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## Welcome New Board Members

The Executive Committee met on July 16, 2014 for their annual Business Meeting. We welcomed our newest Executive Committee members, Bernie Quinn (AM Health & Safety, Inc.), President-Elect and Stan Liang (KTA-Tator, Inc.), Director, who will begin their terms later this summer. Maureen Sammons (ESML continues as Treasurer for another two years. Meeting minutes will be posted on our website when they become available.

Thank you to Steve Stockton (Past-President) who served the Pittsburgh Local Section over the last two years as President-Elect and President. Also, thanks to Raffie Sessa for serving as Director for the past two years.

### 2014-2015 Executive Committee:

**President: Thad M. Pajak, MS, CSP, CIH**  
Fireman's Fund Insurance Company  
[thaddeus.pajak@ffic.com](mailto:thaddeus.pajak@ffic.com)

**President-Elect: Bernard J. Quinn, CIH**  
AM Health & Safety, Inc.  
[bquinn@amhealthandsafety.com](mailto:bquinn@amhealthandsafety.com)

**Secretary: Frank J. Pokrywka, CIH**  
University of Pittsburgh  
[pokrywka@pitt.edu](mailto:pokrywka@pitt.edu)

**Treasurer: Maureen Sammons**  
EMSL Analytical, Inc.  
[msammons292@yahoo.com](mailto:msammons292@yahoo.com)

**Director: Dennis P. Kelly**  
Sunoco Logistics Partners LP  
[dpkelly@sunocologistics.com](mailto:dpkelly@sunocologistics.com)

**Director: Stan Liang, CIH, CSP**  
KTA-Tator, Inc.  
[sliang@kta.com](mailto:sliang@kta.com)

## Pittsburgh AIHA Treasurer's Report -Fiscal Year 2014

*Submitted by Maureen Sammons, Treasurer*

Our annual audit is underway. An official Auditor's Verification letter will be sent once completed.

In the fiscal year of 2014, we generated \$7,883.15 in revenue, and \$11,218.58 in expenses, giving us a bank balance of \$8662.00, and a net loss of \$3,335.43. Here's the breakdown:

### 2014 REVENUE

\$2,205 – Member Dues  
\$2,999 – Meeting Revenue  
\$1,846 – Corporate Sponsorship  
\$830 – Advertising  
\$3.15 – Misc. Income

### 2014 EXPENSES

\$3,976.44 – Meeting Expenses  
\$5,487.50 – Secretary Services  
\$67.46 – PayPal Charges  
\$1,687.18 – Misc. Expenses

As compared to last year, our revenue decreased by \$2,567.48, and our expenses increased by \$1,155.55. Last year's breakdown is as follows:

### 2013 REVENUE -- \$10,450.63

\$2,190 – Member Dues  
\$3,330 – Meeting Revenue  
\$1,350 – Corporate Sponsorship  
\$1,410 – Advertising  
\$2,204.33 – Misc. Income (NIOSH Stakeholders meeting reimbursement + monthly bank interest)

### 2013 EXPENSES -- \$10,063.03

\$4,524.70 – Meeting Expenses  
\$4,810 – Secretary Services  
\$72.38 – PayPal Charges  
\$655.95 – Misc. Expenses

Our Certificate of Deposit will mature on 7/30/2014. Its new balance will be \$13,412.38 (an increase of \$13.94).

And, finally, the Local Section Annual Group Exemption Report was sent to AIHA and the IRS accepted our electronic filing of the 990-N form.



