



# AMERICAN INDUSTRIAL HYGIENE ASSOCIATION



## Pittsburgh Local Section Newsletter January / February 2016

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### Register NOW February 2016 President's Luncheon!

### AIHA Strategic Plan Update and State of the Association

**Speaker: Dan Anna, Ph.D., CIH, CSP  
National AIHA President**

The Natl. AIHA's Strategic Plan was in the initial stages last year when Dan visited -- The Board has just approved the Plan during their last meeting. Dan will discuss the final version and provide an overview of some of the implementation activities that support the plan. He will also discuss recent activities and upcoming events.

### Event Information:

**Date: Thurs. February 25, 2016**

**Time: 12:00 - 3:00 PM**  
(lunch followed by presentation)

**Location: [The LeMont, Pittsburgh PA](#)**

**Cost: \$30 Member/Non-Member  
\$20 Students**

**Lunch:** Honey Soy Glazed Salmon, Chicken Marsala, Grilled Chicken Caesar Salad  
**Drink Ticket** sponsored by Herb Layman/US Micro-Solutions, Inc.

[Register Online by February 21, 2016](#)



**Payments accepted** at the event include cash, check (payable to AIHA Pittsburgh), or by credit card through PayPal.

### Member News



**Welcome to the following new or returning members:**

**Mike McCaffrey, CIH, CSP** who has recently rejoined the Pittsburgh AIHA. We are happy to have you back!

**Dan Hagerty, CHMM**, who recently returned to Pittsburgh and is currently working as the Director, Global Product Safety for Koppers Inc., in Pittsburgh.

**Bob Judy** is the Armstrong Counties and Central Pennsylvania Sales Representative for Premier Safety and Service, Inc.

**Dana Marie Piper** is currently a sophomore at Indiana University of Pennsylvania (IUP) majoring in Safety, Health, and Environmental Applied Sciences. She is a American Society of Safety Engineers student member at IUP. Her interests include being involved in the Women in Safety Organization where she is the treasurer. Dana is also very active in the university French Club.

**Doug Dowis** recently joined the Pittsburgh AIHA when he joined the National AIHA. He currently works for SKC, Inc. in Eighty-Four, PA.

**Congratulations to Keith Rickabaugh**, Technical Director at RJ Lee Group, Inc., Monroeville, Pa., who has been awarded Certified Industrial Hygienist (CIH) status by the American Board of Industrial Hygiene (ABIH). Mr. Rickabaugh has worked in Industrial Hygiene for more than 20 years conducting field and laboratory work, and more recently, developing health and safety guidelines for nanoparticles.

**Congratulations to Pittsburgh AIHA Member Joe Hughes** who was recently inducted into the Indoor Air Quality Association's Hall of Fame for his contributions to the advancement of the science and public recognition of the field of indoor air quality. Joe "Radio Joe" Hughes and Cliff "the Z-man" Zlotnik, co-hosts of IAQ Radio, were recognized at IAQA's 19th Annual Meeting, held Jan. 24-27 in Orlando, Fla. Joe and Cliff are 2 of only 10 IAQA Hall of Fame inductees. [Read more in the IAQA Press Release...](#)





# Happenings on the Hill

A publication from AIHA Government Relations

AIHA Government Affairs—Aaron K. Trippler, Director  
[atrippler@AIHA.org](mailto:atrippler@AIHA.org)

## Headlines in Aaron's latest report (February 4, 2016) include:

- Washington in Full Election Mode
- Congress Fails to Address Major Economic Problems
- Congress and States Address Safe Patient Handling
- Occupational Safety and Health State Plans in the News
- Can Workplace Safety Violators be Prosecuted?

- The Regulatory Outlook for Remainder of 2016
  - \* Silica
  - \* Beryllium
  - \* Safety and Health Management Guidelines
  - \* Combustible Dust
  - \* Recordkeeping Rule

The full report is available to view / download on the Pittsburgh AIHA Website. [See the post on the homepage.](#)



## Meeting Review— January 21, 2016 ISO45001 Presentation

Submitted by Matt Zock, FedEx Ground, Director-Pgh. AIHA

Thank you to the members and non-members that were in attendance on January 21st for a presentation on ISO45001. The presentation and discussion were facilitated by Pam Walaski, CSP, CHMM, Director, Health & Safety for GAI Consultants, Inc. GAI is an engineering, planning, environmental, and economic consulting firm headquartered in Pittsburgh, PA. The event was held at the Walnut Grill in Bridgeville, PA where 35 participants enjoyed lunch before the presentation.

