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

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. *IIE 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

		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 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 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)