

PROFESSIONAL SUMMARY

Client-focused solutions-oriented ergonomist and human factors specialist with hands-on experience conducting 550+ workplace assessments across office, hybrid, and industrial environments. Skilled in designing and delivering ergonomics programs, hazard assessments, and root cause analysis to reduce MSI risks and improve employee health and productivity. Dedicated to fostering safe, efficient workplaces through evidence-based ergonomic practices, with current ACE membership and eligibility for CCCPE Associate Ergonomist (AE) designation.

WORK EXPERIENCE

Ergonomic Consultant | The Workers Compensation Board of Alberta

FULLTIME: 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.
- 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 comprehensive Job Demands Descriptions crucial for enabling leaders and management to identify high-risk populations and develop workplace modification strategies.
- Negotiated with third party equipment vendors, stakeholders, and inter-organizational procurement teams to provide the best options for employees.
- Collaborated with a diverse team of health & safety advisors, disability claims managers and external healthcare and adapted assistance providers.

Ergonomics Intern | EWI Works

FULLTIME: MAY 2025 – JULY 2025

- Conducted ergonomic assessments for office, vehicle, and industrial settings and recommended evidence-based solutions to reduce MSIs.
- Conducted research on ergonomic solutions for the construction industry using markerless optical motion capture tools.
- 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.

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
OCT 2024 – PRESENT

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

Key Applied Projects Presented to Stakeholders:

- Efficacy of a Wearable Passive Exoskeleton in a Nuclear Energy Plant
- Human-Centered Redesign of a Roundabout for Ontario Roadways
- Product Evaluation of InSeer, an AI Motion Capture Analysis Tool
- User Experience Product: MovieSpace – a better way to stream movies
- Incident Investigations and Hazard Assessments
- Ergonomic Task Analysis of Pharmacy Technicians

Bachelor of Science in Kinesiology | University of Alberta, Edmonton, Alberta
SEPTEMBER 2018 – APRIL 2022

Certifications	Technical Skills	Soft Skills
<ul style="list-style-type: none"> • Mental Health First Aid and the Working Mind Certifications • 7+ years of software skills in Microsoft Office applications like Excel, Outlook, Word, and PowerPoint with certificates • Construction Safety Training System: Fundamentals – ACSA • Six Sigma Fundamentals • Functional Capacity Evaluation Certification • EWI Ergonomic Certificates: Office, Vehicle, Industrial, Healthcare Ergonomics 	<p>Ergonomics</p> <ul style="list-style-type: none"> • Tools and Software: VelocityEHS, Work(s), Inseer, PoseChecker, 3DSSPP, Siemens Jack, ACGIH HAL, RULA/REBA, ROSA, LMMM, NIOSH • Application of Alberta OHS Code for compliance and enforcement. • Report writing based on ACE Ergonomic Report Writing guidelines • Application of CSA Z412:24 – Office Ergonomics standard in assessment and design 	<ul style="list-style-type: none"> • Passionate teacher with engaging presentation skills – Corporate Safety/Ergo Seminars • Excels in both collaborative and individual settings. • Effective Interpersonal Communication • Solution-oriented and adaptable to changes in environments. • Advocate for collaborative health and safety culture • Driven to enact change
	<p>Human Factors</p> <ul style="list-style-type: none"> • Tools and Software: Siemens Jack, Blender, Figma, NASA-TLX, SUS/SEQ. • Competencies: Cognitive Task & Workload Analysis, User Research & Testing, Heuristic Evaluation, Computer Interface Design, Human-Centered Design • Design using guidelines and standards (MIL-STD 1472, ISO 9241-210 and ANSI standards) • Research and Project Management 	