ISO45001 Occupational Safety and Health Management Systems is an international consensus standard under development. The proposed standard is intended to provide a framework for any organization, regardless of size or international presence, to continuously improve safety and prevent occupational injuries and illnesses. Through Ms. Walaski's involvement in the standard setting process, she was able to provide the audience with an insider's perspective, as well as provide insights into the benefits and challenges US organizations may face when considering and/or implementing the standard requirements in their own organizations.

The following attendees participated in the event:

- Loren Anderson, Golder Associates, Inc.
- George Bender, GHB Consulting Services LLC
- Ken Bird, Woodard & Curran

- Dave Bittner, FedEx Ground
- Renee Cowell, Westmoreland County Comm. College
- Carol Delfino, SE Technologies, Inc.
- Matt Dennis, Premier Safety & Service, Inc.
- Irwin Dobrushin, IJD Environmental Health and Safety LLC
- Scott Ecoff, Covestro, LLC
- Mike Evers, FedEx Ground
- Joni Ferrara, Kop-Coat, Inc.
- Dan Flanagan, Port Authority of Allegheny County
- Steve Giatroudakis
- Dennis Kelly, Sunoco Logistics Partners LP
- Christy Kirsch, SE Technologies, LLC
- Michael McElhinny, Colden Corporation
- Liz McGuire, FedEx Ground
- Jan Oleszewski, US Dept. of Labor-OSHA
- Tad Pajak, QBE North America
- Helmut Paschold, IUP Safety Sciences
- Chris Peightal, KTA Tator, Inc.
- Frank Pokrywka, University of Pittsburgh
- Keith Rickabaugh, RJ Lee Group, Inc.
- Rob Rinto, FedEx Ground
- Bernie Sersevic, Bettis Power Laboratory
- Raffie Sessa, RCS Health & Safety Consulting, LLC
- William Smith, Slippery Rock University
- Steve Stockton
- Michael Swintek, Eastern Alliance Insurance Group
- JT Tempalski, FedEx Ground
- Pam Walaski, GAI Consultants, Inc.
- Michael Wentzel, East Liberty Workwear
- Dietrich Weyel, Occupational Health Consultants, Inc.
- Andy Wright, Blue Mountain Env. Mgmt. Corp.
- Matt Zock, FedEx Ground



## Pittsburgh AIHA Local Section Election 2016 Candidates

*The candidates running for office in the Pittsburgh AIHA Local Section Election are listed below. Later in February an online ballot will be sent to Pittsburgh AIHA members.*

### **President-Elect—Matt Zock, MS, CIH**

Matt is an Industrial Hygienist for FedEx Ground's Safety Advisory Center in Moon Township, PA. In his current role he serves a safety & health advisor for internal and external stakeholders, and contributes to enterprise-level preparedness and response initiatives. Previously he worked as an Industrial Hygienist and Project Manager for RJ Lee Group in Monroeville, PA and New York, NY. Matt is an active member of the AIHA at the national level, volunteering with the Ergonomics Committee and Healthcare Working Group where he previously lead a sub-team focused on hazardous drugs. He is a 2014 graduate of the AIHA Future Leaders Institute. Matt holds a M.S. in Environmental and Occupational Health Sciences from Hunter College in New York City and a B.S. in Biology from Clarion University.

### **Treasurer (2-year term) - Maureen Kelly**

An active member of the National section of AIHA since 2012, the Pittsburgh section since 2006, and Treasurer since 2008, Maureen Kelly is seeking re-election as Treasurer for another two year term. Maureen has more than 15 years of experience in the environmental conservation and industrial hygiene industries, with eight years of laboratory and project management. She also has analytical experiences with PLM, PCM, TEM and Micro. Maureen obtained her Bachelor of Science degree in Earth Science from Clarion University of Pennsylvania, and is currently the Laboratory Manager for EMSL Analytical, Inc. in Pittsburgh. Additionally, she is a five year member and Treasurer of the West Homestead Volunteer Fire Department.

