

Contact

Turku area, South-South-West-Finland | WOW the Turku-Archipelago is just great for sailing or cross-country skiing in winter when frozen solid
+358 pls email me (Mobile)
letampe@gmail.com

www.linkedin.com/in/ltamminen
(LinkedIn)
plus.google.com (Other)
tinyurl.com/leenatamm (Blog)
ergonomiakoulutus.blogspot.fi
(Blog)

Top Skills

Risk Assessment
Safe Patient Handling
Musculoskeletal

Languages

Finnish (Native or Bilingual)
English
German

Honors-Awards

Työympäristötyön kultainen erityisansiomitali - Special Work-Environment works gold medal 2016
Certificate of Honour 2007
Ergonomics award: 2006
Working Environment Development Medal of Merit 2006
Ergonomics award: 1993

Publications

Fyysisten riskien hallintamalli hoitoalalla
Potilaan siirtymisen ergonomisen avustaminen
A Management Model for Physical Risks in the Care Work
Potilassiirrot - Taitava avustaja aktivoi ja auttaa

Leena Tamminen-Peter

PhD OH Ergonomist, Researcher, Author, Consultant, Lecturer, Educator Health- Home-Care, EESPHMadvocat easing care
Turku, Southwest Finland, Finland

Summary

BuildYourOwn Occupational Health Economic Ergonomic Safe Patient Handling Movement EESPHM scheme
InYourCountryreceiveMyassistance tinyurl.com/yar6ulxl
✓INVITESfromMostIn MYfield Iaccept in background photo ➡ noIDK
✓MyPDF-introduction tinyurl.com/LTPintrod ➡ zoomable with hyperlinks ✓MyActivities tinyurl.com/LTPinAct
✓EESPHMadvocate, PTtrained InErgonomics, assistingSince76InProblem-solving inOffices, Hosp,Mfr,shipbuilding, ServiceFields,Kitchen,Cleaning etc ImplementingConcepts OfHealthy BodyMechanics&WorkstationDesignForTheBenefitOfInjured&Workers SeekingToPreventInjury
FoundingMemberOf
✓sotergo.fi
✓tyofysioterapeutit.fi
✓IPPHE tinyurl.com/IPPHE-IN-GROUP
MEMBER of
✓ISO/TR 12296 Ergonomics tinyurl.com/ISOTR12296 WritingGroup article <https://tinyurl.com/12296art>
Est. ErgocareBank group tinyurl.com/ERGOCAREBANK & posters <http://tinyurl.com/PoEe1Mull>
✓spec. in ergonomics consultancy & Edu.ToAchieve ROI (Ergonomics equates to Economics)& PREVENTSorReduces WorkRelatedMusculoskeletalDISORDERS #WMSDs &INJURIES
Objective:PROMOTE
EmployeeEfficiency,health&comfortByProvidingErgonomicWorksite assessments,research&consultation toComp,Towns,State&HealthcareFacilities

DEVELOPED & UPDATES the Finnish 'Ergonomic patient handling card®' -Edu. scheme package tinyurl.com/SotErgK

see Honors & Awards

Ergonomia -tilauskoulutusta -luennointia -konsultointia ymp v
tinyurl.com/ErgoBlogsp OtaYht

- ✓AIM substituteMovingClientsTraining,insufficientlyTaughtAtVoc.
colleges&polytechnics,with in-depth
NoLiftPolicy Edu,assisting health carers InUpdating
SkillsTActivate&HelpClients withAslittleAs
PossibleStrain ToTheirOwn MS
SEErighPanel Cont&PersInfo
- ✓G SCHOLAR tinyurl.com/LTamminen-Peter
- ✓RESEARCH GATE tinyurl.com/letampe facebook.com/DrLTP
linkedin.com/today/author/ltamminen
- 2013 oppikirja: #potilassiirrot Taitava avustaja aktivoi ja auttaa |
Patient Handling Textbook A skilled assistant activates & helps
- ✓Key Words: #rehab #patienthandlingtextbook #eesphmadvocate

Experience

Economic Ergonomic Safe Patient Handling Movement Home-
ElderCare Edu.PROMO @ ES

PhD, T.P.T., Ergonomist, Researcher, PT, Lecturer, Consultant,
Promoter, Author, #eesphmadvocate

2010 - Present

Turku

Projects see accomplishments.

LinkedInSummary <https://tinyurl.com/yabop6vg>

✓ As EESPHMadvocate I am coaching Carers InReducing physical
loads,avoiding pain & musculoskeletal disorders WhileTheyArePerforming
Patient Handling Movement in an Economic Ergonomic Safe
manner.ThisIsResultingInFewerCostly sick leave days & may prevent
ForcedEarlyRetirement.Thus EESPHM is Economic ForAll, carers, workplaces
& society while beneficial AlsoTo patients.

✓ letampe@gmail.com, PhD, T.P.T., PROMOTOR of Economic Ergonomics,
researcher, nursing teacher, physiotherapist, lecturer, consultant &
ergonomist, author in health-care ergonomics, educator of #sphm, Single
Handed Care #shc. Ergonomic SHC #eshc, Economic Ergonomic Safe Patient
Handling Movement | Mobility EESPHM

✓ Specialisations: #musculoskeletal, #riskassessment, Advocate & Proponent of Soc. Health-Care & Ergonomic Economic Safe Patient Handling Movement | Mobility) SPM EESPM,

✓ Goal: Educating Physiotherapists, Nurses, Health Care Nurses, Occupational Health Care Nurses, Registered Nurses, Study Nurses in applying a #noliftpolicy when handling clients in order to reduce ergonomic injuries. Persuading companies, towns, state and health care facilities that Ergonomics equates to Economics.