**May Meeting Review -  
Noise Management and Dosimetry  
State of the Industry**

*(Submitted by Raffie Sessa, Director Pittsburgh AIHA)*

A half-day session on “Noise Management and Dosimetry – State of the Industry” was held on May 15, 2014 at The Club at Nevillewood. The session was put on by Mr. Lee Hager, COHC (Certified Occupational Hearing Conservationist), Senior Account Manager and Hearing Conservation Specialist, and Mr. Dennis Collins, COHC and Hearing Conservation Specialist; both from 3M Corporation. Mr. Hager and Mr. Collins reinforced basic principles of the physics of noise, noise measurement and dosimetry as well as the effectiveness of various types of noise controls including; Personal Protective Equipment (ear inserts and muffs) and engineering controls. More in-depth discussion was held on the most effective ways of interpreting personal noise dosimetry data. In addition, they reviewed the history of federal regulations regarding noise exposure and current status of EPA’s proposed change to the determination of Noise Reduction Ratings (NRR) for hearing protectors. Finally, they covered the use and efficacy of the new technologies and equipment available for fit testing hearing protectors. Participants had an opportunity for hands-on use of dosimetry equipment.

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accredited by AIHA.



**Thank you to the following members/guests who attended our May event—we appreciate your participation!**

- Lucinette Alvarado, AM Health & Safety, Inc.
- Loren Anderson, CIH, ROH - Golder Associates Inc.
- George Bender, CIH - GHB Consulting Services LLC
- Tom Blank, CIH, CSP - Babcock & Wilcox
- Dennis Collins, COHC - 3M
- Carol Delfino - AM Health & Safety, Inc.
- Tom DeLong CIH
- Matt Dennis - Premier Safety & Service, Inc.
- Ashleigh Downey - Chevron
- Dan Flanagan, RS/REHS, M.S. - Port Authority of Allegheny County
- Lee Hager, COHC - 3M
- Paul Hewett, Ph.D., CIH - Exposure Assessment Solutions, Inc.

- Sean James - Skelly and Loy, Inc.
- Brittany Jones, WVU IH Grad. Student
- Christy Kirsch, Corresponding Secretary -AIHA Pgh.
- Jeff Krivan - Apple Occupational Medical Services, LLC.
- Larry Macken - Orbital Engineering
- Mike McCaffrey, CIH, CHMM - Weavertown Environmental Group
- Steve McGough - Premier Safety & Service, Inc.
- Jan Oleszewski, CIH - US Dept. of Labor-OSHA
- Tad Pajak, CIH, CSP, ALCM - Fireman's Fund Insurance Company
- Mark Perriello, CIH, CSP - CBS Corporation
- Frank Pokrywka, CIH - University of Pittsburgh
- Raffie Sessa, CIH -RCS Health & Safety Consulting, LLC
- Rachel Staub - AM Health & Safety, Inc.
- Dietrich Weyel, CIH - Occupational Health Consultants, Inc.



**Member News**

**Welcome new members:**

**Jennifer Ungvarsky** is currently the Corporate Occupational Health & Safety Manager for LANXESS Corporation, with responsibilities for the United States, Canada, and Mexico. She has been with LANXESS since 2006 and has also held positions in ISO & Responsible Care Management Systems and in Product Safety & Regulatory Affairs at LANXESS, and she maintains her certification as Lead Auditor for ISO9001 and RC14001. Previous to LANXESS Corp., Jennifer worked in pharmaceutical manufacturing and in analytical chemistry and microscopy. She holds a Bachelor's of Science in Biochemistry and her MBA.

**Dave Duke**, EHS Specialist for Access Midstream, is a CIH and CSP with 14 years of experience. He pursued a BS in Chemistry and realized topics such as movies and sports were not well received at his first place of work, so he returned to school to earn a MS in Safety. This led him to a fulfilling career in EHS, an awesome wife and three great kids.

**Keenan Monaghan** is a second year graduate student at West Virginia University completing her MS in Industrial Hygiene. She received her BS in Industrial Management from California University of PA. Keenan worked for 16 years in the corrugated manufacturing industry before pursuing her master's degree. After attending the AIHce earlier in June, Keenan is really looking forward to graduating and excited to begin working in this field.

