



The Irish Ergonomist

Newsletter of the Irish Ergonomics Society

<http://www.irishergonomics.com>

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IN THIS ISSUE

Feature Personality:

- Dr. Anne Drummond 1

IES News

2

Membership Issues

- IES Conference & AGM 2006 4
- New members 4

IES Working Group News:

4

- Ergonomics in schools group 4
- The Standards Working group 4

The Web Page:

4

Editor's Note

5

Academic Focus

5

Liam Bannon FIES in Italy

What's happening out there?

5

- IEA news 5
- In Memoriam Prof. M. Akita 5
- FEES — 5
- CREE— 6
- HSA — 6
- NDA— 6

Conferences

7

- IEA2006 congress: Less than 100 days to go 7

New Product

- Ergonomic chair 7

Letters to the Editor

8

Feature Personality:

Dr. Anne Drummond



Anne Drummond worked for nearly 20 years in general nursing and in her latter five years in the healthcare sector developed an interest and involvement in OSH. She completed the UCD Diploma in Safety, Health and Welfare at Work, and worked as a manual handling instructor and commenced as a tutor in OSH in UCD while still working in the sector. In 1995 Anne took up a new position as Assistant to the Academic Directors in the UCD Centre for Safety and Health at Work (CSHW). The Directors, Caroline Hussey and Peter Start, were well-known to many OSH graduates, having initiated OSH education in UCD, and to an even wider audience of UCD graduates in their roles as Registrar and Chemistry Lecturer/ Safety Officer, and Anne credits their mentorship and support for facilitating the development of her academic career. As an academic administrator, Anne's responsibilities included management and development of the OSH courses and all other activities of the Centre. She played a leading role in the development and implementation of the UCD BSc degrees in OSH and in OSH Management and she initiated the annual UCD OSH Breakfast Seminars. Anne was appointed lecturer in the CSHW in 2001 and Academic Director of the Centre in 2002. She completed an MSc (Occupational Health) in the

(Continued on page 2)

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University of Surrey (1998) and her PhD in UCD (2005).

Anne's primary research interest is in the education of OSH professionals and a number of roles have facilitated the development of this interest. While Secretary of the Governing Body of the Occupational Safety and Health Institute of Ireland (OSHI), she chaired a national multi-stakeholder sub-committee, which carried out a DipSHWW syllabus review, bringing together all relevant Irish third level institutions. She has held the role of Branch Education and Development Advisor with the Ireland Branch of the Institution of Occupational Safety and Health (IOSH), and in the UK, she served on a working party on accreditation of third-level courses and is currently a member of the Safety Sciences Group Committee, promoting an evidence-base to OSH practice. She was awarded Fellowship of IOSH in 2003.

Following restructuring within UCD in 2005, the CSHW joined with the Department of Public Health Medicine and Epidemiology and the Centre for Sports Studies to form a new School of Public Health and Population Science. In her current role, Anne teaches on, and is Director of, the UCD Certificate, Diploma, BSc and Masters programmes in OSH, is currently coordinating the undergraduate modularisation process within the School, and is an external examiner in the MSc in Safety, Health and Environmental Management in Sligo IT. She has a keen interest in Ergonomics dating back to her neuro-orthopedic experience where she saw many work-related injuries which could possibly have been prevented; she coordinated the DipSHWW (Physiotherapy) offered in 1995-7 in UCD, worked with Steve Chan in developing the Ergonomics component on the UCD BSc in OSH Management and is currently collaborating with the UCD School of Physiotherapy and Performance Science in developing a Masters Degree in Ergonomics for Physiotherapists

Dr. Anne Drummond
UCD School of Public Health and Population Science
Centre for Safety and Health at Work
University College Dublin

IES NEWS

IES Conference

The IES conference and AGM were held on 4 May 2006, in the Department of Psychology, Trinity College, College Green, Dublin.

The conference was once again supported by:
KOS Ergonomic Solutions, Thurles Cross, Holy Cross, Thurles, Co. Tipperary.
and
Matting Systems, Ballinahinch, Ashford, Co. Wicklow.

Five papers were presented at the conference ranging from mobile offices to manual handling.



