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Kaysey Aguilar

DRPH, MPH, AEP, CHES

Education

2019-2022	Texas A&M University DrPH Public Health Sciences Environmental Track, concentration in Occupational Health and Safety <u>Dissertation</u> Understanding and Alleviating Musculoskeletal Disorders in Remote Office Workers: A Follow-up Study and Intervention
2015-2017	Texas A&M University MPH Health Promotion and Community Health Sciences Certificate in Prevention Science
2010-2014	University of Texas – Pan-American BS Biology Cum Laude Minor in English

Work experience

July 2024 - present	Instructional Assistant Professor Texas A&M University College Station, TX San Antonio Satellite Office
February 2023- July 2024	Post-doctoral Research Associate Texas A&M University College Station, TX
January 2023	Program Aide Texas A&M University College Station, TX
2022 - Present	Ergonomics Evaluator Texas A&M University College Station, TX

2019-2022	Graduate Teaching Assistant PHLT 330, The Environment and Public Health Texas A&M University College Station, TX
Summer 2021	Laboratory Safety Group Intern Department of Environmental Health and Safety Texas A&M University College Station, TX
February, July 2021	Ergonomics Specialist M-erg Houston, TX
Summer 2020	Regulatory Affairs Intern Janssen Pharmaceuticals Remote work internship
2017-2019	Health Promotion Specialist Health Promotion Office Texas A&M University College Station, TX <ul style="list-style-type: none"> • Summer 2019 Supervised Master's-level practicum student
2016-2017	Graduate Assistant Health Promotion Office Texas A&M University College Station, TX
Summer 2016	Telehealth Counseling Clinic Volunteer, Texas A&M University College Station, TX
2012-2014	Student Researcher South Texas Border Health Disparities Center University of Texas – Pan-American Edinburg, TX
2012-2014	Sophomore Academic Mentor University of Texas – Pan-American Edinburg, TX

Honors, awards, grants

March 2023

CNA Student of the Year Award

- 26th Annual Applied Ergonomics Conference
- This award recognizes achievements in ergonomics application or research, including process improvement, education, applied instrumentation and product development as submitted for presentation in a poster or oral presentation at the Applied Ergonomics Conference.

2021

Southwest Center for Occupational and Environmental

Health Education and Research – Pilot Project

- Contract: \$10,000
- PI: Mark Benden
- Co-I: Kaysey Aguilar
- Title: Musculoskeletal discomfort, physical activity, and workstation type: A follow-up study of traditional office workers after long-term remote work

2019-2021

NIOSH

NIOSH Training Project Grant

Research experience & publications

2021-2022

Dissertation

Texas A&M University

College Station, TX

Advisor: Dr. Mark Benden

- "Understanding and Alleviating Musculoskeletal Disorders in Remote Office Workers: A Follow-up Study and Intervention"

2012

Independent Student Research Project

University of Texas Pan-American Edinburg, TX

Advisor: Suad Ghaddar

- "Health Habits and Perceptions of Hispanic College Students"
- Selected to represent the university for the 2013 Texas Undergraduate Research Day at the Capitol.

Publications

Aguilar, K. N., Smith, M. L., Payne, S. C., Zhao, H., & Benden, M. (2024). Digital human ergonomics training for remote office workers: Comparing a novel method to a traditional online format. *Applied Ergonomics*, 117, 104239. <https://doi.org/10.1016/j.apergo.2024.104239>

Lynn Salzar, T., **Aguilar, K. N.**, Smith, M. L., Pickens, A., Han, G., Anderson, G., & Benden, M. E. (2024). Stand-Capable Workstations Reduce Occupational Sedentary Time Among Administrative Workers. *IJSE Transactions on Occupational Ergonomics and Human Factors*, 1–13. Advance online publication. <https://doi.org/10.1080/24725838.2024.2362720>

Prior teaching experience

Fall 2023

Instructor

Department of Environmental and Occupational Health

Texas A&M University

College Station, TX

- PHLT 445, Applications of Public Health: Combines knowledge and skills related to public health experience and coursework to address public health issues; process of developing, implementing and evaluating public health interventions; role assignment and responsibilities in group assignments and presentations.

