

# AGM 2023

## Agenda

Welcoming Highlights of 2022 Social Media Facelift Care for the Society Raise Awareness **Engaging Partners** What's for 2023 Recognition



# Objective & Goals

### **Human Progress Together**

Enhance
the Living
Environment of
Singapore

Engage
with
Multi-Disciplinary
Design Industry

Coach
New Generation
of HFE
Professionals

Connect
with International
Partners to
Exchange
Knowledge

Raise
HFE Awareness
in Small Medium
Business

3

4



### **Executive Committee**



KC Yong Dell **President** 



Terence Ng Chubb **Treasurer** 



Dr Frank Qiu USER President-Elect



Gin Lu Vertis Digital Secretary & Director (Program Management)



Nicolette Ca HTX Director Outreach



Keynes Yeo Greydient Lab Director Operation & Public Relations



Kenny Chua DSO Director Tertiary Mentorship



Lee Kok Hoo DSO Director HDE for Society



Assoc. Prof. Chui Yoon Ping SUSS Director Education



Dr Frederick Tey
DSO
Director
Council Member for ACED



# Advisory Board



KC Yong Dell **President** 



Dr Frank Qiu USER **President-Elect** 



Edwin Chubb **Director** 



Dr Angela Tan DSO **Director** 



Dr Frederick Tey DSO **Director** 



### Highlights

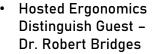
HFESS Social Media Refreshed



**HFESS Website** Updated & Refreshed



Ergonomics & Hygiene 2022 Conference



Collaborated with SPH to Raise Awareness of Good Ergonomics for Work-From-Home



International **Ergonomics Association** Council Meeting

 HFESS for Society Volunteer Event



2022 2023 **APR** JUN JUL AUG SEP OCT NOV

> **HFESS Extended** Leadership Team Fully Established

**HFESS Banner Design** Refreshed

• User Experience Design Talk with SUSS Graduates



Global Ergonomics Month - Raise Awareness











### Social Media Facelift



Source: Facebook



### Social Media Facelift



Desktop



Mobile

### Celebrating Festive Seasons With Members







Infographics designed by Greydient Lab



# Care For Society

HFESS+SUSS





# Care For Society

HFESS+SUSS





# Care For Society HFESS+SUSS



# Care For Society

**HFESS+SUSS** 



#### UPDATES FROM

#### PUB

ACKNOWLEDGED

26 Nov 2022

WORKING ON IT

#### DEDLY FROM AGENC

07 Dec 2022

Dear Mr Yong

Thank you for your feedback:

- 2. Arrangement has been made to seal-up the holes along the drainage slab. The work is targeted to complete by end January 2023.
- 3. Please do not hesitate to contact me @ 8840 0834 if you need further clarifications.

Hosni Ibrahim Senior Engineer Catchment & Waterways Department (Drainage Operations Division)

#### Did you know?

You may also view your case status updates on LifeSG.

#### PLEASE RATE OUR SERVICE





#### UPDATES FROM

#### LAND TRANSPORT AUTHORITY

ACKNOWLEDGED

26 Nov 2022

WORKING ON IT

#### REPLY FROM AGENC

08 Dec 2022

FB: 20221126-0214

Dear Sir/Mdm.

We received your feedback submitted through the OneService app.

We wish to inform you that we have arranged to rectify the affected footpath by end 1st Qtr 2023.

Thank you for highlighting this matter to us.

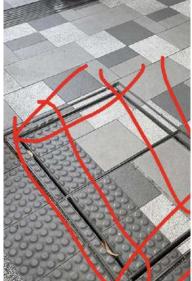
Jannah Salleh, Commuter Facilities Management, LTA

Walk, Cycle, Ride Message: Quicker and more direct connection to the city centre via Thomson-East Coast Line Stage 3 (TEL3)

- With TEL3 spanning 13.2km, more than 180,000 households will be within a 10-minute walk from an existing TEL station.
- Four of the eleven TEL3 stations, namely Stevens Station, Orchard Station, Outram Park Station and

#### PLEASE RATE OUR SERVICE





#### UPDATES FROM

#### EAST COAST TOWN COUNCIL

ACKNOWLEDGED

26 Nov 2022

TO DESCRIPTION OF THE PARTY OF

#### THE CONTRACT TRACES AND INC.

09 Dec 2022

Sorry! We weren't able to provide a photo update this time. But please be assured your feedback has been attended to.

Dear Sir/Madam, Thank you for your feedback. We will look into your feedback and act accordingly. Thank you.

#### Did you know?

You may also view your case status updates on LifeSG.