David Byrne, Intel (Ireland), (left), gave a paper on the "Future mobile office and the role of the hand held device" which examined the way in which technology in the form of new products can assist in freeing the operator from a desk.



Professor Liam Bannon (UL)
The Society Lecture was given by Professor Liam Bannon of the Interaction Design Centre, University of Limerick, who gave a short history of the Human-Computer Interaction (HCI) field and raised the issue of the social aspect of human factors in products.



Dr. Thomas Waldmann (UL)
The IES Fellowship Keynote address was given by Dr. Thomas Waldmann, University of Limerick, who described a new, free, task analysis tool for carrying out hierarchical task analysis.



Dr. Nick McDonald (TCD), left, followed with a talk about a large project involving many aspects of the aircraft industry from manufacture to airlines and maintenance; and the difficulties involved in understanding the social realities.



Dr. Richard Graveling

After lunch, Dr Richard Graveling gave the Special Guest Lecture "Lift with your

legs, not your back — revisited". In this talk he described some of the problems with current thinking on this subject.

During the conference, Dr. Nick McDonald and Dr. Thomas Waldmann were made fellows of the IES.



Dr. Nick McDonald receiving his Fellow of the IES certificate from the Chairman, Mr. Stephen Chan



Dr. Thomas Waldmann receiving his Fellow of the IES certificate from the Chairman, Mr. Stephen Chan

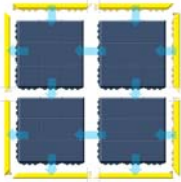
Matting Systems

At the recent 2006 Irish Ergonomics Society conference, Matting Systems displayed a selection of anti-fatigue and safety mats and matting and introduced two new innovative products to the Irish market.

Introduced from NOTRAX® was a revolutionary mat ramping system. The MD Ramp System™ is a simple multi-dimensional ramp system that uses very few parts, the MD Ramp System™ works just like a picture frame, it is constructed of nitrile

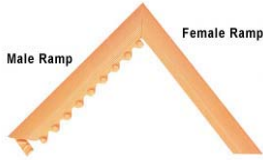
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rubber for grease resistance.



The MD Ramp System™

Each of the products that uses the MD Ramp System™ can be configured for a specific workstation, used as a single mat, or in continuous lengths.



The MD Ramps come in two styles, male and female, both have mitred corners to frame the mat, but they can also be cut to accommodate inside corners or continuous lengths.

A key feature to these ramps is the patented tab that comes out of the mitred end of the ramp, this tab provides a firmer mechanical connection to the corners.

When the ramps are used in long custom mats the mitre is cut off, the tab can then be used as a connector for each of these joints.

The following anti-fatigue and safety matting products from NOTRAX® use the MD Ramp System™: Cushion-Ease™, Cushion-Ease™ Solid and Safety Stance.

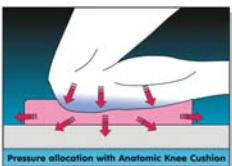
Also introduced was the Anatomic Knee Cushion which has been designed to promote comfort and prevent knee damage.

The shape of the kneeling surface is far superior to the usual flat slab of foam, the Anatomic Knee Cushion with its sculptured shape distributes the weight of the body over the entire knee surface rather than just the kneecap, reduces knee pain and stress on the lower back caused by kneeling.

The Anatomic Knee Cushion



Full details of the NOTRAX® range of ergonomic, anti-fatigue and safety matting products are available on request.



For further details contact: Dermot Cox-Kearns Matting Systems

Ballinahinch, Ashford, Co. Wicklow, Ireland
Tel: 0404 42782 or 087 2575059
Email: Dermot@mattingystems.com
www.matting-systems.com



KOS Ergonomic Solutions specialise in products, which alleviate, but more

importantly, help prevent most types of posture-related disorders. Their product range includes: **RH Chairs**



RH has used the human form as the blueprint for their ergonomic office chairs. Their belief is that a chair should adapt itself to you, not the other way around. An RH chair is designed to fit your body.

Height adjustable desking has been proven to increase productivity and comfort at the workstation.