**Venkatram (Raj) Dharmarajan, CIH, PhD.** recently re-joined the Pittsburgh AIHA. Raj is an retired Bayer Employee.

**Congratulations to the following members:**

**Maureen Sammons** recently accepted a position with EMSL Analytical, Inc. in Bridgeville, PA as Laboratory Manager.

**Neal Megonnell** has accepted the position of Senior Vice President of Sales and Marketing for Haycarb USA, Inc.

**Randy Sadler, CIH, CSP** recently accepted a position as HES Director for Comtech Industries, Inc. in Canonsburg, PA.

**Tom Blank, CIH, CSP** recently accepted a position as Technical Specialist Senior Principal at Babcock & Wilcox Shaw Remediation, LLC in Pittsburgh.

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- » Materials R&D



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**AIHA** October 18-22  
WASHINGTON, DC  
**Fall Conference 2014**

**CALL FOR ABSTRACTS – POSTER PRESENTATIONS**

**Submission Deadline: September 15, 2014, 5 p.m. EDT**

**REGISTRATION NOW OPEN!**



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### 2014-2015 Sponsorship Drive

Our Local Section Sponsorship Drive officially begins at the end of August— A BIG thank you to our sponsors from 2013-2014 who were very generous. The list below shows both Corporate Sponsors and Newsletter Advertisers from the last year.






- AM Health & Safety, Inc.
- Bayer MaterialScience
- CIH Services, Inc.
- Colden Corporation
- FirstEnergy Corporation
- Galson Laboratories (Advertiser)
- Golder Associates
- IAQ Training Institute (Advertiser)
- Occupational Health Consultants, Inc.
- RJ Lee Group, Inc. (Advertiser)
- SKC, Inc. (Advertiser)
- US Micro-Solutions, Inc. (Advertiser)

Corporate Sponsors who contribute \$150 are listed on our ["Corporate Sponsors" webpage](#) with a link to their corporate website. Added benefits of being a Corporate Sponsor include: two individual local section memberships and a one-year listing on our Consultants List webpage (if applicable). Visit our website "Corporate Sponsors" page for more information and to complete the online application form.

Advertisers can choose to place an ad in one or more issues of the [Pgh. AIHA bi-monthly newsletter](#).

- Full-page ad - \$140 each newsletter - \$840 per year
- Half page ad - \$75 each newsletter - \$450 per year
- Quarter page ad - \$40 each newsletter - \$240 per year
- Business card ad - \$225 per year

For more information on corporate sponsorship or advertising, please contact Christy at [kirsch211@comcast.net](mailto:kirsch211@comcast.net).

## 2nd Annual Western PA Joint Professional Development Conference (PDC)

... WHERE STUDENTS AND PROFESSIONALS MERGE...

Indiana University of PA and Slippery Rock University ASSE Student Sections, in conjunction with the Western PA ASSE Chapter are hosting a joint Professional Development Conference at Indiana University of Pennsylvania to provide an opportunity for students and professionals to learn, network and interact. *CEL's can be earned!*

A schedule has not yet been developed, but there will be both a Professional and Student track, though participants will be able to attend sessions in either track. We expect a wide-array of topics to be discussed ranging from the oil and gas industry to major updates with OSHA.

Come join us for a chance to network, learn and earn your continuing education credits!

**VENDORS:**  
Want to advertise your product? Consider being a vendor at this event. Vendor tables cost \$200 and will be offered on a first-come/first-serve basis!

**SPONSORS:**  
Consider being a sponsor for the continental breakfast, lunch, afternoon snack, transportation, etc. All proceeds will be used to help defray the cost of the event and to establish an endowed scholarship through the ASSE Foundation for the benefit of both IUP and SRU students. Your name/company will be recognized for their sponsorship. Contact Pam or Tracey for more information.

**SAVE THE DATE!**

Thursday,  
October 16th,  
2014

Indiana  
University of PA  
(IUP) Kovalchick  
Center

For more information:  
Pam Walaski  
412.414.4769  
pwalaski@complianceplace.com

Tracey Cekada  
724-357-3272  
cekadat@iup.edu



## Overcoming a Lull in Confidence *AEE on July 17, 2014*

*Helen L. Roy, M.Ed., Career Readiness Advisor (Submitted by Frank Pokrywka, Secretary)*

The joys and perils found within a job search during summer months are aplenty. I remember my undergrad days of ferociously searching for employment in the summer months just so I did not have to leave my new home, beautiful Chicago. The full time teacher job search during the summer, though, is likely a daunting or anxiety-filled experience given the strict timelines put out by school districts; unless you have one very important part of your candidacy figured out-- your confidence!

