

# Kaysey Aguilar

DRPH, MPH, CHES, AEP

## Education

2019-2022 **Texas A&M University**  
**DrPH Public Health Sciences**  
Environmental Track  
Concentration in Occupational Health and Safety

### Dissertation

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**

## 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.

## Work Experience

June 2024 - present	<b>Instructional Assistant Professor</b> Texas A&M University College Station, TX - San Antonio Office
February 2023- May 2024	<b>Post-doctoral Research Associate</b> Texas A&M University College Station, TX
January 2023	<b>Program Aide</b> Texas A&M University College Station, TX
2022 - Present	<b>Ergonomics Evaluator</b> Texas A&M University College Station, TX
2019-2022	<b>Graduate Teaching Assistant</b> PHLT 330, The Environment and Public Health Texas A&M University College Station, TX
Summer 2021	<b>Laboratory Safety Group Intern</b> Department of Environmental Health and Safety Texas A&M University College Station, TX
February, July 2021	<b>Ergonomics Specialist</b> M-erg Houston, TX
Summer 2020	<b>Regulatory Affairs Intern</b> Janssen Pharmaceuticals Remote work internship
2017-2019	<b>Health Promotion Specialist</b> Health Promotion Office Texas A&M University College Station, TX <ul style="list-style-type: none"><li>• Summer 2019 Supervised Master's-level practicum student</li></ul>
2016-2017	<b>Graduate Assistant</b> Health Promotion Office Texas A&M University College Station, TX
Summer 2016	<b>Telehealth Counseling Clinic</b> Volunteer Texas A&M University College Station, TX

## Research Activities and Publications

- 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
- 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: Dr. 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.
- 2024              **Journal Papers in Review**  
**Aguilar, K.**, Smith, M., Payne, S., Zhao, H., & Benden, M. “A Two-year Follow-up Study of Musculoskeletal Discomfort, Physical Activity, and Computer-Use Metrics in Office Workers after Long-term Remote Work.”  
Submitted to: Work
- Mantooth, W., **Aguilar, K.**, Zhu, Y., Shortz, A., Rhee, J., Benden, M., Mehta, R. “Impacts of chair adjustability on cognition, productivity, and usability.”  
Submitted to: Human Factors
- 2024              **Journal Papers Published**  
Salzar, T. L., **Aguilar, K.**, Smith M. L., Pickens, A. W., Han, G., Anderson, G., & Benden, M. E. (in-press). Stand-capable workstations reduce occupational sedentary time among administrative workers. *IJSE*

*Transactions on Occupational Ergonomics and Human Factors*, (in-press).

2024 **Aguilar, K.**, 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>

## **Presentations and Invited Lectures**

2024 **Guest Lecture**  
"Emerging Technology & Ergonomics"  
PHEO 679 Ergonomics of the Upper Extremities  
Texas AM University  
College Station, TX

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  
Newark, DE

2022 **Guest Lecture**  
"Environmental Health and Safety"  
PHLT 303 Social Context of Population Health  
Texas A&M University  
College Station, TX

2018 **Career Conference Presentation**  
School of Public Health Career Conference  
Texas A&M University  
College Station, TX

## Honors, Awards, Grants

March 2023	<b>CNA Student of the Year Award</b> 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	<b>Southwest Center for Occupational and Environmental Health Education and Research – Pilot Project</b> Contract: \$10,000 PI: Mark Benden Co-I: Kaysey Aguilar “Musculoskeletal discomfort, physical activity, and workstation type: A follow-up study of traditional office workers after long-term remote work”
2019-2021	<b>NIOSH</b> NIOSH Training Project Grant

## Professional Affiliations

2020-present	<b>American Society of Safety Professionals</b> Member
2020-present	<b>The Institute of Industrial and Systems Engineers</b> Member
2020-present	<b>Applied Ergonomics Society</b> Member

## Professional Service

2021-present	<b>Co-chair, Applied Ergonomics Conference</b> Students and Emerging Professionals Committee Applied Ergonomics Conference
Fall 2023	<b>Proposal Reviewer</b> Undergraduate Research Scholars Texas A&M University College Station, TX
Spring 2023, 2024	<b>Grant Reviewer</b> Southwest Center for Occupational and Environmental Health Pilot Projects Research Training Program
2022	<b>Guest Judge, Capstone Class Projects</b> PHLT 445 Capstone Texas A&M University College Station, TX
2018-2019	<b>Departmental Risk Management Committee</b> Member Department of the Offices of the Dean of Student Life Texas A&M University College Station, TX

## Community Service

2019-present	<b>Green Dot</b> Volunteer Violence Prevention Instructor Texas A&M University College Station, TX
2020-2022	<b>Interprofessional Relationship Outreach Network</b> Student Organization Founding Member Secretary/Treasurer '20-'21 Treasurer '21-'22 Texas A&M University College Station, TX
2016-2017	<b>Telehealth Counseling Clinic</b> 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 #30606
2022-present	Associate Ergonomics Professional #2533

## Skills

Teaching

Google Dialogflow

Digital Human development

Stata statistical software

Developing and delivering presentations

RULA, REBA ACGIH HAL-TLV, Snook tables, NIOSH lifting equation

Creative and technical writing