The ability to change posture regularly between a seated working position and a standing

working position has a number of benefits:

- Improved blood circulation
- Improved concentration
- Movement and change of position without interrupting workflow
- Flexibility to adjust your working position dependent upon the task in hand
- Relief from static posture
- Caters for tall and small and people with disabilities

Ergonomic Mice



Anir Joystick Mouse

ERGOREST® forearm support is ergonomically designed to provide a support for the forearm and to relieve muscle strain and tension from neck and shoulder area.



Laptop Stands

The main disadvantage of using a laptop is that you cannot separate the screen from the keyboard.

The solution- the KOS laptop stand, with an external keyboard, enables users to locate the keyboard at the proper height while adjusting the screen to the preferred viewing distance and height.



Accessories:



Monitor arms

Footrests



Mini Keyboards

KOS Ergonomic Solutions can be contacted at 0504 43341
Email: seamus@kos.ie or visit their website: www.kos.ie

(Continued on page 4)

(Continued from page 3)

IES AGM

Chairman's Report (Steve Chan)

The Chairman reported that:

1. IES Committee

The Executive Committee (Steve Chan, Leonard O'Sullivan, Gerald Holmes, Eleanor McMahon, Fiona Moclair and Sara Cox) met 5 times. Liz Doyle Fleming was invited to assist the committee as Public Relations Officer.

2 Membership

Ten membership applications were received and processed. Current membership stands at 73 members as follows:

10 Fellows
42 Full Members
11 Associate Members
7 Student Members
3 Retired Members

3. Legal Status of the Society

This is still under investigation

4. Newsletter

Three issues of the Irish Ergonomist were published (Editors note: this is the 3rd).

5 Website

The IES website, www.irishergonomics.com, has been maintained and up-dated regularly by the webmaster, Dr. Leonard O'Sullivan. The chairman asked that members with useful links to ergonomics resources forward these to the webmaster.

6 Expert Working Groups

6.1 Ergonomics in Schools

See IES working groups pg

6.2 Manual handling

The HSA has invited the IES to sit on the Manual Handling Advisory Group. A Manual Handling workshop led by Dr Richard Graveling was held on 3 May 2006.

7 International Ergonomics Association (IEA)

The chairman noted that no updates have been received and that the next IEA council meeting will be held in Maastricht in August.

8 Federation of European Ergonomics Societies (FEES)

See FEES pg

9 Centre for Registration of European Ergonomists (CREE)

Bridget Masterson has been appointed as the IES representative to CREE. Despite recent difficulties, applications for a new Irish NAB have been prepared for approval at the next CREE meeting.

10 HSA Workplace Health and Wellbeing Strategy Group

The IES contributed to the development and implementation of a National Occupational Health Strategy.

11 Standard Working Group

See report pg

12 Conferences

This year's annual conference was held in the School of Psychology, Trinity College, Dublin. The Chairman thanked Professor Ray Fuller, TCD for facilitating and assisting in the organisation of the conference. The IES is also grateful to Dr Richard Graveling for travelling to Dublin to present a paper at the conference and to lead the Manual Handling Workshop.

13 Workshops

Two workshops were held this year, an "Ergonomics and Legislation" training course at Intel (Ireland) and the other on "Manual Handling Training" held at NCAD, Dublin.

In conclusion, the chairman noted that the Executive Committee had progressed on all fronts. He went on to thank all the members of the committee and all in the IES as it was his 3rd and final year as Chairman.

Elections:

A new committee was elected.

The new chairman is:

Dr. Thomas Waldmann

Dept. of Manufacturing and Operations Engineering,
University of Limerick, Limerick.

Tel: +353 61 2802

Email: thomas.waldmann@ul.ie

The remaining committee members will be announced in due course.

Membership Issues:

Membership Certificates

The Society has issued new certificates to all fully paid up members. If you have not received a certificate and you are entitled to one, please contact Dr. Leonard O'Sullivan

Email: Leonard.O'Sullivan@ul.ie

Tel: +353 61 234249

Record Keeping!

Can members please update their contact details especially their email addresses so that we can keep our records up-to-date and get the newsletter and other information to you without delays.

