

# Ergonomics Interventions in the Workplace

A Seminar Jointly Organized by  
the Hong Kong Ergonomics Society  
and  
the OSH&Rehabilitation Specialty Group  
of the Hong Kong Physiotherapy Association

Jan 22, 2010 Friday, 6:30-8:30pm

Venue: ST522, The Hong Kong Polytechnic University

## Speakers:

(1) Miss Justine Chim (Regional Manager, Environment, Health and Safety  
- Asia Pacific Research In Motion)

Topic: Application of Ergonomic Analysis and Intervention in Food Services  
of Health Sector in Australia

(2) Mr. Billy So (Registered Physiotherapist , PhD Candidate, Department  
of Orthopaedics and Traumatology, the Chinese University  
of Hong Kong)

Topic: Participatory Ergonomic Model (Job Coaching) in Aircraft Cabin  
Cleaning Occupation: From Research to Application.

Members of both associations are welcome to attend.

Registration Fees: \$50 (members), \$150 (non-members)

CPD Points:

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***Justine Chim*** is currently the Regional Manager, Environmental Health and Safety – Asia Pacific with Research in Motion and is only manager who planned and executed the key strategies of OSH and ergonomics in the region. She is the Affiliate Associate Lecturer with the University of Adelaide, South Australia and involves the postgraduate teaching in ergonomics course. She was the Human Resources Manager (Employee Safety and Services) with The Hong Kong Jockey Club and involved the major project of setting up a telephone contact centre at Tin Shui Wai by using winning ergonomics and OSH management approaches.

In Australia, she was HR and OHS Manager and business management partner of Fibrelogic Pipe Systems. Prior to her employment with WorkCover South Australia and Arnott's Biscuits, she undertook human resources project management as a human resources executive successfully set up/review the HR departments for ten local and multinational corporations in Asia and Australia.

Her professional development includes: first class honours in the Bachelor of Business Administration, majoring in HR Management; the first Hong Kong graduate from the University of Queensland's Master of Ergonomics program; and being awarded the Top OHS Graduate Student Medal in the South Australia Division by the Safety Institute of Australia at the Postgraduate Occupational Health and Safety management program at the University of Adelaide.

In the seminar, Justine will present a case study on how to apply ergonomics workload analysis for the prevention of musculoskeletal disorders and reduction of manual handling risks in food services in the health sector. The study was conducted in a major South Australian hospital and aimed to identify risk factors for musculoskeletal disorders in Kitchen Hands. The solutions were included on providing strategies to eliminate or minimize the manual handling risks. The physical demands, physiological responses and perceived workload were analysed to identify the risk factors arising from six manual tasks performed by Kitchen Hands. Recommendations focused on implementation of an effective hazard management program and maintenance and design of equipment and trolleys were included.

***Billy So*** is a registered physiotherapist in Hong Kong and now studying a PhD Degree in Orthopaedics and Traumatology at the Chinese University of Hong Kong. His study mainly focuses on the application of ergonomic principles in preventing occupational musculoskeletal disorders among aircraft cabin cleaners. He is currently the educational officer of Occupational Safety, health and Rehabilitation Specialty Group of Hong Kong Physiotherapy Association. He was appointed as the Technical Advisor of the Cabin Cleaning Safety – Symposium 2009 organized by Airport Authority Hong Kong and as the invited guest speaker of the Occupational Hygiene Technical Conference 2009 organized by Hong Kong Institute of Occupational and Environmental Hygiene. He was appointed as the teaching faculty member of MSc/PgD programme of Musculoskeletal Medicine and Rehabilitation at the Chinese University of Hong Kong since 2009.