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### **Director (2-year term) - Keith Rickabaugh, CIH**

For over 20 years, Keith has been providing technical consulting and project management services in the industrial hygiene field. As a Technical Director at RJ Lee Group (Monroeville, PA) he uses applied sciences and modern instrumental analyses techniques to support commercial, industrial, and government clientele. He has a broad range of experience in occupational exposure recognition, evaluation, measurement and control. Keith is an active participant in both the AIHA Nanotechnology Working Group (NTWG) and the AIHA Sampling Laboratory and Analysis Committee (SLAC). He has a BS in Materials Science and Engineering from Penn State University (1991) and an MBA from Robert Morris University (2000).

## 2016 Membership Dues Collection—Ongoing

Submitted by Christy Kirsch, SE Technologies, LLC—Corresponding Secretary—Pittsburgh AIHA



There are a number of Pittsburgh AIHA members that have not renewed their membership / paid their membership dues. An email was sent the week of February 9 to those members requesting a response. There are several ways to renew your membership—either through the National AIHA, or directly to the Pittsburgh AIHA. Details are provided below and also posted on our homepage.

### Payment through National AIHA--

Visit [AIHA.org/membership](http://AIHA.org/membership), where either national or non-national AIHA members can pay online through this link. National AIHA members, please remember to check the box for Pittsburgh local section dues when you submit your payment. Non-national AIHA members who have paid through Natl. AIHA can log in with their previously created user ID/password. If you have not created a profile, you will need to "[Sign Up as a New Individual](#)" to be able to pay through National AIHA. You can also visit the National AIHA Membership page for more information.

### Payment through Pittsburgh AIHA--

There are two options listed on our homepage -

1. [Download the PDF Member Dues Invoice Form /](#) fill in and send with payment as directed on the form.
2. [Click the PayPal "Pay Now"](#) link to pay with a credit card through PayPal. No PayPal account is needed, just a credit card. (If you would like to process your payment over the phone, please call Christy at 412-789-4254.)

**Still not sure???** *If you have any questions*, or want a paper invoice sent via U.S. Mail, please contact Christy at [ckirsch@pittsburghaiha.org](mailto:ckirsch@pittsburghaiha.org) or 412-789-4254.

## AIHA Pittsburgh Sponsors The 77th Covestro Pgh. Regional Science & Engineering Fair

Submitted by Maureen Kelly, EMSL Analytical, Inc. Treasurer-Pittsburgh AIHA

The Covestro Pittsburgh Regional Science & Engineering Fair will celebrate its 77th year of open competition of research projects in the fields of science, mathematics, and engineering on April 1-2, 2016 at Heinz Field. This competition is open to all students in grades 6-12 from the 23 counties within Western Pennsylvania and one county in Maryland. The Science Fair has been a Pittsburgh tradition since 1940. It is also the third oldest science fair in the United States under the affiliation of Society for Science and the Public, which facilitates the International Science and Engineering Fair.

In 2015, more than 1,100 students from over 100 schools competed for \$1M in cash prizes, scholarships and trips. The 2015 Science Fair was presented by FedEx Ground, United States Steel Corporation and various foundations, universities, colleges, industries, corporations, and professional societies.

Once again the Pittsburgh AIHA is participating in this event in two ways – we are a proud sponsor, and four of our members will serve as judges and award two cash prizes to student projects related to the Industrial Hygiene industry. For more information, visit: <http://www.scitechfestival.org>.

**AIHce2016**  
INNER HARBOR BALTIMORE + MAY 21-26

The **American Industrial Hygiene Conference & Exposition (AIHce)** is the must-attend experience of the year for IH/OH professionals worldwide. Join thousands of your colleagues for world-class education and networking opportunities, taking place May 21-26, 2016 in Baltimore, Maryland.

**AIHA** OCT 24 - 25, 2016 ★ SAN ANTONIO, TX  
**Fall Conference**

Have conversations that matter at **AIHA Fall Conference**—the best opportunity of the year to network with colleagues in a collaborative, intimate and engaging environment. AIHA Fall Conference has something for everyone, whether you are a student, a mid-level professional or have been in the profession for years.



