

Curriculum Vitae

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Education Background

Graduate Certificate (Co-op) - Fanshawe College, Advance Ergonomic Studies, London, ON

2018-2019

Co-operative placements: MyAbilities Technologies (Digital Ergonomist - Intern), hamilton, ON

B. Kin (Co-op) - Lakehead University, School of Kinesiology, Thunder Bay, ON

2013-2017

Co-operative placements: Cardiac Rehab Program (Student Supervisor), Thunder Bay, ON
WE-Did Program (Student Supervisor), Thunder Bay, ON

Professional Positions:

2019- Current Digital Ergonomist, MyAbilities Technologies Inc. Hamilton, ON

- Develop digital job profiles for customers who do not have a library of physical demand analysis within their company
- Edit, transcribe and digitize physical demand analysis for customers into the system to give them a better understanding of the data collected
- Provide support and feedback to existing customers on how to operate the platform
- Under the supervision of an Ergonomist, completed ergonomic assessments and written reports for employers
- Onboard new customers and train them on the software and tools associated with the platform Developed processes to follow for customer service
- Communicate with other health and safety professionals to ensure due diligence was met with regards to OHS standards / guidelines
- Assemble, and interpret data and statistics derived from a larger data set

2017-2018

Fitness Instructor, Planet Fitness, Mississauga, ON

- Prepared and delivered comprehensive fitness programs based on clients' goals that included appropriate exercise selection, nutritional programming and teaching a fitness lifestyle
- Set expectations and hold clients accountable to their comprehensive fitness programs through goal setting, follow up discussions, and tracking progress
- Informed clients of the fitness tools available to assist them in achieving their goals
- Provided rehabilitating exercises for individuals with chronic and acute injuries which include knee strengthening, postural correction and core strengthening
- Demonstrated safe and proper exercise technique to clients

Practical Experience (Laboratory Work), London, ON

2019 Development of Wireframe to create Prototypes

2019 Thermal Stress and Discomfort Assessment

2019 Evaluation of Noise in Welding Shops

2019 Assessing Luminance within Work Settings

2019 Usability Testing and Analysis of Prototypes

2019 Analysis of Muscular Contraction and Endurance using Electromyography

2018 Physical Demand Analysis of Workers in Health and Fitness Environments

2018 Office Ergonomic Assessments

2018 Incident Investigation, Reporting and Return to Work

Professional Organizations and Certifications

College of Kinesiologist of Ontario (COKO)

Canadian Society of Exercise Physiologist (CSEP)

Association of Canadian Ergonomist

Certified Standard First Aid, CPR (C-Level)

Areas of Interest

Ergonomics, Human Factors, Human Computer Interaction, Health and Fitness, Safety and Training, Human Kinetics

Research

2018 *"The Effects of Altering Equipment on Police Uniform to an Officer's Agility"*

2017 *"The Acute Effects of Yoga versus Zumba on Anxiety and Depression"*

Volunteer Experience

2019 Applied Ergonomic Conference, New Orleans, LA

2017 Cardiac Rehab Program Supervisor Thunder Bay, ON

- Worked alongside a team of specialists which included dieticians, nurses, lifestyle counselors and doctors to provide a safe rehabilitation for cardiac patients administered into the program

2015 WE-Did Program, Thunder Bay, ON

- Monitored individuals of the program during their workout regime to maintain a safe exercise environment