



As we look forward to the warmer weather of spring and summer, our local section has a lot to be excited about. First of all, we were very pleased to have National AIHA President Dina M. Siegel, CIH, CSP, CBSP, FAIHA hold the AIHA President’s Luncheon on March 21st at the LeMont Restaurant. Not only did we receive an update on our organization (you can find a link to her presentation on the Pittsburgh AIHA website), but she also provided us with a technical discussion on time sensitive chemicals.

Along with this event, we have planned an ergonomic session on April 24 that will include a tour of the U.S. Steel Mon Valley Works, Irvin Plant and are planning a heat topic in June. Since the AIHA Connect Conference is in Columbus this year, we hope to have good representation as a local section. Depending upon participation, we may try to hold a social event at the conference.

To keep planning these events, we do need volunteers for both Executive and Committee Roles. If you have an interest in volunteering some of your time to promote and support the profession, I encourage you to reach out to Christy, myself, or anyone else on the Executive Committee. It should be noted that the 2024 AIHA Pittsburgh Election just closed, and we are excited to welcome the incoming committee members who will begin their terms in July 2024.

I would like to extend a thank you to Dr. Paul Hewett PhD, CIH and Dr. Sergio Caporali-Filho, PhD, CSP, CIH for presenting during our January and February technical events. Further, we appreciate AM Health and Safety, Inc. and Slippery Rock University (SRU) for hosting these events. Both events had great attendance and were very interesting! The event at SRU was a joint meeting with the American Society of Safety Professionals (ASSP) Western Pennsylvania Chapter. It was awesome to hold an event where members from AIHA and ASSP had an opportunity to interact with SRU students. We hope to continue to hold such events in the future.

As always, we are actively looking for presenters and topics. If you are interested or know someone who is interested in presenting to the section, please let us know. Similarly, please let us know if you would be interested or know someone who would be interested in presenting to the student sections at IUP, SRU, and/or WVU.

Looking forward to seeing you at an upcoming event!

**Best Wishes,
Dane Mitcheson, CIH, CSP, CHST**



Register NOW! April 24, 2024 - Ergonomics Presentation and U.S. Steel - Mon Valley Works - Irvin Plant Tour!

Registration is OPEN for this event on April 24, 2024 that includes a presentation on New Technologies in Ergonomics AND a site visit / tour of the [U.S. Steel Mon Valley Works - Irvin Plant!](#) The event will be held at the Irvin Plant located in West Mifflin, PA.

Event Description:

This event includes a presentation on Ergonomics followed by a tour of the [US Steel Mon Valley Works / Irvin Plant in West Mifflin](#). The schedule is as follows:

- 9:30 AM - Arrival
- 10:00 AM - 12:00 PM - Ergonomics Presentation
- 12:30 PM - Lunch (included in cost)
- 1:00 PM - Safety Talk / QA
- 1:30 - 2:30 PM - Tour of Irvin Plant escorted by operations management staff.



Presentation Abstract:

New technologies in ergonomics hold promise for improved data collection, reducing injury risk and even boosting human performance. This presentation will review the hottest new developments in ergonomic technologies and assist devices with discussions of their capabilities, utility, potential benefits, and limitations.

See the details on the meeting page: <https://www.pittsburghaiha.org/2024-04-24-uss-mon-valley-works.html> **The deadline to register is April 10 - Space is limited to 30!**

2024 President's Luncheon at The LeMont

The Pittsburgh AIHA President's Luncheon was held on Thursday, March 21, 2024 at the [LeMont Restaurant on Mt. Washington in Pittsburgh](#). Thank you to National AIHA President, [Dina M. Siegel, CIH, CSP, CBSP, FAIHA](#), who provided an update on National AIHA activities as well as a technical presentation on time sensitive chemicals. Thank you to all who attended! See [Dina's National AIHA State of the Association presentation HERE: pittsburgh local section - aiha update march 2024.pdf](#)

A special THANK YOU to [U.S. Micro-Solutions, Inc / Deanna Kiska, Ph.D, President](#) for being the drink sponsor again this year! We appreciate their continued support! Also, thanks to Matt Zock, CIH, Past President of Pgh. AIHA and Amazon Worldwide Sr. Industrial Hygienist, Program Manager for helping to coordinate this event!