New Members

The IES would like to welcome the following new members to the Society:

Helen	Boyle	Member
Imelda	O'Leary	Member

Nick	McDonald	Fellow
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IES Working Group news

• Ergonomics in School Group

The working group* is at the data collection stage of the study entitled "Post Primary Teachers' Education in Computer Ergonomics". All post primary (n=742) schools in the Republic of Ireland have been included in the survey. Questionnaires were sent to principals and teachers at all schools in February 2006. It has been agreed to post reminders in the ASTI and TUI newsletters and/or websites.

*Sara Dockrell, Martina Kelly, Enda Fallon.

Standards Working Group report to the IES AGM

Author: *Dr Leonard O'Sullivan*

In total 5 standards were submitted to the WG for review in the last year.

EN 842 Safety of machinery - Visual danger and information signals - General requirements, design and testing
EN ISO 13407 Human-centred design processes for interactive systems (ISO 13407:1999)

EN ISO 11064-3 Ergonomic design of control centres - Part 3: Control room layout (ISO 11064-3:1999)

EN ISO 10075-2 Ergonomic principles related to mental workload - Part 2: Design principles (ISO 10075-2:1996)

EN : 894-3 Safety of machinery - Ergonomics requirements for the design of displays and control actuators - Part 3: Control actuators

ISO 11079: Ergonomics of the Thermal Environment

(Continued on page 5)

Hosting of CEN TC 122 Ergonomics Meeting in Ireland April 2007

The NSAI have invited CEN TC 122 to host their meeting in Ireland in April 2007. They are now in the process of trying to locate a suitable venue in Ireland for this. Each year these meetings are held in different countries and are hosted by Universities/ Institutes and Standards bodies. This is an open invitation at present and any organization/institute interested in hosting the meeting should make contact with the Working Group Chair.

Convenor of Group 1 (anthropometrics) on TC 122.

The NSAI have issued an invitation to the IES to supply a convenor of Group 1 (Anthropometrics) on TC 122. This is an open call at present so any interested parties should make contact soon.

The New Web page

A lot of work has gone into the web page and it is now complete. The details for valid paid Members is posted on it. Please check and make sure that this information is correct. There are also areas where the editor would welcome suggestions, especially for the information section. Contributions are welcome. Editor: Dr Leonard O'Sullivan

Editor's Note

This is the last issue of the Irish Ergonomist that I shall be editing as I have resigned from the committee of the IES and stood down as editor. This is due to my ongoing domestic (no pet sitter when travelling) and health problems that have made it very difficult to attend meetings, especially in Dublin.

I would like to thank everyone who has helped in the production of the Irish Ergonomist over the last three years, by finding articles, proof reading, writing and submitting articles and feeding me with up to date information on their various committees. The newsletter would not have been possible without this commitment from others.

I would also like to wish the incoming editor a happy and profitable time.

Dr. Sara L. Cox

Academic Focus:

Professor Liam Bannon FIES in Italy.

Prof. Liam Bannon, FIES, Interaction Design Centre, University of Limerick, was the international keynote speaker at the recent annual meeting of our sister Italian Ergonomics Society held in Milan, Italy, Feb 9-11. His talk was entitled: "Beyond Usability: The Emergence of Interaction Design". The theme of the conference was **Ergonomics - between innovation and design**: *Work Systems and Life Styles*. More information (in Italian) is available at <http://www.societadiergonomia.it/conferenza/>

Liam also had an informal meeting during the Conference with Pieter Rookmaaker, President of the Federation of European Ergonomics Societies.

Liam Bannon also gave a research seminar to faculty and Ph.D. students in the Department of Industrial Design, Milan Polytechnic, on "Research Strategies in Interaction Design", and afterwards was given a tour of their renowned laboratories and workshops. Further cooperation between Irish and Italian researchers is planned.

What's happening out there:

INTERNATIONAL ERGONOMICS ASSOCIATION



International Ergonomics Association

The news letter can be accessed electronically on the web address [Http://www.iea.cc/](http://www.iea.cc/)

In Memoriam Prof. M. Akita

Dear Colleagues of the Japan Ergonomics Society:

Please accept my heartfelt condolences on the passing of the giant of ergonomics I had a true privilege to work with Prof. Akita on many years.

