

## FATIGUE

# What is the Impact On Worker Health and Safety?

February 17, 2016

United Steelworkers Hall, Sudbury, ON

Due to an exceptionally positive registration response, CROSH is pleased to announce the addition of a second Keynote Speaker, and the move to a larger conference room at the United Steelworkers Hall. We are pleased to extend the conference registration period to February 10<sup>th</sup>. For more information on the conference and registration process visit: [www.crosh.ca](http://www.crosh.ca)



Lora Cavuoto, Ph.D., is an Assistant Professor in the Industrial and Systems Engineering Department at the University at Buffalo and she directs the Ergonomics and Biomechanics Laboratory. Her current research focuses on quantifying physical exposures and physiological responses in the workplace to identify indicators of fatigue. Her research work aims to understand and model the effects of health conditions, particularly obesity and aging, on physical capacity (strength), fatigue, and motor performance. Her work on fatigue and worker safety has recently been funded by the American Society of Safety Engineers Foundation and the National Institute for Occupational Safety and Health. Dr. Cavuoto is an active member of the Human Factors and Ergonomics Society and the American Society of Safety Engineers.



Jim Potvin, Ph.D., researches and teaches in the areas of biomechanics and physical ergonomics. His research focuses on the study of joint mechanics and stability, and the effects of muscle fatigue during repetitive or prolonged tasks. He conducts applied research, focused on developing valid ergonomic methods to quantify injury risk in the workplace; including the assessment of manual materials handling tasks and the evaluation of risk of upper limb disorders. He recently completed a 3-year project with three automotive manufacturers to improve methods to use work simulation, digital human models and virtual reality for the proactive assessment of manufacturing systems designs. He is currently a Professor Emeritus at McMaster University and owner of Potvin Biomechanics Inc.

See the next page for the final program.

We invite you to follow CROSH on twitter @CROSH\_CRSSST and use #CROSH16 to join the conversation.

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Fatigue is more than feeling tired. Factors like physical exertion, poor nutrition, sleep quality, mental exhaustion, and stress all contribute to fatigue and can impact a worker's health, safety and well-being. The presenters will discuss fatigue from different perspectives and offer recommendations to help mitigate fatigue. **Registration is required.** Registration forms can be found at <http://www.crosh.ca/conference.html>. For more information on the conference, questions can be directed to [crosh@laurentian.ca](mailto:crosh@laurentian.ca).

| Time              | Final Program   |
|-------------------|---|
| 8:00 AM-8:45 AM   | <b>Registration</b>   |
| 8:45 AM-9:00 AM   | <b>Opening Remarks</b><br>Dr. Tammy Eger, <i>Research Chair, CROSH, Laurentian University</i><br>Dr. Rui Wang, <i>Vice President of Research, Laurentian University</i>   |
| 9:00 AM-10:00AM   | <b>Keynote 1: Managing Fatigue in the Workplace</b><br>Dr. Lora Cavuoto, <i>Assistant Professor, Department of Industrial and Systems Engineering, University at Buffalo, The State University of New York</i>  |
| 10:00AM-10:15AM   | <b>Break &amp; Poster Viewing</b>   |
| 10:15 AM-11:15 AM | <b>Topic 1: Sleep as a Determinant of Workplace Fatigue: Special Focus on Underground Miners and Wildland Fire Fighters</b><br>Dr. Céline Larivière, <i>Director, School of Human Kinetics, Laurentian University</i><br>Ms. Alexandra Clement, <i>M.A. Experimental Psychology Graduate, Laurentian University</i><br>Mr. Zach McGillis, <i>MHK Candidate, Laurentian University</i>           |
| 11:15 AM-12:00 PM | <b>Topic 2: Nutrition and Energy Balance</b><br>Dr. Sandra Dorman, <i>Director, CROSH, Laurentian University</i><br>Mr. Ayden Robertson, <i>MHK Candidate and Research Assistant, CROSH, Laurentian University</i>  |
| 12:00 PM-1:00 PM  | <b>Hot Lunch and Poster Viewing</b>   |
| 1:00 PM-2:00 PM   | <b>Keynote 2: Ergonomics Has Tunnel Vision: Maturing the Field from Single Task Analyses to Quantifying Muscle Fatigue from Whole Jobs</b><br>Dr. Jim Potvin, <i>Founder and Owner, Potvin Biomechanics Inc.</i>  |
| 2:00 PM-2:45 PM   | <b>Topic 3: Psychosocial and Organizational Risk Factors</b><br>Prof. Judith Horrigan, <i>Assistant Professor, School of Nursing, Laurentian University</i><br>Mr. Caleb Leduc, <i>PhD Student, Organizational Health &amp; Wellbeing, Lancaster University, UK</i>   |
| 2:45 PM-3:00 PM   | <b>Break &amp; Poster Viewing</b>   |
| 3:00 PM-4:00 PM   | <b>Topic 4: Fatigue Monitoring &amp; Mitigation: Technology &amp; Techniques</b><br>Dr. Ratvinder Grewal, <i>Associate Professor, Math and Computer Sciences, Laurentian University</i><br>Mr. Nicholas Schwabe, <i>CROSH Research Assist. and Social Work Student, Laurentian University</i><br>Dr. Alison Godwin, <i>Associate Professor, School of Human Kinetics, Laurentian University</i> |
| 4:00 PM-4:15 PM   | <b>Closing Remarks and Student Awards</b><br>Dr. Tammy Eger, <i>Research Chair, CROSH, Laurentian University</i>  |

Conference sponsorship provided by: