

Dear «First Name»

Welcome to the September Issue of our newsletter.

Help keep up to date by checking out Director, Nick Taylor's profile on Linked In and joining some of the relevant groups.



Inside Track Media - New Supplier Member

We are pleased to welcome Liverpool based Inside Track Media as a new Supplier Member.

Max Klein and his team can advise Members on website design and content, content management, online store and database applications.

Partnering with occupational health specialists, Inside Track publishes **Prevent IT!** Health & Safety training and assessment e learning modules, particularly for corporate intranets and as a hosted service for smaller employers.

Developing its own technical platforms, Inside Track has a growing ability to get computers to put questions in unusual ways.

The company's systems can create opportunities for **Prevent IT!** Business Partners, helping them

address generic and client specific issues.

Prevent IT! Office Safety modules are efficiency tools. Delegated training, data collection and analysis cut response times and paperwork.

Features of **Prevent IT!** DSE HealthWorks modules include:

- desk exercise videos that take just seconds each
- a two minute Quick Setup guide
- date and time stamped records
- Results Management on intranet with follow-up action log and To Do list

Many of you are familiar with DSE assessments online. **Prevent IT!** offers an jargon free approach, with users encouraged to draw conclusions and eliminate risks themselves or consult, as appropriate.

Max would be happy to set Members up with a demonstration. Every Customer will receive a discount guaranteed through the Ergonomics Consortium.



Find them on the Website under:

- [Software Solutions](#)
- [Web Design](#)

If you have any questions, [Email us](#)

Or call on

BARGES breakfast - small but perfectly formed.



On the 8th September 2009 Bristol and Area Regional Group of the Ergonomics Society hosted a breakfast meeting with presentations on Human Factors (HF) in Systems Engineering (SE).

We were welcomed with tea and coffee of course, but also croissants and bacon butties, kindly sponsored by Human Engineering Ltd.

There were stands by Serco, Systems Engineering and Assessment Ltd (S.E.A),

Atkins Global and the Human Factors Integration Defence Technology Centre (HFI DTC) whose Director, Dr Karen Lane, gave the key note address. Her talk gave an overview of the work done for the MOD on a number of involved and high level HF research projects. Publications and Links for which were available.

The second presentation was given by Ian Cox, Systems Engineer from MBDA. Ian spoke about his tasks to integrate the SE methods and terms with his Human Factors counterparts in order to improve communication and synergy of their own departments. Ironically, his HF counterpart could not make it to the presentation.

Attendance was good, with lots of networking opportunities.

The resources made available on the day will shortly be put in the members section of the Ergonomics Consortium website.

A great, short, but very worthwhile event.

Consultant Members [sign in](#) to find links on your section of the Ergonomics Consortium website.

Or call on
0800 612 7970

Call for Suppliers you know and trust

One of the features of the Ergonomics Consortium is our growing number of Supplier Members.

These members are the companies that help the Consultants to do their jobs by adapting items, giving demonstration items for loan, providing information and finding solutions for the recommendations made by Ergonomists and the far fetched demands

made by our customers and clients.

If you have a company that you use for advice or often recommend to your clients then please let us know. We would like to encourage them to be one of our new Supplier Members and help to expand their business too.

The advantages for them include:

- Increased Web presence
- Consultants recommend products
- New Clients available through project work
- Links with Ergonomics profession

Forward us their contact details or get them to call us on:

0800 612 7970



Personality effects on stress and coping

Published this month in 'Theoretical Issues in Ergonomics Science' Vol 10 N^o 5 is a fascinating article by Gerald Matthews and Sian E. Campbell titled: 'Sustained performance under overload: personality and individual differences in stress and coping.'

The study got students to attempt recognition tasks of a number that they had been told was significant, in a stream of numbers that were not. The rate of presentation was the major stressor: that it was either fast or very fast indeed. Participants had tests of personalities and mental / emotional states measured before and after the tasks.

The results showed some expected results (those high on the neuroticism scale are more susceptible to distress) and some less

expected results (that high neuroticism was only detrimental at the slower rate) which means that those people were less badly effected when they didn't have time to react emotionally to the task stressors.



Numerous applications for the findings are then discussed, i.e. that one's personality type is a poor predictor of performance although a susceptibility to distress may adversely effect other work aspects such as absenteeism and general health.

The understanding of the effects of stress on people and their performance is shown to be a complex topic with great variation in the explanations and factors confounding prediction of real life situations.

This study offers support for the transactional view of individual differences, i.e. one that explains distress responses through internal strategy based reactions to external demands.

If we are ever going to get an improved method of managing stress in the workplace, then studies like this are much needed and the wider health professions should pay close attention to findings of this nature.

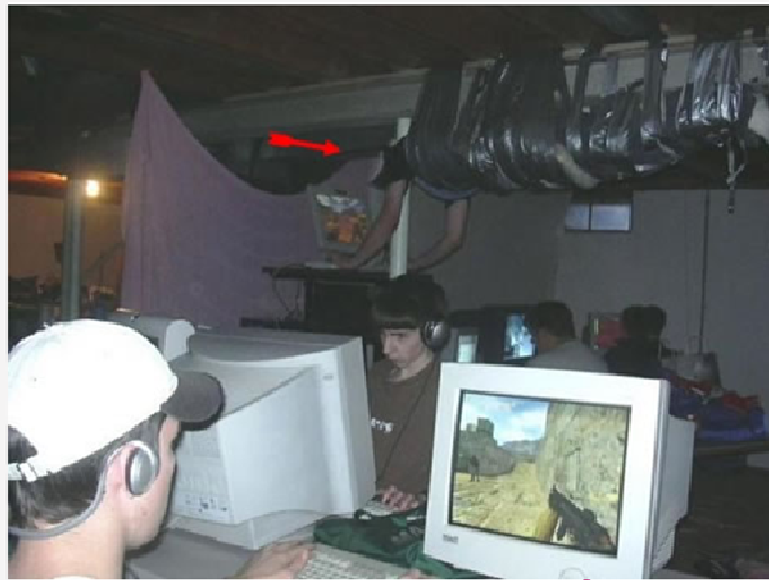
Please send any comments or questions to:

enquiries@ergonomicsconsortium.com

This is supposed to be the funny bit...

Company moving to smaller offices?

Make sure you get there early or you may have to hang around for a seat!



NEXT MONTH - WORKERS WITH 2 JOBS...
IS IT DOUBLE THE TROUBLE?

To remove your name from our mailing list, please send a blank email to remove@ergonomicsconsortium.com