We will miss him dearly.

Waldemar Karwowski
Past President

The IES society would also like to offer their condolences to the Japan Ergonomics Society on their loss.



Dr. Leonard O'Sullivan

FEES 2005 activity report to the IES AGM 2006

Author: Dr Leonard O'Sullivan

Executive Committee

The day-to-day routines of the network have been handled by the Executive Committee, which includes four persons: Pieter Rookmaaker (president), Clas-Håkan Nygård (secretary general), Dirk Delaruelle (treasurer), and Dietmar Gude (web manager). The Executive Committee had three meetings since the last Council meeting. The Council meeting on June 4th in Paris was attended by nine delegates and four officers.

Contacts with Societies

The most intense contacts with the societies have been during the 'Personal talks', in which the Executive Committee members discussed personally with people from the societies. Until now, talks have been carried out with eight of the societies. The aim of the talks was to learn about wishes and expectations towards FEES from the societies. This material has been processed and analysed and will be presented to the Council in Hatfield.

Regularly contacts have been with IEA and CREE by direct contacts between the presidents and by exchanging the minutes from meetings. FEES was represented by Pieter Rookmaaker in the IEA Council meeting on Madeira, July 2004. FEES is a co-organiser of IEA 2006 and thus involved in planning the conference programme and the distribution of material to the societies.

Conferences

FEES cooperated with the Ergonomics Society (UK) in a seminar on 'The economical benefits of ergonomics', held in Hatfield (UK) on April 4th 2005. FEES also endorsed the following conferences: the Annual Conference of the Belgian Ergonomics Society in 2005 (March 25th) and the Annual Conferences of the Nordic Ergonomics Society in 2005 (October 10-13, Oslo, Norway) and 2006 (September 24-27, Hämeenlinna, Finland). FEES has also taken part in the Ergonomical

(Continued from page 5)

Confoseat 3rd European Tradeshow in Brussels (March 2005).

Website

The FEES web site has been established as an important communication channel. It has been updated and further developed by web manager Dietmar Gude. Among other things, an email list for web managers and a secured forum for registered members from the societies have been prepared, to enhance the communication between FEES and the societies.

Working Committees

- **Meeting Committee:** This committee, chaired by Dave O'Neill (Ergonomics Society, Great Britain), is concerned with the planning, preparation and - in close coordination with the national societies - organisation of FEES-meetings, sessions, conferences, and round tables about scientific and applied ergonomics all over Europe; all of mutual benefits both for the national societies and for FEES.
- **Standards Committee:** This committee has to do with all aspects of ergonomics standards in Europe, e.g., what standards do we have, how are they used by ergonomists, how to improve the quality of the standards.
- **FEES website:** As the FEES webmaster, Dietmar Gude needs to be up to date regarding the corresponding activities of the various member societies. Therefore, if you are concerned with website issues, you are strongly invited to contact him.
- **European Task Force:** FEES Council regard this committee as very important for the development and representation of Ergonomics in the EU. Efforts have been made to bring on board people with existing EU-experiences and contacts in the Health and Safety area and/or in the Research and Development area. The aim is to establish a network of ergonomists with EU-experiences and also entries into the EU-organisation in order to use those entries to enlarge our influence on developments important for ergonomics in Europe. For that same reason FEES established a small group of FEES-contact persons in the Brussels-region (BTF II).



Bridget Masterson

The next meeting of CREE is in July in Maastricht (coinciding with the IEA conference). No new membership applications or renewal applications have been received (so far).

Health and Safety Authority

news:

Frank Power

A New Advisory Group on Manual Handling Training has been set up by the HSA to work with Fetac on the development of Manual Handling Training standards

New Guidance on the Management of Manual Handling in the Workplace now available free to download from the Web.

For further information on H.S.A. activities see their Website at www.hsa.ie

National Disability Authority

News

From: Eoin O'Herlihy
Built Environment Accessibility Coordinator,
National Disability Authority,
25 Clyde Road,
Dublin 4.