Confidence? Why is confidence so important? Are we not to focus solely on the resume, online applications, and interview answers? Well, my friend, no. We must also take the time to focus on our inner selves--that which sustains us in times of struggle or challenge. I like to envision confidence as a quiet inner driver that takes the lead when I feel stumped by an interview question or discouraged after not being selected for a position. Confidence is what keeps us motivated and maintains our inner resiliency.

Are you in need of a confidence boost in your job search this summer? Here are some suggestions:

- Tell your truth over and over again. If you are a new teacher, everyone knows you still have a lot to learn--you don't need to remind people of that. Instead, practice telling your accomplishments thus far in and outside of the classroom over and over again to whomever will listen: mom, dad, brother, sister, best friend, the mirror, your pet! You have control over the stories you tell, so tell the good ones!
- Reflect on how you talk to yourself--STOP any negative self-talk that takes away from your confidence. STOP telling yourself you are too inexperienced. STOP telling yourself that you are just bad in interviews. STOP naming the people with whom you graduated who've landed a position already. Some say, "you are what you eat," I say, "You are what you speak." Speak kindly to yourself.
- Re-read your recommendation letters and evaluations. Sometimes we just need a reminder of awesome we are. Go back and read the stellar feedback you have received from college supervisors, cooperating teachers, and even peers with whom you've collaborated. Remind yourself of the support you have pushing you forward, and take a moment to smile. That smile could turn your whole day around!

**Recent Job Postings** - Visit the [Job Postings](#) page for more info.

**Senior Industrial Hygienist** - *AM Health & Safety, Inc.* is seeking an industrial hygienist with 3 to 5+ years of experience in industrial hygiene and safety. Person in this position will conduct industrial hygiene services for clients requiring application of engineering principles and technology to analyze and control conditions contributing to occupational hazards and diseases.

**Senior Raw Material Specialist** - *PPG Industries, Inc.* This position has accountability for leading implementation and maintenance of product stewardship compliance requirements in all Industrial Coatings (IC) business segments in the Americas (U.S., Canada, Latin America) to support the global development, sale, distribution, transportation, use and disposal of IC products.

**Product Stewardship Manager, Industrial Coatings Americas** - *PPG Industries, Inc.* The incumbent has the responsibility to establish and maintain global processes for raw material introduction, integrity and specifications in the Global Product Stewardship (GPS) management system and plays a key role in the product stewardship organization, globally. Responsibilities also include project management for GPS maintenance and or enhancements to ensure that the information contained in the system is current, accurate and is updated regularly.



**National AIHA  
Ethics Webinar:**

*Ethics for the Safety and  
Health Professional:  
Approaches and Case Studies*

Wednesday, August 13  
2:00 PM ET - 4:00 PM ET  
Earn 2 Contact Hours

**Presented by:**

**Jan K. Wachter, ScD, CIH, CSP,**  
Associate Professor in the Safety  
Sciences Department at Indiana  
University of Pennsylvania (IUP)

*Live Webinar registration includes one  
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participate with them at their site. Limited  
access to the presentation recording is also  
included with registration.*



Co-hosted by the American Industrial Hygiene Association (AIHA) and the Malaysian Industrial Hygiene Association (MIHA), two of the world's premier industrial hygiene organizations, the AIHA/MIHA 2014 Asia Pacific OH Conference + Exhibition offers high-quality education and training to manage industrial hygiene, occupational health, and environmental health and safety issues in the workplace.

**Connect with other IH professionals from around the world!**

Held in **Kuala Lumpur, Malaysia** from **4-6 November 2014**, this meeting provides attendees with the highest-quality education and training to manage industrial hygiene, occupational health, and environmental health and safety issues in the workplace. It also provides a unique forum to network with peers, and discuss current events and trends.