✓ Education: open- or chartered, tailored ergonomics training courses ToComplementExisting in-house training.

Wealth by Occupational Health. #wealthbyoccupationalhealth

✓ Cooperation, among others with: healthcare industry and institutes, assistive device providers, vocational colleges, polytechnics and the Leonardo Da Vinci EU project #ergocarebank group tinyurl.com/ERGOCAREBANK.

ErgocareBankweb page: ergocarebank.com #ecbspm

Coordinated the final free International Conference 17-18.9.2015 on Kefalonia, Greece.

✓ Mentoring Master and PhD candidates.

✓ Keywords: Economic Ergonomic Safe Patient Handling Movement | Mobility ESPHM SPM #eespm Educate Advocate Promote #eespmadvocate #sopmas #physicaltherapy #home #elder #health

ES

Manager

2010 - Present

Finland

Finnish Institute of Occupational Health - Työterveyslaitos

33 years 7 months

Specialized Research Scientist

2006 - December 2009 (4 years)

Turku, Finland

For projects see accomplishments.

✓ Participated in international collaborations to develop guidelines like ISO Technical Report entitled "Ergonomics - Manual handling of people in the healthcare sector," (ISO/TR 12296: 2012), and in EU-projects. ✓ DEVELOPED & LAUNCHED the 'Ergonomic patient handling card®' -

educational scheme package = the national ergonomic teaching scheme of patient-handling in healthcare education whose

✓ Aims are to:

Reduce injury rates workers' compensation costs and lost-time incidents, minimise insurance claims, increase safety and productivity gains, optimise well-being in the workplaces and patient safety.

✓ Health Care and Social Services, Economic Ergonomist, PhD, MHSc, occupational health OH, physiotherapist, researcher, trainer, lecturer and consultant in ergonomics. OHEE advocate.

✓ Interests:

Arts & Cultures, Photography, Orienteering, Cross-country skiing, Mushroom collecting, Nature, Travelling to discover the remaining gems & savour culinary delights and interact with locals.

Key Words: #care #carer #caregiver #phd #health #safe # safety #oh #occupational #occupationalhealth #riskassessment #safepatienthandling

Researcher

January 1997 - December 2005 (9 years)

Turku

For projects see accomplishments.

As MHSc I developed, together with Dr Virpi Hantikainen, the SOPMAS - taxonomy #sopmas. The evaluation meter was published in 2004 in Finnish <https://tinyurl.com/SOPMASfi> | later translated into English <https://tinyurl.com/SOPMASen> and German <https://tinyurl.com/SOPMASde>. I advocate Ergonomic Safe Patient Handling & Movement (ESPHM).

Carried out Ergonomics and Musculoskeletal Disorder Research #WMSDs took care of Personnel Education in SPHM to prevent or at least reduce musculoskeletal disorders & injuries. Was Consulting & Lecturing in Ergonomics and advocated for both healthcare staff and clients' well-being.

Assistant Researcher

April 1983 - December 1996 (13 years 9 months)

Turku

For projects see accomplishments.

Ergonomics and Musculoskeletal Disorder #WMSDs Research Ergonomics Consulting & Lecturing & #sphm Education of Care Personnel (Fysioterapeuti, Lähihojtaja, Sairaanhoitaja, Physiotherapists, Nurse, Health Care Nurse, Occupational Health Care Nurse, Registered Nurse, Study Nurse, [later Carer(s)]) in preventing or at least reducing musculoskeletal disorders &

injuries. Since 1991 as MHS. For Patient Handling Courses I attended 1991 - 1997 see attached Link

Occupational health physiotherapist

June 1976 - March 1983 (6 years 10 months)

Turku

For projects see accomplishments.

Healthcare Ergonomics and Patient Safety. Ergonomics problem solving involving specialist health surveillance, monitoring, interventions and evaluations.

Ergonomics and Musculoskeletal Disorder Research & Care Personnel Education in SPHM to prevent or at least reduce musculoskeletal disorders & injuries #WMSDisinjuries . Ergonomics Consulting & Lecturing.

National Hospital for Neurology and Neurosurgery

Physiotherapist

May 1974 - August 1975 (1 year 4 months)

London

National Hospital for Neurology and Neurosurgery formerly National Hospital for Nervous Diseases

Kela Rehabilitation Centre of National Insurance Institute

1 year 8 months

Superintendent Physiotherapist

August 1973 - May 1974 (10 months)

Turku

Physiotherapy for musculoskeletal and heart patients

Physiotherapist

October 1972 - August 1973 (11 months)

Turku

Physiotherapy for musculoskeletal and heart patients

Turku University Hospital

Physiotherapist

July 1971 - September 1972 (1 year 3 months)

Physiotherapy in neurological & children clinics

Uppsala University Hospital

Physiotherapist

November 1970 - May 1971 (7 months)

Uppsala

Physiotherapy in several clinics.

Finnish Red Cross

Physiotherapist

May 1969 - October 1970 (1 year 6 months)

Turku

Physical Therapist

Education

Turun yliopisto

Doctor of Philosophy (PhD), Medical faculties · (1995 - 2005)

Turun yliopisto

Master of Health Care, Hospital and Health Care Facilities Administration/
Management, Hospital and Health Care Facilities Administration/
Management · (1988 - 1991)

Turku University of Applied Sciences

Teacher of Nursing Science, Pedagogic, Physiotherapy · (1980 - 1983)

Metropolia Ammattikorkeakoulu - Helsinki Metropolia University of
Applied Sciences

Physiotherapist Specialist, Advanced Physiotherapy · (1975 - 1976)

Pitman Training Group

FCE, English Language and Literature, General · (1974 - 1975)