#### Roads & Footpaths

Footpath Maintenance

CASE ID

SUBMITTED DATE

-936225 26 Nov 2022, 10:01 AM

#### PLEASE RATE OUR SERVICE



## Care For Society

**HFESS+SUSS** 



### UPDATES FROM

EAST COAST TOWN COUNCIL

ACKNOWLEDGED

26 Nov 2022

WORKING ON IT

REPLY FROM TOWN COUNCIL

30 Nov 2022

Sorry! We weren't able to provide a photo update this time. But please be assured your feedback has been attended to.

Dear Sir/Madam, Thank you for your feedback. We have referred to the exposed wiring case to the relevant service provider as this does not fall under the town council's purview. Should you require any further assistance or clarification, please contact your respective town council.



#### **UPDATES FROM**

EAST COAST TOWN COUNCIL

ACKNOWLEDGED

26 Nov 2022

WORKING ON IT

REPLY FROM TOWN COUNCIL

28 Nov 2022

Sorry! We weren't able to provide a photo update this time. But please be assured your feedback has been attended to.

Dear Sir/Madam, Thank you for your feedback. Should you require any further assistance or clarification, please contact your respective town council.



### **HFESS+SPH**



#### What is Ergonomics?

Ergonomic designs allow the human body to work more productively and efficiently while reducing fatigue, discomfort, and risk of injury.

The basic purpose of ergonomics is to allow the human body to work more productively and efficiently while reducing fatigue, discomfort, and risk of injury. Improper work-from-home setup can easily lead to various injuries such as backaches, neck and shoulder pains, and wrist strains.

KC Yong (48), President of the Human Factors & Ergonomics Society of Singapore (HFESS), said that during the COVID pandemic, people were working from home and he often heard complaints of physical strain and fatigue, but many do not know what may have caused them. For those who were aware of the problems, they bought ergonomic work desks, chairs and computer peripherals.

"Nevertheless, people should learn more about ergonomics and set up the workspace according to the needs of the individual or family. For example, a small child may not be suitable for a normal desk, and parents need to pay attention to the posture of the child when using the desk."

#### Inappropriate Table Height

Some workers who work from home do not have a fix place to work. It can sometimes be at the desk in the study room and sometimes at the dinning table. The ideal typing posture should be the height of the hands is equal to the table. However, the height the dinning table is relatively high, so users must raise their hands to type which is easy to cause writs strain.

#### Table is too Narrow

If the space in the room is limited and only narrow table can be placed, using a thick and bulky monitor will compromise the viewing distance that is required. Consumers could look for monitors that is compact and has a VESA mount feature (four-hole attachment interface on the back of displays and the screws used to fit those holes) that allows an alternative setup such as a Monitor Arm.

#### Thick Table Top

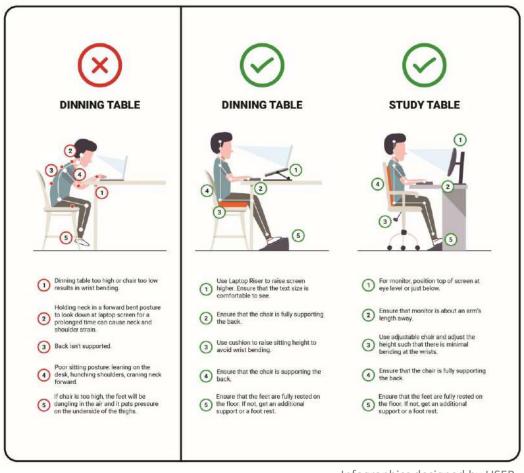
If the table top is too thick, it will prevent the arm-rest of the chair from sliding in. If the chair is unable to slide in, the users will not be able get full support for his back. If they are using a laptop, they can get a laptop of ser that can be adjusted in height to lift the screen to a suitable height without having to look down at the screen and out pressure on their neck and shoulders. The users can also use external input devices such as keyboard and mouse so that are able to work in a neutral posture.

#### Improper Lighting

Strong sunlight will make it difficult for us to see the small texts displayed on the monitor screen, causing eye fatigue. Users can install curtains or binds, and place the monitor at a 90-degree angle to the window to reduce glare. If ceiling lights are used, ensure that the monitor is parallel to the ceiling lights, or avoid placing the monitor directly under the lights.



**HFESS+SPH** 







### Global Ergonomic Month

### October is Global Ergonomics Month



In an effort to generate greater awareness and prevention of ergonomics-related injuries and illnesses, the Human Factors and Ergonomics Society of Singapore (HFESS) along with occupational safety and health organizations around the world are celebrating October as Global Ergonomics Month.