The National Disability Authority (NDA) is an independent statutory body established to advise the Minister for Justice, Equality and Law Reform on issues relevant to disability policy and practices. It has specific functions to advise on standards for programmes and services provided to people with disabilities. I

The NDA has produced a range of guidance documents designed to support the move to a more inclusive society where the environment, public buildings and services ensure are accessible to persons with disabilities thereby enhancing their participation in Irish society.

These include:

Guidelines for Access Auditing of the Built Environment Developed in collaboration with the Office of Public Works and the Department of the Environment, Heritage and

Local Government. These guidelines include background information on access auditing, steps to carry out an audit and the typical structure of an audit report. They also offer advice for clients commissioning an audit of the built environment and advice for the auditor.

Access Handbook Template:
A Tool to Help Manage the Accessibility of the Built Environment

An access handbook is an internal document for the use of management, maintenance personnel and all staff. Its purpose is to provide a user friendly way of listing and explaining the features and facilities of a building, which must be maintained and/or improved in order to ensure access for everyone. This template can assist organisations to design their own access handbook.

Guidelines for Purchasers of Disability Equality Training
The Guidelines aim to support public bodies in the procurement and delivery of disability equality training for their staff. They provide an overview of the content of training, the delivery and the organisational commitment needed to develop and manage a disability equality framework in an organisation.

If you would like to receive a copy of the Guidelines please contact:

Heather O'Leary
National Disability Authority
25 Clyde Road
Ballsbridge, Dublin 4
Tel: 01-608 0400
Fax: 01-660 9935
Email: holeary@nda.ie

Guidelines are also available in alternative formats.

THE BUILD-FOR-ALL REFERENCE MANUAL **Pg 37**

ISO TC 159: Ergonomics

A specific ad hoc group "ergonomics for people with special requirements" has been set up. A new standard on usability of everyday products is under development.

It regards:

ISO/DIS 20282-1 "Ease of operation of everyday products – Part 1: Context of use and

user characteristics".

ISO/CD TS 20282-2 "Ease of operation of

(Continued on page 7)

everyday products -- Part 2: Test method".

Also, the following project is under development:

ISO/AWI TR 22411 "Ergonomic data and guidelines for the application of ISO/IEC Guide

71 in standards related to products and services to address the needs of older persons

and persons with disabilities"

taken from:

REFERENCE_MANUAL_20060111_f
inal.pdf

Web: www.nda.ie

Events Diary:

To all Ergonomics Societies of the



IEA

IEA Logo Contest

The IEA'2006 Congress in Maastricht, Netherlands in July will be an opportunity to celebrate the 50th anniversary of the decision to found the IEA. A number of events will be organized during the Congress for that purpose. One of these events will be a contest for designing a new IEA logo. This message is a call for submissions for this contest. This call for submissions, together with the attached document describing the rules of the IEA Logo Contest, is under the responsibility of IEA Federated Societies. It should be distributed as widely as possible within your Society.

Electronic submissions should be sent to the IEA Secretary General no later than June 1, 2006. The final choice of a logo will be taken by popular ballot of all attendees at the IEA'2006 Congress. The winner will be awarded a prize of US\$500, and his/her name and photo will be posted on the IEA website for the next year.

Pierre Falzon
President of the IEA

IEA 2006 congress: Less than 100 days to go

On April 1st there were one hundred days to go for the 16th World Congress on Ergonomics. Now we are sure that the program is at its full extent: about 1,000 oral presentations, 25 interactive sessions (workshops, round table, hands on sessions) and more than 250 posters. The number of people who have registered grows quickly and is now already over 1,100. We expect some fifteen hundred participants, so it will be a large congress, but not too large. During the congress week, from 9-14 July, the congress venue, the Maastricht Exhibition and Congress Center, is exclusively available for IEA2006. All sessions will be held in the centre, under one roof.