### OSHA Young Workers Page Promotes Safety & Health Education and Training

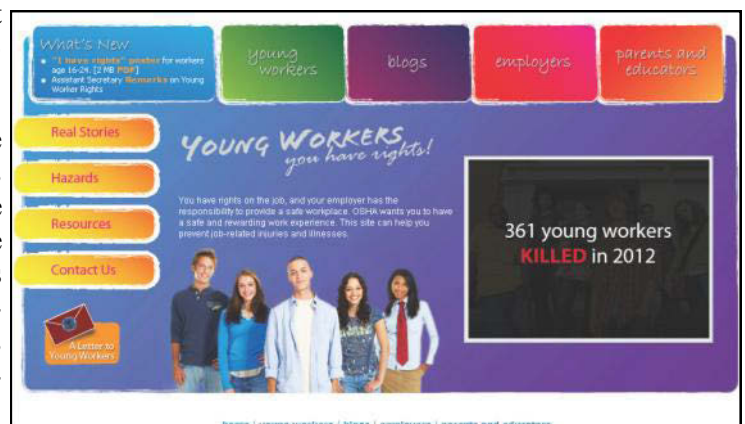
OSHA has a comprehensive [“Young Workers” page](#) on their website that is a great resource for workers, parents, and employers. Dr. David Michaels, Assistant Secretary of Labor for Occupational Safety and Health spoke on June 23, 2014 about the initiative:

“One key group of vulnerable workers are teens. When you're coming out of school and heading to your summer job, the last thing you expect is to get seriously hurt or killed at work. But every nine minutes, a U.S. teen gets injured on the job. And just last week, a 16-year old boy was killed by a crane at a construction site in Missouri. In 2012, more than 170,000 young workers were injured and 361 were killed. We want teens, their parents, and their employers to know that these injuries and deaths are preventable when workers receive the proper training and protections.”

Under the OSH Act, employers must provide a workplace free of serious, recognized hazards, including workplace violence. Michaels noted that “This is a unique opportunity to reach out to young workers with life-saving information. It's the employer's responsibility to provide a safe workplace. But educating young workers to identify hazardous situations can give them the confidence they need to speak up at work and ask for the training and protections they need to be safe.”

Through [Susan Harwood Training Grant Program Awards](#), organizations such as the Massachusetts Coalition for Occupational Safety & Health (MassCOSH) are making a difference. ["Teens Lead @ Work."](#) is a program that prepares peer trainers to teach other young workers about occupational safety and health, which was developed through their Harwood Program Grant. MassCOSH is just one of 70 non-profit organizations that has received a portion of the 10.1 million (FY 2013) in grants.

To learn more about our Harwood program and all the great work that grantees are doing, you can visit OSHA’s home page at [www.osha.gov](http://www.osha.gov). The Young Workers page (click on picture at right) will be featured on their home page throughout the summer job season. The page has many useful resources for workers, parents and employers, and includes workplace safety videos made by teens, from a recent contest sponsored by the Oklahoma Labor Department.



**Need CM Points? Free IAQ Training Courses**  
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EMLab P&K's [IAQ training courses](#) provide unique and valuable opportunity to learn from an industry-leading laboratory with decades of experience in analysis and investigations.

**Our Goal:** To educate professionals and raise the standard of excellence throughout the environmental industry.

Our **IAQ training webinars** were developed for professionals with a moderate level of experience in the IAQ field. You will learn about specific topics, industry trends, and IAQ methodologies. These webinars are presented by industry leaders including David Gallup, Dr. Harriet Burge, and Dr. Michael Berg.

**Continuing Education:** Our webinars are approved for technical credit hours at many organizations including: ABIH, ACAC, ASHI, BCSP, CAHPI(BC), CRBOH, IAQA, and InterNACHI.

