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

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. *IIEE 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

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 Fall 2024	Proposal Reviewer Undergraduate Research Scholars Texas A&M University
Spring 2023, Spring 2024, Spring 2025	Grant Reviewer Southwest Center for Occupational and 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
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 Intermediate 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