

## Wendy Elford, ACT



### How did you find out about ergonomics?

I had been working as a physio treating people who were recovering from injury expecting to be sent back to exactly the situation in which the injury occurred. It didn't make sense. So I worked my way through training as prevention and discovered design as a more positive frame on smarter ways of working and living.

### Why a career in ergonomics?

Both my parents were deeply involved in design, my mother as an artist and my father an engineer. I was the girl who used to rearrange my bedroom in my head, I used to invent little solutions when a gadget did not work and I also read heaps of science fiction. In the end, I've worked with architects on built environment design, on refining product designs and as a practical futurist. I just scaled up from first passions and first principles and discovered that this was called human factors and ergonomics.

### What's been the most interesting project you've worked on?

It's hard to pick, I've done blind spot mapping on reversing graders and am currently working on micro-narrative to measure the health and productivity for people in the built environment like an office. I've done human factors integration on a railway project and worked on the station buildings. I find most of my work interesting.

### What do you do on a typical day?

There is no typical. I start at 5:00am. I've recently been working online with people in the US writing content for online training content for resilience in high performance work. I might have a couple of meetings with collaborators and clients about embedding human factors and ergonomics in a design process or to review some plans. Often there is a networking event or a meeting for professional development in the later day or early evening.

### What do you find most satisfying about your work?

The variety feeds my curiosity and I love thinking through problems and being proactive in design. I love doing the research to make sure that there is evidence I can trust and that this is being integrated richly into the design solution. I meet very interesting people from all walks of life, they are passionate and very principled. Human factors and ergonomics experts make a real difference to people and their lived experience in our communities and world.