Thanks to the following members / guests who attended the event:

- Darrick Bertig
- Barbara Cummings, AM Health and Safety, Inc.
- Barry Momyer, AM Health and Safety, Inc.
- Frank Pokrywka, KTA-Tator, Inc.
- Michae, Swintek, Eastern Alliance Insurance Group
- Donna Wilson, IH Resources
- Dietrich Weyel
- Natalie Gaydos, PPG Industries, Inc.
- Christy Kirsch, Pittsburgh AIHA
- Mike McCaffrey, HETI Services
- Rona Smeak, Slippery Rock University
- Lucinette Alvarado, Covestro LLC
- Matt Zock, Amazon
- Jennifer Kapp, PPG Industries, Inc.
- Carol, Delfino, Delfino Health & Safety
- Dane Mitcheson, FedEx Ground
- John Wyluda, Triumvirate Environmental
- Tuan Nguyen, Shell USA, Inc.
- Parinita Sah, AM Health and Safety, Inc.
- Paige Wells, Stantec
- Rachel Young, Stantec
- Aaron Fonner, Shell USA, Inc.



On April 8, 2024, a total solar eclipse will cross North America, passing over Mexico, the United States, and Canada.

Safety is the number one priority when viewing a total solar eclipse. Be sure you're familiar with when you need to wear specialized eye protection designed for solar viewing by reviewing [these safety guidelines](#) provided by NASA.

2024 Total Solar Eclipse

On April 8, 2024, a total solar eclipse will cross North America, passing over Mexico, United States, and Canada.

JOIN US

8 April



AIHA Connect 2024 - Columbus OH

Join Pittsburgh AIHA members attending the 2024 conference within driving distance from Pittsburgh!! View the program HERE: https://aiha-assets.sfo2.digitaloceanspaces.com/AIHA/aihaconnect/Documents/AIHA-Connect-2024_AdvanceProgram_FINAL.pdf



Welcome NEW Pittsburgh AIHA Corporate Sponsors

NEW this year, we would like to thank Stantec, CNX Resources and Urgent Analytical for their 2024 Pittsburgh AIHA Corporate Sponsorship!

Pittsburgh AIHA members from [Stantec](#) include Laura Allen, MS, CIH Senior Health Scientist and Paige Wells, Associate Health Scientist.



Pittsburgh AIHA members from [CNX Resources](#) members include Shawn Sunderlin, MS, CSP, Director-QHSE and Timothy Huffman, Director of Operational Excellence, who is also a new member of the Pittsburgh AIHA.



Pittsburgh AIHA members from [Urgent Analytical](#) include Sharon Danko, AS (MLT) ASCP, CEO and Technical Manager and Kristie Shaffer, Office Manager/Technician to the Pittsburgh AIHA!



Thank you to all the 2024 Pittsburgh AIHA Corporate Sponsors:

- Amazon
- AM Health and Safety, Inc.
- Atlas Technical Consultants
- CIH Services, Inc.
- CNX Resources
- Colden Corporation
- CSC, Inc.
- Delfino Health & Safety, LLC
- Intertek PSI
- MSA Safety, Inc.
- Premier Safety
- SKC Inc.
- Stantec
- Urgent Analytical
- U.S. Micro-Solutions, Inc.

For more information on corporate sponsorship, please visit the [Corporate Sponsorship page](#).

February 15, 2024 - Industrial Ventilation Workshop at Slippery Rock

Thank you to the attendees of the February 15, 2024 event -- both AIHA and Western PA ASSP members attended, over 40 in all! Thanks to Dr. Caporali-Fihlo for his time and efforts to present to the group! The 4-hour session included a combination of presentation and hands-on learning. Thank you to the SRU Safety Department and Dr. Rona Smeak for hosting the event and assisting with planning and coordination!



