



Catherine Smallman MSc Kin, AE
Ergonomist

Catherine completed her undergraduate degree in Kinesiology at the University of New Brunswick in Fredericton in 2009. She completed her Masters of Science in Kinesiology, with a specialty in Ergonomics and Occupational Biomechanics, at Queen's University in Kingston in 2012.

As a researcher, Catherine focused on coordination differences during specialized load carriage techniques used by professional movers. She was also involved in field and laboratory testing of two types of on-body ergonomic aids designed to reduce workloads during lifting and load carriage.

As a consultant for the Queen's Ergonomic Consulting Program, Catherine performed a wide variety of ergonomic projects, which have provided her with experience in both office and industrial workplace settings. Catherine has designed and taught multiple ergonomic educational seminars in a variety of workplaces. Additionally, as a Kinesiologist in a physiotherapy clinic, Catherine has worked as part of a multidisciplinary team providing rehabilitation through exercise programs and modality treatments.

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