or.th/SEANES2018/> e-mail: SEANES2018@est.or.th



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Oral and Poster presentations will be presented in the following areas:


- Advancements in Ergonomics
- Ergonomics in Action
- Ergonomics Programs
- Office Ergonomics Programs and Applications
- Ergonomics in Health, Safety and the Environment (HSE)
- Multi-skilled Ergonomics Practitioners
- Master Track

Submit your abstract for poster presentation - until Nov. 9, 2018.

For additional information, please visit the Applied Ergonomics Conference website:

www.appliedergoconference.org

* Knowledge Base



Healthy Ram

ROLL THOSE EYES, NOW BLINK


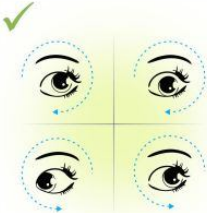
Excessive exposure to LED lit screens causes eye fatigue. These simple exercises will help relax your eyes.

Palming

- Rub your hands together, gently place your warm palms over your closed eyes, and feel the darkness.

Eye Rolling

- Without moving your head, direct your gaze upwards. Slowly circle your eyes in a clockwise direction. Repeat three times, then relax.
- Next perform the same eye-rolling movement three times in a counter clockwise direction.

Pass on this message to your family and friends & show them you care about their health as much as they do!

If you have comfort or health queries related to office environment, email Godrej Interio Ergonomics Cell at wellness@godrej.com, or WhatsApp us at +91 7506364276 [/Godrej-interio](#) [/Godrejinterio4U](#) [/Godrejinterio](#) [/Godrejinterio](#)

WELLNESS TIPS!



*This information is not intended as an alternative to personal, professional medical advice. The reader should consult a physician in all matters relating to health, and particularly in respect of any symptoms which may require diagnosis or medical attention. The advice and information given in this matter are believed to be accurate and true at the time of sharing with you and have been issued in good faith. Godrej & Boyce Mfg. Co.Ltd shall not accept any legal responsibility or liability for any errors and omissions that may have been made.