Thank you to the Pittsburgh AIHA participants below who helped to make this event a great success!

- Laura Allen, Stantec, Supervising Health Scientist
- Darric, Bertig, Retired, Industrial Hygienist
- Sergio Caporali-Filho, WVU, Interim Director
- Barbara Cummings, AM Health and Safety, Inc., Director-Industrial Hygiene Services
- Fred Elbel, NNL Bettis Laboratory, Industrial Hygienist
- Jennifer Kapp, PPG, Manager, Occupational Health and Wellness
- Reece Leotta, Slippery Rock University, Student
- Taylor Mincin, Stantec, Co-op Student
- Dane Mitcheson, FedEx, Industrial Hygienist
- Barry Momyer, AM Health and Safety Inc, President
- Katelynn Monti, WVU, Student
- Lewis Oh, MSA, Engineer
- Bailey Reggetz, NIOSH/CDC, Research Fellow
- Olivia Roberts, University of Pittsburgh, Environmental Health Specialist
- Parinita Sah, AMHS, Industrial Hygienist
- Stacey Sears, Johnson Matthey, Group EHS Advisor
- Jared Shepherd, WVU, Student
- Rona Smeak, Slippery Rock University, Associate Professor
- Lucy Wang, MSA, Principal Engineer
- Paige Wells, Stantec, Associate Health Scientist
- John Wyluda, Triumvirate Environmental, IH and Compliance Manager
- Rachel Young, Stantec, Health Scientist

2024-2025 Executive Committee Election Results

Following the recent Local Section Election, we would like to congratulate the following Pittsburgh AIHA members who will begin their term of office this summer!

- President-Elect: Darrick Bertig CIH, CSP
- Director: Morgan Ryan, BS, MBA
- Treasurer: Frank Pokrywka, Ed.D, CIH



Thank you to current Committee members, Dane Mitcheson who will end his term as President, to be replaced by current President-elect Barry Momyer, who will serve as President through July 2025. Carol Delfino remains as Secretary, and Rona Smeak remains as Director, each through July 2025.

A big thank you to all who participate and volunteer for the Pittsburgh AIHA!

Meeting Review – January 11, 2024 - The Shocking, Sordid and Sometimes Tawdry History of Exposure Sampling Strategies

Speaker Paul Hewett Ph.D. CIH is the founder, president, and principal of Exposure Assessment Solutions, Inc. (EAS) in Morgantown, WV for the first Pgh. AIHA event of 2024. Paul discussed how Occupational exposure sampling strategies have evolved over time to assess and mitigate potential health risks in the workplace. The main dilemma exists in what the CEO of the company wants and what the Senior CIH wants. Both approach IH sampling strategies from different angles.

OSHA and NIOSH: in compliance with PEL's today **and AIHA:** in compliance with all OEL's every day.

Paul reviewed the history of sampling from the early 20th Century, where exposure strategies were qualitative, relying on visual observations and reported symptoms. Key points are noted below:

1940's - 60's:

- The introduction of air sampling devices.
- ACGIH has developed their first TLV's, which were ceiling values. Primarily based on expert opinion.

1960's

- ACGIH began incorporating more scientific data into the TLV development process.
- Epidemiological studies and tox research played a significant role in setting and adjusting exposure limits.
- A formal TV document was issued.
- The Short-Term Exposure Limit was introduced.
- ACGIH issued their Guidance on Exposure Assessment.

1970's

- OSHA Act Passed
- OSHA adopted the Table Z-1, Z-2, Z-3 and created PEL's but there was no requirement for sampling.
- OSHA developed the Inspection Sampling Strategy.

1980's

- The emergence of real time monitoring instruments.
- Tolerance limits were introduced.

1990's

- Exposure assessment expanded to include Risk Assessment. Considerations such as exposure duration, frequency and toxicity of the substance were now being made.