<b>Date / Time .....</b>	<b>Course Title</b>
July 29, 2014 - 12-1:30 pm, ET .....	<u>Allergens and Allergic Disease</u>
Aug. 20, 2014 - 12-1:30 pm, ET.....	<u>USP &lt;797&gt; and Environmental Sampling</u>
Sept. 10, 2014 - 12-3 pm, ET.....	<u>Strategies for Mold Investigations and Sampling</u>
Sept. 30, 2014 - 12-2 pm, ET .....	<u>Fungal Data Interpretation</u>
Oct. 21, 2014 - 12-1:30 pm, ET .....	<u>Mold and Health Effects</u>
Nov. 12, 2014 - 12-3 pm, ET.....	<u>Introduction To Bacteriology</u>
Dec. 2, 2014 - 12-1:30 pm, ET .....	<u>Infection Control and Environmental Sampling</u>
Dec. 17, 2014 - 12-1:30 pm, ET .....	<u>Legionella Contamination: Contemporary Techniques for Detection and Remediation</u>

Technical contact hours for courses may be eligible for ABIH CM credit.



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# Healthy Building Professional Summit

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## Seven Springs Resort in Champion, PA

### August 18-22, 2014



### Following Courses Available

#### IAQA ADVANCED INDOOR ENVIRONMENTALIST - AUGUST 20 -22

The IAQA Advanced Indoor Environmentalist program is designed for those with indoor environmental quality experience and/or those that have attended the IAQTI/IAQA Indoor Environmentalist program. This course is only offered through IAQ Training Institute at the Summer Break event. This year's event will focus on determining how we prepare new professionals to resolve problems and make money while doing it. Our Keynote (see below) will be Hung Cheung, MD and we have a special finale with Chuck Violand of Violand Management Associations on how to make money while helping people live and work in healthier buildings. .

#### KEYNOTE PRESENTATION BY HUNG CHEUNG, MD - AUGUST 21 (PM) LEARNING TO RESOLVE RATHER THAN TO MERELY INSPECT OR SAMPLE

Environmental investigations are complex and require thorough analysis. Many non-environmental illnesses can mirror symptoms typically associated with environmental conditions. Understanding how and when to include a medical doctor familiar with environmental and occupational medicine can be critical to your success. Additionally risk communication and effectively communicating the message with focus on the psychological state of the individual, the community and the stakeholders is absolutely essential to the resolution of an Indoor Environmental Quality (IEQ) crisis.

#### TRSCA Dinner and Annual Meeting following Keynote Presentation

#### IAQA INDOOR ENVIRONMENTALIST - AUGUST 18-22

The IAQA Indoor Environmentalist is a comprehensive overview of indoor environmental quality issues in residential and commercial buildings. Attendees will develop an understanding of how buildings are comprised of systems that must be in sync for people to be healthy and productive. This course emphasizes that building science knowledge is essential for solving IEQ issues. We start with a review of ASTM Standard D7297 Standard Practice for Evaluating Residential Indoor Air Quality Concerns (included with course fee) and work our way through various guidance for commercial buildings. We also have two hands on sessions one residential and one commercial planned with an all star cast of presenters teaching this course.

#### IICRC WATER RESTORATION TECHNICIAN - AUG 20-22

Back by popular demand. The Tri-State Restorers and Specialty Cleaners (TRSCA) in conjunction with Restoration Sciences Academy are offering this course at a very low rate of just \$175.00 for TRSCA members. Membership is only \$35.00 so come and join us for the advanced course or the featured presentation and bring along a deserving employee for a discounted WRT course.

	Regular	IAQA	TRSCA	Both
<b>IAQA Advanced Indoor Environmentalist</b> (Includes Dr. Cheung Seminar)	\$750	\$675	\$675	\$625
<b>IAQA Indoor Environmentalist</b>	\$1375	\$1195	\$1195	\$1175
<b>Dr. Hung Cheung Workshop (Keynote Only)</b>	\$175	N/A	\$135	N/A
<b>IICRC WRT Course (TRSCA Members Only)</b>	N/A	N/A	\$175	N/A
<b>TRSCA Meeting Only (includes dinner)</b>	\$50	N/A	\$20	N/A
<b>TRSCA Membership (Individual) \$35 and (Corporate) \$100</b>				

