

# Heather Starr White, MIE, CPE

## Master Ergonomist



## The Ergonomics Center

### EDUCATION

#### **Master of Industrial Engineering, 2000**

North Carolina State University, Raleigh, North Carolina

#### **Bachelor of Science, Applied Mathematics, 1998**

Appalachian State University, Boone, North Carolina

### PROFESSIONAL EXPERIENCE

#### **Ergonomist/Senior Ergonomist/Master Ergonomist, 2000-Present**

##### **The Ergonomics Center of North Carolina**

Edward P. Fitts Department of Industrial and Systems Engineering  
North Carolina State University, Raleigh, North Carolina

- Develop training materials for workshops and general public distribution
- Instruct Center sponsored workshops, presentations, and training for both onsite and offsite clients
- Perform ergonomic evaluations of industrial and office workstations and develop reports identifying ergonomics risk factors, root causes, and possible solutions to reduce ergonomics risk factors
- Assist clients in communications with health care providers and facilitates return-to-work programs by providing *Physical Demands Descriptions* and work accommodations recommendations
- Develop job rotation schedules detailing the appropriate movement of employees within a specific industrial setting
- Assist clients with the development and implementation of world-class ergonomics policies and processes

### CERTIFICATIONS

- Certificant #1098, Board of Certification in Professional Ergonomics (CPE), 2005-Present

### PROFESSIONAL AFFILIATIONS

- Member, American Society of Safety Professionals (ASSP), 2010-Present
- President, ASSP Tarheel Chapter, July 2020-June 2021
- Assistant Regional Vice President – Member & Chapter Affairs, ASSP Region VI, July 2021-Present
- Applied Ergonomics Conference – 2023 Program Committee Member
- ASSP Advisory Group – 2023 Member
- Board of Certification in Professional Ergonomics (BCPE) Ambassador, 2021-Present

### PUBLICATIONS and PRESENTATIONS

#### **Presentations:**

H. White (October 2022). "Advances in Ergonomics." Presented at Charlotte Regional Safety and Health Conference, Gastonia, NC.

H. White (September 2022). "Ergonomics in Construction." Presented at ASSP Region VI Professional Development Conference, Myrtle Beach, SC.

H. White (June 2022). "Ergonomics Program for the Home Office." Presented at ASSP Safety2022 Conference, Chicago, IL.

H. White (May 2022). "Manual Material Handling – Current and Future Solutions." Presented at Western Carolina Safety School, Hickory, NC.

H. White (April 2022). "Occupational Safety: Where Does Ergonomics Fit In?" Presented for UNC Charlotte, ETGR 4303 Guest Lecture, Virtual.

H. White (April 2022). "Ergonomics In Safety?" Presented for UNC Charlotte Career Paths, Virtual.

H. White (January 2022). "Proper Lifting Technique...and More!" Presented for ASSP's Piedmont Chapter, Virtual.

H. White (April 2021). "Ergonomics: A STEM Career Field." Presented to NW Cabarrus High School STEM Program, Virtual.

H. White (August 2018). "Introduction to the Revised Strain Index." Presented at National Ergonomics Conference and Exposition, Las Vegas, NV.

H. White (August 2018). "Industrial Ergonomics Boot Camp." Presented at National Ergonomics Conference and Exposition, Las Vegas, NV.

H. White. "Ergonomics Culture: Raise Awareness to Succeed." Presented at the ASSE South Carolina Chapter Meeting, Lexington, SC (September 2017), ASSE Tarheel Chapter Meeting, Charlotte, NC (February 2018), Charlotte Regional Safety and Health Conference (April 2018).

H. White (September 2017). "Ergonomics Culture: Raise Awareness to Succeed." Presented at the ASSE South Carolina Chapter Meeting, Lexington, SC.

H. White (March 2017). "Providing Concise Office Evaluations." Presented at the Applied Ergonomics Conference, Orlando, FL.

T. McGlothlin, H. White (Nov 2016). "Reducing Manual Materials Handling Injuries: A Prerequisite for World-Class Safety." Presented at National Ergonomics Conference and Exposition, Las Vegas, NV.

H. White (March 2010). "Lean Office: Identifying Waste in the Office." Presented at the Applied Ergonomics Conference, Orlando, FL.

H. White (March 2008). "Lean Office: Ergonomics Beyond Proper Workstation Setup." Presented at the Applied Ergonomics Conference, Orlando, FL.

H. White (March 2008). "Product Selection: Adjustability Is Not the Only Key." Presented at the Applied Ergonomics Conference, Orlando, FL.

### **Publications:**

White, H. (Sept 2002). Where the feet hit the floor. Occupational Health and Safety, 164-167.

Lutz, T., Starr, H., Smith, C., et al. (2001). Technical Note: The use of mirrors during an assembly task: a study of ergonomics and productivity. Ergonomics. 44(2). 215-228.

Sommerich, CM, Starr, H, Smith, CA, Shivers, C. (2002). Effects of notebook computer configuration and task on user biomechanics, productivity, and comfort. International Journal of Industrial Ergonomics, 30, 7-31.