## December 2015 Meeting Minutes

[The minutes were recently posted on the website](#) for

review and comment. Minutes will be approved at the July Business Meeting TBA.

## Registration is Now OPEN! Pittsburgh AIHA March 30 Event Safety, Health and Wellness in Transportation - A Discussion of Current Research and Practice



Registration is now open for this 1/2-day event to be held on Wednesday, March 30 at the Meadows Casino and Conference Center, Meadowlands, PA. **Register online - see the Meeting Announcement / Registration page on the website.**

**Abstract:** A recent NIOSH study reported higher rates of some health risk factors including obesity and smoking among U.S. long-haul truck drivers compared to the working population suggesting a need for targeted interventions and continued surveillance. Current NIOSH efforts are currently exploring safety and health risks associated with short-haul drivers. This session will discuss the research, implications, and potential solutions for safety, health and well-being of on-road fleet workers. The NIOSH Total Worker Health (TWH)<sup>®</sup> approach will be introduced, as well as other industry approaches to workplace wellness in the trucking industry. (Session length: Approx. 3 hours of technical content time)

### Event Agenda:

- 11:15 - 11:30 AM.....Arrival and check-in
- 11:30 - 12:30 PM.....Buffet Lunch
- 12:30 - 12:45 PM.....**Announcement of proposed NIOSH Educational Research Center (ERC)**  
.....(Special Guest Joel Haight, University of Pittsburgh)
- 12:45 - 1:15 PM.....**The Long-haul Truck Driver Study** (Karl Sieber, NIOSH)
- 1:15 - 1:45 PM.....**Considering Work and Short-haul Drivers' Health** (Jeannie Nigam, NIOSH)
- 1:45 - 2:15 PM.....**Total Worker Health<sup>®</sup> Presentation** (Kellie Pierson, NIOSH)
- 2:15 - 2:30 PM.....Break
- 2:30 - 3:00 PM.....**Wellness in the Transportation Industry** (Kris Corbett, Wellness Coaches, USA)
- 3:00 - 3:30 PM.....(Proposed Title) **Challenges of Chronic Pain and Drug Use in Transportation**  
.....(Joe Kopko, Hub International)
- 3:30 - 4:00 PM.....Discussion and closing remarks



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## MASHA, INC.

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**- - Save The Date - -**

**MASHA 2016 Conference—**  
**Thursday, April 28, 2016**

*Regional Learning Alliance Center,  
Cranberry Township, PA*

**Mid-Atlantic Safety and Health Alliance, Inc. (MASHA)** is pleased to announce their 2016 Safety and Health Conference which will feature the following educational tracks:

- General Industry
- Construction
- Oil and Gas Extraction

CEU's will be available for conference participants.

**Details and online registration will be available late February.**

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## Fit Test Adapters

Are necessary to interface between the respirator and the fit tester. Adapters connect where the APR cartridges or SCBA air hose connects to the respirator. Premier Safety can provide you with the necessary adapters for some of the industry's top manufacturer's respirators including 3M, Dräger, Scott, MSA, North Safety, Survivair, and many more.

## Using New Technology to Find Chemical Smoke Residue

*Restoration & Remediation - Jan. 26, 2016 - Dr. Alice Delia  
(Submitted by Frank Pokrywka, Secretary Pgh. AIHA)*

Fire and smoke damage can be one of the most challenging remediation tasks. There's the actual damage from the fire, which is relatively straightforward, and then there's the smoke. Smoke can travel surprisingly far, especially when circulated by an active HVAC system or pushed by fast-moving air currents.



Most post-fire measurements and remediation efforts are focused on the smoke particulate (soot, char, and ash), but addressing these does not always remove the accompanying gaseous chemical contamination. The most crucial chemical components for long-term contamination are the volatile organic compounds (VOCs) and semi-volatile organic compounds (SVOCs). These chemical constituents are primarily responsible for the characteristic smoky odor, the source of countless complaints, and many health concerns, especially regarding respiratory and eye irritation as well as more serious chronic conditions.

