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Ms. Enos is an occupational health nurse and certified professional ergonomist with over 25 years of work and consulting experience in industrial and health care ergonomics. She holds an undergraduate degree in nursing and a graduate degree in human factors from the University of Idaho. Ms. Enos is a certified occupational health nurse (COHN-S) and certified professional Ergonomist (CPE). She is also certified as a lean six sigma green belt practitioner through the Institute of Industrial Engineering.

Ms. Enos has provided comprehensive ergonomics consulting services to over 200 companies including health care, manufacturing, semiconductor, wood products, and services sector facilities nationwide. Her work experience includes ergonomics and safe patient/resident handling program development, facilitation and measurement; work process, facilities and equipment design; and conducting a wide variety of training programs that assist clients to reduce the risk of occupational injuries and human error, and optimize system performance.

She has provided consultation in safe patient handling (SPH) and ergonomics for over 40 hospital facilities, and for public health clinics and home health and hospice services for up to 6 years per facility.

Prior to working in occupational ergonomics, Ms. Enos worked as a nurse midwife, staff nurse in NICU, home health care, med-surg, and nursing homes in the UK and as a staff nurse in neuro, and rehab and as an operations manager for 5 outpatient clinics in the US.

Ms. Enos has authored numerous technical presentations made at national and international conferences, and published several articles and a book chapter advocating for SPH and Ergonomics programs.

Ms. Enos co-authored the Federal OSHA Guidelines for Nursing Homes: Ergonomics for the Prevention of Musculoskeletal Disorders (2003). She was a contributor for the American Nurses Association (ANA) Interdisciplinary Safe Patient Handling and Mobility Standards 2013, and the American Association for Safe Patient Handling and Movement "Healthcare Recipient Sling and Hanger Bar Compatibility Guidelines" published in April 2016.

Ms. Enos was the principle investigator for the Oregon OSHA Facility of Choice (FOC) safe patient handling research pilot project for critical access hospitals and advisor for the same pilot project in nursing homes from 2007 through 2011.

Ms. Enos is the co-chair of the Oregon Coalition for Health Care Ergonomics (OCHE) since 2003 and a past President for the Board of Certified Professional Ergonomists (BCPE). She is also a member of the NORA Healthcare and Social Assistance Sector Council 2017 and ISO/TC 173/WG 13 committee for the revision of ISO standard 10535:2006 Hoists for the transfer of disabled persons — Requirements and test methods.

In 2014, Ms. Enos received the Ergonomics Professional of the Year Award from the Puget Sound Human Factors and Ergonomics society.

She is also the recipient of the 2017 Advocacy Award for Safe Patient Handling awarded by the Tampa VA Research and Education Foundation and the Association of Safe Patient Handling Professionals.

She is an active member of several professional organizations including:

- American Association of Occupational Health Nurses (AAOHN)
- American Nurses Association (ANA)
- American Society of Safety Engineers (ASSE)
- Human Factors & Ergonomics Society (HFES)
- Institute of Industrial Engineers (IIE)
- International Ergonomics Association (IEA)