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# Kaysey Aguilar

DRPH, MPH, AEP, CHES

## Education

2019-2022	<b>Texas A&amp;M University</b> <b>DrPH Public Health Sciences</b> 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	<b>Texas A&amp;M University</b> <b>MPH Health Promotion and Community Health Sciences</b>  Certificate in Prevention Science
2010-2014	<b>University of Texas – Pan-American</b> <b>BS Biology</b>  Cum Laude <b>Minor in English</b>

## Work experience

July 2024 - present	<b>Instructional Assistant Professor</b> Texas A&M University College Station, TX San Antonio Satellite Office
February 2023- July 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
2012-2014	<b>Student Researcher</b> South Texas Border Health Disparities Center University of Texas – Pan-American Edinburg, TX
2012-2014	<b>Sophomore Academic Mentor</b> University of Texas – Pan-American Edinburg, TX

## Honors, awards, grants

March 2023	<b>CNA Student of the Year Award</b> <ul style="list-style-type: none"> <li>• 26th Annual Applied Ergonomics Conference</li> <li>• 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.</li> </ul>
2021	<b>Southwest Center for Occupational and Environmental Health Education and Research – Pilot Project</b> <ul style="list-style-type: none"> <li>• Contract: \$10,000</li> <li>• PI: Mark Benden</li> <li>• Co-I: Kaysey Aguilar</li> <li>• Title: Musculoskeletal discomfort, physical activity, and workstation type: A follow-up study of traditional office workers after long-term remote work</li> </ul>
2019-2021	<b>NIOSH</b> NIOSH Training Project Grant

## Research experience & publications

2021-2022	<b>Dissertation</b> Texas A&M University College Station, TX Advisor: Dr. Mark Benden <ul style="list-style-type: none"> <li>• “Understanding and Alleviating Musculoskeletal Disorders in Remote Office Workers: A Follow-up Study and Intervention”</li> </ul>
2012	<b>Independent Student Research Project</b> University of Texas Pan-American Edinburg, TX Advisor: Suad Ghaddar <ul style="list-style-type: none"> <li>• “Health Habits and Perceptions of Hispanic College Students”</li> <li>• Selected to represent the university for the 2013 Texas Undergraduate Research Day at the Capitol.</li> </ul>

## 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)