Find out 3 simple tips on how you could observe good ergonomics.





#### 1. Get Up & Walk Around

A more sedentary lifestyle adds up to higher risks for cardiovascular and other kinds of illness.

Integrate movement into your workday. Take a power walk after your lunch. If you sit at a computer, then, every ten minutes or so — stand up or walk around the house to relieve eye strain.





### 2. Go To The Light

Working in low-light environments is not only bad for the eyes but it also adds to depression.

If your office only uses artificial light, go outside on breaks.

The natural light will boost not only your spirits, but also your creativity.

Find areas within your building that have skylights or expansive windows to look out and take in the wonders of nature or a beautiful skyline.





### 3. Get The Right Equipment

A monitor with adjustable height enables you to position the screen to allow your head and neck to be straight, shoulders relaxed. To alleviate eye strain, invest in a high-quality monitor with flicker-free and low blue light emissions.

Ergonomic chair enables you to sit comfortably while working long hours at your desk, Adjust the chair height so that the underside of your elbows are at desk height.

Infographics designed by Greydient Lab



### **HFESS Social Media**

### Jakob Nielsen's 10 Design Principles

- 1. Visibility of system status
- 2. Match between system and the real world
- 3. User control and freedom
- 4. Consistency and standards
- 5. Error prevention
- 6. Recognition rather than recall
- 7. Flexibility and efficiency of use
- 8. Aesthetic and minimalist design
- 9. Help users recognize, diagnose and recover from errors
- 10. Help and documentation

#### Find our more:

https://www.nngroup.com/articles/ten-usability-heuristics/



**HFESS+SUSS** 



Sharing with SUSS Graduates



# Ergonomics & Hygiene 2022



### Hosting Distinguished Guest



Distinguish Ergonomics Guest: Dr Robert Bridges



### **Share Initiatives**

HFESS+IEA



IEA Council



### Plans for 2023

Apr HFESS + SUSS + Distinguish Guest: Chris Reid

May HFESS + SPH

Jun Networking with Industries

Aug HFEMC Conference 2023

Ergo & Hygiene 2023

Sep HFE for Society

Nov Networking with Industries

Dec ACED Conference





# Sponsorship Framework

### Corporate Sponsorship Categories

### Corporate

	Diamond	Platinum	Gold	Silver
Sponsorship Amount	\$3000 or more	\$2000	\$1500	\$800
Free Memberships	up to 10	up to 7	up to 5	up to 3
High-visibility exposure at Society conference through the website, program and signage	~	~	~	<b>✓</b>
Invitation to networking sessions with experts from HFESS or distinguished guest from overseas	<b>✓</b>	<b>✓</b>	<b>✓</b>	<b>✓</b>
Company Name/Logo link to your website from the HFESS Web site Corporate & Institution page	<b>✓</b>	<b>✓</b>	<b>~</b>	
Job Placement Announcement	~	<b>✓</b>		
One complimentary Symposium registration	~			





# Education Institution Membership Framework

### Education Institution Membership Categories

### **Education Institution**

Student Membership Fee = \$10 per student (Minimum Quantity : 10)	Diamond	Platinum	Gold	Silver
Numbers of Student Memberships (one time over the period studies)	100 or more	50 to 99	30 - 49	10 - 29
High-visibility exposure at Society conference through the website, program and signage	~	~	~	~
Company Name/Logo link to your website from the HFESS Web site Corporate & Institution page	~	~	~	
Internship Placement Announcement	<b>✓</b>	<b>✓</b>		
One Project Competition over a term or year with a panel of professional judges	~			





# Recognition

# Recognition

### Confirmation of Honorary Fellow



Assoc. Prof. Chui Yoon Ping





bestows to

Assoc. Prof. Chui Yoon Ping

the designation of

### HONORARY FELLOW

in recognition of her exceptional dedication and contributions to the field of Human Factors and Ergonomics.

31 March 2023

President

## Recognition

### Confirmation of Honorary Fellow



Professor Martin Helander





bestows to

### Prof. Martin Helander

the designation of

### HONORARY FELLOW

in recognition of his exceptional dedication and contributions to the field of Human Factors and Ergonomics.

31 March 2023

President

# Recognition

### Confirmation of Fellow



Dr Angela Tan



Edwin Yap



Dr Frederick Tey



KC Yong





This is to certify that

Dr. Angela Tan
has been elected a

**FELLOW** 

in recognition of her significant contributions to the field of Human Factors and Ergonomics.

31 March 2023

President



This is to certify that

Edwin Yap

has been elected a

### **FELLOW**

in recognition of his significant contributions to the field of Human Factors and Ergonomics.

