

Ergonomic Health Solutions  
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## CATHERINE (CATHY) PHILLIPS, PT CAE

- Licensed orthopedic physical therapist
- Certified Associate Ergonomist #CAE 000-070901, Oxford Research Institute
- Custom training and trainer evaluations
- **Industrial specialties:** Healthcare, airport support services, warehousing, food distribution, municipalities, manufacturing, telecommunications
- Industrial rehabilitation specialist
- Physical capacity assessments

## RELEVANT SKILLS

- Ergonomic assessments and audits, including tasks involving manual material handling, repetitive motion or non-neutral postures, as well as work station arrangement
- Recommendation of ergonomic products to suit needs
- Back safety and ergonomics training, customized to client requirements
- Application of state-of-the art, ergonomic analysis computer programs, such as RULA and NIOSH tools, ErgoSmart, and ErgoTrack
- Skilled manual therapist with up-to-date evaluative skills
- Pre-placement or return-to-work physical capacity testing

## WORK HISTORY

1988 to now Owner/President, Ergonomics Trainer and Consultant, **Ergonomic Health Solutions, Inc.** (formerly Back Solutions, Inc.), Plano, TX:

- Job site analysis to reduce musculoskeletal disorders.
- On-site and off-site classes on workstation set-up for prevention of eyestrain, repetitive motion injuries, and back pain.
- Design and implementation of customized training for employees, supervisors and trainers.
- Developed customized ergonomics program for 6000 employees of Prospect Airport Services, which includes ergonomics and body mechanics training as well as workplace risk assessments, and a "Lifting Lab" for their annual Safety and Health Fair.
- Train-the-trainer program for Somerford Assisted Living on "Back Injury Prevention for Healthcare Providers."

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- Provided ergonomic solutions for Baker Energy’s office work stations, including redesign, recommended office equipment and ergonomic aids, and modifications of seated postures.
- On-site visits to recommend workplace adjustments and task modifications, such as two-handed lifts, anti-fatigue matting, and stretching exercises.
- Author, technical consultant and national trainer for “The Backbone of the Food Industry,” training program with 3 videos for the Food Distribution Industry (Washington, DC).
- Developed workshop on “Back Safety for Emergency Medical Services” for Rural Metro Ambulance, and “EMS Ergonomics” for the City of Plano
- Developed workshop on “Physical Fitness and Conditioning for Police Officers” for the City of Plano
- Developed several courses for retail grocery employees and supervisors
- Developed training package for cities and schools called “Back to Your Future,” distributed by Texas Municipal League
- Technical consultant for various safety and industrial fitness video projects

1984-1988 Account Executive, **Advanced Ergonomics**, Dallas, TX:

- Managed training and development of train-the-trainer programs geared to reduce risk in large corporations.
- Administered pre-placement screening tests of physical capacities.

1984 (7 mos) Physical Therapist, **Texas Back Institute**, Dallas, TX:

- Manual orthopedic therapist with specialized training in spinal care and mobilization.
- Certifications include but not limited to McKenzie, Cyriax, Grimsby manual therapy techniques

## EDUCATION AND TRAINING

1981 **University of Massachusetts at Lowell**: Bachelor of Science degree in Physical Therapy from the School of Nursing.

1977 **Fitchburg State College**, MA: Bachelor of Science degree in Medical Technology.

CEUs **Continuing Education**:

- Orthopedic physical therapy - Cyriax, Maitland, McKenzie, and other spinal treatments (1981 to present).
- Repetitive motion injury prevention seminars focusing on Key Functional Assessment.
- Osteopathic therapist training, upper and lower quarter, Dr. Ed Stiles (1998-1999)
- Workshops on Work Injury Management (1996), Ergonomic Analysis (1994), and Reducing Injuries in the Workplace (1992)

<b>CLIENT COMPANY REFERENCES</b>
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Clients include Nokia, Teccor Electronics, Alcatel Network Systems, Western Container Bottling Company, Jackson's Bakery, Rockwell International, ADC Telecommunications, Micron, Exxon, Prospect Airport Services, Texas Utilities, Fleming Foods Corporation, Texas Municipal League, City of Plano, and many others.