### *What can measurements show about smoke contamination?*

Evaluation of the soot, char, and ash has long been the industry standard for smoke remediation because there are several methods that can be used to measure particulate contamination. However, there is little consensus regarding which specific method(s) should be used or agreement concerning what constitutes a clean or "smoke-free" level. IESO/RIA 6001 (Evaluation of HVAC Interior Surfaces to Determine the Presence of Fire-Related Particulate) provides some measurement guidance, but is limited to the HVAC system. ASTM D1506 determines ash content by measuring carbon black, but it is not always effective in smoke contamination assessments. The lack of universal methods and guidelines can lead to conflicting results based on which test is performed and which laboratory performs that test, leaving remediators with a lot of uncertainty.

The case is worse for chemical contaminants – there aren't any guidelines at all. For a long time, the chemical residues were simply too difficult to measure or evaluate. Sometimes very limited chemical data was collected, typically acrolein concentrations, but this chemical indicator is only useful in certain situations and is not reliable for evaluating smoke contamination more than a few weeks after the fire occurred. Essentially, it was used because it was available, not because of the intrinsic value.



Recently, more comprehensive chemical testing to assess smoke contamination was developed by Prism Analytical Technologies, a company that has specialized in chemical measurement technologies for air for over 20 years. This method is based on the use of several chemical indicators that are relatively common to multiple types of fire and are uncommon in typical indoor environments. Incorporation of characteristic indoor chemicals is a key component to this method. Without accounting for these "normal" VOCs and SVOCs, it is far too easy to come to an incorrect appraisal of the amount of smoke residue present.

### *What's so difficult about smoke VOCs?*

It might seem as though cleaning up the smoke particulate should take care of the VOCs and SVOCs also, but they are part of different processes.

Fire is a result of combining fuel, oxygen, and heat and sustains itself with additional fuel, oxygen, and heat until one of these components is insufficient to maintain the fire. During a fire, the physical materials that burn (the fuel) decompose or break down, releasing soot, char, and ash, while the chemical components go through chemical conversion processes that produce an incredible variety of different types of chemicals. The large range of VOCs and SVOCs generated makes measurement challenging, especially since many VOCs and SVOCs created by a fire are the same as those that might be found in an unaffected indoor environment. Different fuel sources (e.g., structural framing, furniture, flooring, paint, fabrics, appliances, plastics, rubber, etc.) can change the type of chemicals formed. The smokiness of the fire also has an effect, tilting the distribution of the chemical types.

Gaseous chemical contamination can be tricky because it is not visible and may be more or less noticeable depending on the conditions, particularly temperature and humidity. These gases, both VOCs and SVOCs, are adsorbed into porous materials (e.g., carpet, foam cushions or padding, mattresses, fabrics, insulation, etc.) during the fire and subsequently form a balance, or equilibrium, with the gases still in the air. As that balance is disrupted, the gases either flow into (adsorption) or out of (emission) the porous material in order to rebalance their concentrations. So as time goes on and the VOCs in the air are removed by normal air exchange or specific clean up measures, the VOCs adsorbed into the material will slowly be re-emitted and may become noticeable months or even years later, especially on warm and humid days. This results in complaints about smoke odor.

*(Continued on page 8)*

(Continued from page 7)

Further complicating the issue is that although there can be a lot of smoke VOCs, their concentration is very low compared to all the other VOCs in indoor air. For example, one home measured in late 2013 contained only about 0.2 percent smoke VOCs out of all VOCs in that sample. After cleanup or remediation, the VOCs often increase substantially as a result of new materials used to repair or renovate the damaged areas.

### **What does the new technology do?**

Sophisticated laboratory instruments are used to identify specific VOCs and SVOCs that signify the presence of the chemical smoke residue. The different chemical types also provide information concerning the type of material (the fuel) burned during the fire and aid in determining how persistent the smoke residue might be, which also offers insight into the likelihood of recurrence of smoke odor later.

Samples are collected on-site and sent to the laboratory for analysis. The variability of chemical residues from smoke and individual situations means that the same sampling strategy may not be appropriate for every situation. Air and bulk material (e.g., carpet, heavy fabric, foam cushion or padding) samples are the most useful, providing insight into inhalation concerns in the case of recent fire and persistent contamination that could be a problem later for older fires, respectively. Other sample media may be useful in certain situations as well.

Assessment of fire and smoke damage, both before and after cleanup or remediation, can be a complex undertaking. Employing measurements of both particulate and chemical residues presents a much more comprehensive evaluation of contamination and aids remediators in implementing a more effective clean up strategy.

