



EWI WORKS Amy Chow, M.Sc. Kin

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Amy completed her Master's degree in Kinesiology at the University of Waterloo in 2010, specializing in ergonomics and occupational biomechanics. Her thesis project investigated postures adopted in the workplace to determine which postures may maximize the force capabilities of the workers while minimizing the overall muscular demands. Specifically, she examined hand forces, shoulder and trunk muscle activation patterns and shoulder and trunk moments during two-handed maximal push and pull exertions.

She received her Bachelor's degree in Kinesiology (Ergonomics Coop Option) from the University of Waterloo in 2008. As a coop student, she worked as a Student Ergonomist with Environment Canada, Rimply Manufacturing and Honda Canada Inc. She has also worked as an Ergonomics Research Assistant with the Digital Industrial Ergonomics and Shoulder Evaluation Laboratory as well as the Occupational Biomechanics and Ergonomics Laboratory.

While completing her degrees, Amy has worked both as an ergonomics researcher and practitioner. She has gained valuable experience working in a variety of industries such as automotive manufacturing and assembly, textile plants and the office environment. Her research has examined the measurement of hand forces in occupational settings to characterize prehensile capabilities of the human hand, the determination of the spatial dependency of shoulder muscle demands while exerting forces at the hand, and participatory ergonomics.

Amy is a member of the Association of Canadian Ergonomists and is currently applying for the Associate Ergonomist (AE) designation from the Canadian College for the Certification of Professional Ergonomists.