31 March 2023

President



This is to certify that

### Dr. Frederick Tey

has been elected a

#### **FELLOW**

in recognition of his significant contributions to the field of Human Factors and Ergonomics.

31 March 2023



This is to certify that

## Yong Khang Chian has been elected a

#### **FELLOW**

in recognition of his significant contributions to the field of Human Factors and Ergonomics.

31 March 2023

President-Elect

### Recognition

#### **Outstanding Member Of The Year**



Assoc. Prof. Chui Yoon Ping



Dr Frank Qiu



Gin Lu



Lee Kok Hoo



Keynes Yeo



Kenny Chua





This certificate is to present to

Prof. Chui Yoon Ping

in recognition of her extraordinary service and dedication.

31 March 2023



This certificate is to present to

Dr. Frank Qiu

in recognition of his extraordinary service and dedication.

31 March 2023



This certificate is to present to

Gin Lu

in recognition of her extraordinary service and dedication.

31 March 2023



This certificate is to present to

Lee Kok Hoo

in recognition of his extraordinary service and dedication.

31 March 2023



This certificate is to present to

Keynes Yeo

in recognition of his extraordinary service and dedication.

31 March 2023



This certificate is to present to

Kenny Chua

in recognition of his extraordinary service and dedication.

31 March 2023

### Recognition

#### **Appreciation**



Dr Angela Tan



Edwin Yap



Dr Frederick Tey



Nicolette Cai



Terence Ng





This certificate is to present to

Dr. Frederick Tey

in recognition of his service and dedication.

31 March 2023



This certificate is to present to

Dr. Angela Tan

in recognition of her service and dedication.

31 March 2023



This certificate is to present to

Edwin Yap

in recognition of his service and dedication.

31 March 2023



This certificate is to present to

Terence Ng

in recognition of his service and dedication.

31 March 2023



This certificate is to present to

Nicolette Cai

in recognition of her service and dedication.

31 March 2023



### AOB

## Special Thanks To Our Partners







**Greydient** lab





## New Members From Industries Joining HFESS











Trigger Design

Refruit Design

Epoch

Institute of Ergonomics & Hygiene

Studio Dojo



### Announcement

### Distinguished Guest









#### **Christopher Reid**

Boeing Technical Fellow - Human Factors & Ergonomics; Immediate Past President - Human Factors & Ergonomics Society; Adjunct Professor of Practice; Industry Advisor

Talks about #ergonomics, #exoskeletons, #humanfactors, #usercentereddesign, and #emergingtechnologies

Charleston, South Carolina Metropolitan Area · Contact info

2,459 followers · 500+ connections



HFES - Human Factors and Ergonomics Society



Massachusetts Institute of Technology





We are excited to announce the <u>5th Biennial HFEM Conference</u> on human factors and ergonomics to be organized by the Human Factors and Ergonomics Society (HFEM), Malaysia. It will be held jointly with ErgoLympic 2023, a competition that uncovers affordable and effective solutions, driven by human factors, ergonomics, and occupational safety and health best practices.

HFEM Conference theme

### Accelerating human factors and ergonomics toward an inclusive and sustainable future

The conference theme is set to understand the socio-technical challenges of the Industrial Revolution 4.0 and beyond, and how key HFE theories, methods, designs, studies and technical advances can be applied to promote inclusion and diversity in HFE applications, as well as to forecast and impact socio-technical systems of the new industrial revolution. The question is how to accelerate implementation of HFE in accomplishing the end?

Human Factors and Ergonomics Malaysia Conference (hfemc2023.org)



### Ergonomics & Hygiene Conference and Exhibition 2023

23-24 August, 2023 | (Location to be Confirmed)

Ergonomics & Hygiene Conference - Ergonomics & Hygiene Conference and Exhibition (ergonomicshygiene.org)



### About the Ergonomics and Hygiene Conference 2023

The annual Ergonomics and Hygiene Conference & Exhibition will be held on 23-24 August 2023 in Singapore. This conference is hosted by IEH Singapore and supported by global and regional partners. This is a unique forum for Occupational Hygienists, Ergonomists and all Health & Safety professionals alike to network and share their best practices.

Our common goal is to expand our knowledge of available technologies and solutions towards work productivity and hazard control.



Dec 14 (Thu) - 16 (Sat) Dec 2023





### The 4<sup>th</sup> Asian Conference on Ergonomics and Design

jointly with

Humanizing Work and Work Environment (HWWE) & BRICSplus HFE Conference 2023

National Institute of Industrial Engineering (NITIE), Mumbai, INDIA







https://nitie.ac.in/aced2023/index.php