## **U.S. Dept. of Labor - National Safety Stand-Down Set for Week of May 2-6, 2016**

*U.S. Department of Labor Press Release, Feb. 16, 2016*

WASHINGTON - The U.S. Department of Labor's Occupational Safety and Health Administration and other federal safety agencies announced today that they have designated May 2-6, 2016, for the third annual National Safety Stand-Down. The event is a nationwide effort to remind and educate employers and workers in the construction industry of the serious dangers of falls - the cause of the highest number of industry deaths in the construction industry.

OSHA, the National Institute for Occupational Safety and Health and the Center for Construction Research and Training are leading the effort to encourage employers to pause during their workday for topic discussions, demonstrations, and training on how to recognize hazards and prevent falls.

"Falls still kill far too many construction workers," said Dr. David Michaels, Assistant Secretary of Labor for Occupational Safety and Health. "While we regularly work with employers, industry groups and worker organizations on preventing falls and saving lives, the National Safety Stand-Down encourages all employers - from small businesses to large companies operating at many job sites - to be part of our effort to ensure every worker makes it to the end of their shift safely."

More than four million workers participated in the National Safety Stand-Downs in 2014 and 2015, and OSHA expects thousands of employers across the nation to join the 2016 event. To guide their efforts, OSHA has developed the official National Safety Stand-Down web site with information on conducting a successful stand-down. After their events, employers are encouraged to provide feedback and will receive a personalized certificate of participation.

"In many workplaces, falls are a real and persistent hazard. Given the nature of the work, the construction industry sees the highest frequency of fall-related deaths and serious, sometimes debilitating injuries," said Dr. John Howard, Director of NIOSH. "Since the effort began in 2014, the National Safety Stand-Down serves as an important opportunity for both employers and workers to stop and take time in the workday to identify existing fall hazards, and then offer demonstrations and training to emphasize how to stay safe on the job."

The National Safety Stand-Down in 2016 is part of OSHA's ongoing Fall Prevention Campaign. Begun in 2012, the campaign was developed in partnership with the NIOSH National Occupational Research Agenda program. It provides employers with lifesaving information and educational materials on how to take steps to prevent falls, provide the right equipment for their workers, and train all employees in the proper use of that equipment. OSHA has also produced a brief video with more information about the 2016 Stand-Down in English and Spanish.

For more information on the success of last year's Stand-Down, see the final data report. To learn how to partner with OSHA in this Stand-Down, visit <http://www.osha.gov/StopFallsStandDown/>. The page provides details on how to conduct a stand-down; receive a certificate of participation; and access free education and training resources, fact sheets and other outreach materials in English and Spanish. To learn more about preventing falls in construction visit <http://www.osha.gov/stopfalls/>.





## OSHA Develops New Training Guidance Document

OSHA Press Release (OSHA.gov)

OSHA has developed a new guidance document that is available on their website.

The **Resource for Development and Delivery of Training to Workers** by the US Dept. of Labor / OSHA is a guide that outlines information on developing and delivering effective training to workers. Quality safety and health training helps prevent work-related injuries and illnesses. Effective training also encourages workers by educating and empowering them to advocate for safer working conditions.

More than 100 of OSHA's current standards contain requirements for training. Furthermore, a comprehensive workplace safety program needs to include training.

This guide is available to download in PDF format at <https://www.osha.gov/publications/oha3824.pdf>.

## ABIH / IPEP to Join Forces

ABIH News Release - January 25, 2016



The governing bodies of the American Board of Industrial Hygiene® (ABIH®) and The Institute of Professional Environmental Practice® (IPEP®) announce a new collaboration in 2016 to bring their respected credentials, the Certified Industrial Hygienist (CIH) and the Qualified Environmental Professional (QEP)/Environmental Professional Intern (EPI), to a wider audience of professionals. Independent governance of each organization and credential will remain intact, although the organizations will be sharing operations and management services, allowing a greater portion of existing operational resources to be allocated to innovation and outreach. IPEP operations will move from Pittsburgh, PA, to ABIH headquarters in Lansing, MI.

Read more at: <http://www.abih.org/sites/default/files/downloads/ABIH->



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