At this moment the full papers are sent to Reed Elsevier for the proceedings. The plenary papers have already been submitted to Applied Ergonomics. In your ergonomically designed congress bag you will find the proceedings Cd-rom with all full papers and the special issue of Applied Ergonomics. The preliminary program is now being processed. This is a complex task; we have logical considerations (which sessions can be held parallel, and which can better be sequential), practical (which sessions to be held in which rooms, based on the expected attendance), time schedules of moderators, and taking into account people are a session chair or who present two papers. In total 250 sessions have to be planned over less than 5 full days and 20 rooms. Early June the full program will be available on the Internet. Theme's with many sessions are: Health Care Ergonomics; Work related MusculoSkeletal Disorders; Organizational Design and Management; Applied Ergonomics in Design; Building and Construction; Slips, Trips and Falls; Vehicle Ergonomics; Smart Transport; Aging; Ergonomics in Schools/for Children; Virtual Reality; Human Computer Interaction. A new theme is Ergonomics Quality In Design, an initiative of the IEA towards a standardized certification for design processes.

For your convenience we offer several practical solutions.

Posters can be printed free of charge at the congress; Océ Copiers, a major sponsor of the congress offers this service.

There is a central room where all the power points can be uploaded. The people of this service take care that your presentation is available in the appropriate room.

We regret that we cannot provide wireless Internet facilities, but sufficient cables and PC's are available for you to keep contact with the rest of the world. Besides most hotels offer Internet connections.

You'll have free public transport in Maastricht down town. If the weather is good, which we of course expect, you'll find out that almost all facilities in town are at walking distance.

Lunches are served included in the congress fee. During lunch you can visit the exhibition with our sponsors: companies and organization from different countries presenting many features of ergonomics. IEA Committees have meetings during lunchtime or in the end of the afternoon. **Most of these meetings welcome newcomers.**

For students there will be "meet the expert" lunches: famous ergonomists invite students to discuss matters of their expertise.

Most interactive sessions have a limited access. As from Sunday afternoon you can register for the sessions at the congress venue.

People who are new in the IEA-society will be received a warm welcome by the many Dutch attendees. The Society of Dutch Registered Ergonomists (ReN) will pay special attention to those who want company for dinner. You can simply join them in their booth at the exhibition.

As announced before, on Sunday night July 9, directly after the welcome reception, you are invited to watch the World Cup Soccer final match on large screens in the congress centre.

The congress party on Wednesday July 12 is going to be a major event. Excellent food and drinks, good and not too noisy music, entertainment is going to be your part. The entrance fee kept very low, so that no one should worry about the cost; for less than a simple dinner down town, you can join the party.

What should I say more? IEA2006 is certainly a must to attend!

We look forward to welcome you!

Ernst A.P. Koningsveld
IEA2006 Congress Chair

MORE INFORMATION: www.iea2006.org

New Product*

From Tommi Rinne

"A new Ergonomic innovation can cut low back pain by 90% "

Researchers found that a new Ergonomic invention is the "solution" that they have been looking for to reduce back problems and to help people suffering from low back pain.

The invention of the Ergonomic chair started in 1996 by Erik Rinne and his to sons Tommi

and Karri from Sweden. Erik, who was suffering from low back pain, found out that if he placed a special cushion under his thighs he could sit without compressing in his spine, this posture relieved pain.

Rinne's chair has a seat divided into two parts, one front seat and one backseat where the back part of the seat can tilt down by 20°, effectively relieved low back pain (LBP) symptoms in almost 95% of all cases. (who tried it? Sample size? Ed.)

This new sitting concept significantly increased lumbar intervertebral disc height, increased lumbar lordosis, and significantly decreased muscle effort in lumbar region.

A new report funded by NIOSH National Institute for Occupational Safety and Health in USA and was compiled by Mohsen Makhsous at the Rehabilitation Institute of Chicago and it shows that Erik Rinne's invention is the solution that they have been missing.



Inventors Erik W. Rinne sitting with Tommi W. Rinne standing



WO-BPS Back relaxing posture

Tommi Rinne is asking that all interested chair producers round the world contact them and start building chairs that are back friendly, and do not compress the spine.

If interested, contact below:
e-mail: tommi.rinne@telia.com

For further information, see:

[The Ergonomist](#) February 2006 | Number 428

Sitting with Adjustable Ischial and Back

Supports: Biomechanical Changes
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