

Ilmun Khan

Ergonomist | Kinesiologist | Health and Safety Advisor

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HIGHLIGHTS

- Conducted over 600 workplace ergonomic assessments in office, healthcare, industrial, vehicle, etc.
- Developed and managed one of the leading ergonomics programs in Alberta with a 96% audit score.
- Delivered executive-level presentations to stakeholders on the efficacy of AI computer vision in assessing ergonomic risk in physically demanding work
- Associate Ergonomist Candidate and Registered Kinesiologist, currently pursuing the Canadian Registered Safety Technician (CRST) designation.

WORK EXPERIENCE

Ergonomic Consultant | *The Workers Compensation Board of Alberta & ErgoMotion*

AUG 2025 – Present

- Conduct office ergonomic assessments for employees across diverse organizations, ranging from small businesses to large enterprises with over 2,000 staff.
- Design and deliver office and industrial ergonomics training sessions to enhance worker awareness and provide practical strategies to reduce musculoskeletal risks.
- Perform physical and cognitive demands analyses in sectors such as food processing and warehousing to support accommodation and return-to-work planning.

Internal Ergonomist | *The Workers Compensation Board of Alberta*

May 2022 – AUG 2024

- Completed over 500 ergonomic assessments across diverse workplaces, focusing on healthcare professionals and administration/management sectors.
- Created and administered ergonomic and injury prevention training sessions and resources for an organization of over 2300 employees.
- Designed and implemented effective return-to-work (RTW) strategies for over 100 employees, supporting safe, timely, and sustainable recovery.
- Achieved a 94% and 96% score in the assessment of our ergonomic intervention and prevention program in our Partners in Injury Prevention Audit in 2022 and 2023
- Conducted job demands analyses to identify high-risk roles, inform safe work design, and guide modified duties.
- Partnered with safety advisors, disability managers, and healthcare providers to implement integrated injury prevention programs.
- Assisted with incident investigations, claims processing, and emergency response planning.

EDUCATION

Certificate in Occupational Health and Safety | *University of New Brunswick*

2025 – Present

- Pursuing certification for a Canadian Registered Safety Technician (CRST)

Advanced Ergonomic Studies | *Fanshawe College, London, Ontario*

SEPT 2024 – JULY 2025

- Multiple Applied Projects Presented to Stakeholders:
 - Ergonomic Task Analysis of Pharmacy Technicians
 - Hazard Assessments: Pharmacy technicians and construction workers
 - Incident Investigation: Manufacturing and warehousing plant scenario

Ergonomics Intern | *EWI Works*

May 2025 – July 2025

- Conducted ergonomic assessments for office, vehicle, and industrial settings and recommended evidence-based solutions to reduce MSIs.
- Conducted task analysis and job demands analyses for waste water management roles
- Evaluated the validity and reliability of an AI-based posture assessment tool; synthesized findings and presented recommendations to external stakeholders to support product refinement and research advancement.

Bachelor of Science in Kinesiology | *University of Alberta, Edmonton, Alberta*

September 2018 – April 2022

SKILLS AND CERTIFICATIONS**Certifications:**

- Construction Safety Training Systems: Fundamentals – ACSA
- Lean Six Sigma
- EWI Courses: Office, Industrial, Vehicle, Laboratory Ergonomics, Dynamic Warm-ups
- Functional Capacity Evaluation
- Mental Health First Aid and Working Mind

Technical Skills:

- Ergonomic assessment tools (AI-powered analysis, REBA/RULA/ROSA, NIOSH, etc.)
- Professional & Technical Medical Report Writing
- Hazard Identification and Hazard Assessments
- Incident Investigations, Audits, and Root Cause Analysis
- Application of OHS Code for regulatory and legislation compliance
- Application of CSA Z412:24, CSA Z1004-24, & ISO 45001 principles

Soft skills:

- Active listener, clear communicator, and empathetic with clients to understand needs
- Professional presentation and public speaking skills, effectively engaging stakeholders to promote ergonomics and safety initiatives.
- Detail-oriented and pragmatic problem solver focused on holistic proactive approaches
- Passionate collaborator and facilitative leader to multidisciplinary teams

PROFESSIONAL MEMBERSHIPS**Associate Ergonomist (In Progress) | Canadian College for the Certification of Professional Ergonomists****Registered Kinesiologist | Alberta Kinesiology Association**

July 2025 – PRESENT

NSC Alberta & Northern Region Rep | Association of Canadian Ergonomists

2024 – PRESENT

WORK PRODUCTSFeel free to view my work products on my website: ilmunkhan.com