Taught one section of PHLT 445 with 13 students, facilitating student project development

Fall 2022

Instructor

Department of Environmental and Occupational Health

Texas A&M University

College Station, TX

- PHLT 310, Public Health Writing: Strategies to become more familiar with types of writing required as public health students or public health professionals; strengthens and increases general writing skills; establishes a foundation for continued development in writing.
- Taught two sections of PHLT 310, each class averaging 25 students, covering aspects of

technical writing for public health topics and various audiences

- Developed content and modifications to suit the needs of the class

Fall 2021

Instructor

Department of Environmental and Occupational Health

Texas A&M University

College Station, TX

- PHLT 311, Narrative Approach to Public Health: Familiarization with the writing style required for public health; instruction in writing styles and narrative techniques to increase and strengthen writing abilities in public health disciplines such as environmental and occupational health, health promotion and community health sciences, health policy and management, epidemiology and biostatistics.
- Taught one section with 23 students, covering aspects of technical writing for public health topics and various audiences
- Instructed on writing styles and narrative techniques for public health disciplines; assessed writing assignments and provided detailed feedback; developed and adapted content to suit the needs of the class.

**Presentations
and invited
lectures**

2024

Presentation

"From Headlines to Application: How AI and Digital Humans Can Create Real-World Ergonomic Impacts"
Applied Ergonomics Conference

2023

Presentation

"Musculoskeletal Discomfort, Physical Activity, and Computer-Use Metrics in Office Workers After a Period of Long-Term Remote Work"
Applied Ergonomics Conference

2023

Presentation

"Utilization of Digital People in Web-Based Ergonomics Training for Remote Office Workers"
Applied Ergonomics Conference

2023

Guest Lecture

"Musculoskeletal Disorders"
EPID 625 Environmental Epidemiology

University of Delaware

- 2022 **Guest Lecture**
"Environmental Health and Safety"
PHLT 303 Social Context of Population Health
Texas A&M University
- 2018 **Career Conference Presentation**
School of Public Health Career Conference
Texas A&M University

Professional affiliations

- 2020-present **American Society of Safety Professionals**
Member
- 2020-present **The Institute of Industrial and Systems Engineers**
Member
- 2020-present **Applied Ergonomics Society**
Member

Service

- 2025 – present **Applied Ergonomics Society, board member**
- 2024 – present **Curriculum Committee, voting member**
School of Public Health
- 2020-present **Applied Ergonomics Conference**
2022-present, Co-chair
2020-2022, Member
Students and Emerging Professionals Committee
Applied Ergonomics Conference
- 2023 - present **Peer Reviewer**
Journals: Ergonomics, Journal of Public Health and
Emergency
- Fall 2023 **Proposal Reviewer**
Fall 2024 Undergraduate Research Scholars
Texas A&M University
- Spring 2023, **Grant Reviewer**
Spring 2024, Southwest Center for Occupational and
Spring 2025 Environmental Health
Pilot Projects Research Training Program
- 2022 **Guest Judge, Capstone Class Projects**
PHLT 445 Capstone

Texas A&M University

2018-2019 **Departmental Risk Management Committee**
Member
Department of the Offices of the Dean of Student
Life
Texas A&M University

Community service

2019-present **Green Dot**
Volunteer, Violence Prevention Facilitator
Texas A&M University
College Station, TX

February 2024,
2025 **STEM Girl Day at UT Austin**
Outreach Volunteer
Represented the School of Public Health while doing
student engagement

January 2016-
July 2024 **College Station Chinese Bible Church**
Volunteer, Children's teacher
Weekly
College Station, TX

2020-2022 **Interprofessional Relationship Outreach Network**
Student Organization
Founding Member
Secretary/Treasurer '20-'21
Treasurer '21-'22
Texas A&M University
College Station, TX

2016-2017 **Telehealth Counseling Clinic**
Volunteer,
Texas A&M University
College Station, TX

Languages

English Native language

Spanish Beginner listener, beginner speaker, intermediate
reader and writer

Certifications

2019-present	Certified Health Education Specialist #3606
2022-present	Associate Ergonomics Professional #2533

Skills

Teaching

Curriculum Development

Google Dialogflow

Digital Human development

Stata statistical software

Developing and delivering presentations

Creative and technical writing

Hobbies

Oil-painting

Watercolor

Sketching

Reading (History, memoirs, science, children's literature)