2000's

- Advances in data analytics continue to further improve exposures assessments.

The meeting adjourned at 11:30 AM. Thank you to Barry Momyer, CIH President/Owner of A.M. Health and Safety, Inc. who hosted the meeting at their office.

We would also like to thank the following members for attending:

- John Bell, Watco Companies, LLC
- Darrick Bertig
- Barbara Cummings, AM Health and Safety, Inc.
- Sharon Danko, Urgent Analytical
- Carol Delfino, Delfino Health & Safety
- Fred Elbel, NNL-FMP Bettis Laboratory
- Paul Hewett, Exposure Assessment Solutions, Inc.
- Colton Nist, Pittsburgh Regional Transit (PRT)
- Jan Oleszewski, US Dept. of Labor-OSHA
- Tad Pajak, Tall Pines Safety and Health Consulting LLC
- Frank Pokrywka, KTA-Tator, Inc.
- Bailley Reggetz, NIOSH/CDC
- Morgan Ryan, Intertek PSI

- Warren Houseman, ENTACT, LLC
- Jennifer Kapp, PPG Industries, Inc.
- Dennis Kelly, Field Focused LLC
- Mike McCaffrey, HETI Services
- Fred McGuigan, Risk Assessment Services, LLC
- Barry Momyer, AM Health and Safety, Inc.
- Brian Neill, WSP USA
- Parinita Sah, AM Health and Safety, Inc.
- Rona Smeak, Slippery Rock University
- Michael Swintek, Eastern Alliance Insurance Group
- Dietrich Weyel
- Donna Wilson, IH Resources
- Michael Wilson, Lanxess
- Matt Zock, Amazon

Meeting summary provided by Pittsburgh AIHA Secretary, Carol Delfino, CIH, CSP

Pittsburgh AIHA Upcoming Events Calendar:



The Executive Committee of the Pittsburgh AIHA is working on the 2024 program calendar - details will be updated on the website as new events are scheduled.

- [April 24, 2024 - Ergonomics / Exoskeleton Technology -- U.S. Steel Mon Valley Works Tour](#)
- [May 20-22, 2024 - AIHA Connect, Columbus OH](#)
- June 2024 - Heat Stress Event - TBA
- July 2024 - Summer Business Meeting
- August 2024 - OPEN
- September 2024 - OPEN
- [October 24, 2024 - MASHA Safety Conference](#)
- November 2024 - OPEN
- December 2024 - Winter Business Meeting

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DUE NOW - 2024 Pgh. AIHA Membership Dues: Membership dues for 2024 **WAS** due January 1, 2024. If you are a National AIHA member, remember to check the box for Pittsburgh Local Section to include your LS dues of \$35 for your Pittsburgh AIHA membership. All NON-National AIHA members should pay dues directly to the Pittsburgh AIHA. [See the highlighted sidebar the website homepage](#) to process payment through PavPal -- Note you do not need a PavPal account to pay this way.

Any questions, please contact Christy at ckirsch@pittsburghiaha.org.

Call for Volunteers for AIHA Pittsburgh Committees



The AIHA Pittsburgh Local Section has six committees that are chaired by a volunteer

appointed by the chapter's president or, in the case of the Program and Nominating committees, designated to an Executive Committee member:

- Audit
- Program
- Corporate Sponsorship
- Newsletter
- Nominating
- Historical

Currently, most of our committees are unfortunately committees of one. We would like to take this opportunity to encourage everyone to consider volunteering to lead or participate in a committee of interest.

Benefits of Committee Participation

- Provides an opportunity to become more involved with the LS and increase connections with your peers
- Limited time obligation with high impact on the success and future directions of the LS
- Enhanced understanding of LS operations and an 'inside look' into what serving in an executive committee position entail
- Allows individuals that are not National AIHA members a chance to serve in leadership roles outside of the Executive Committee

Our LS chapter and affiliated student chapters survive and thrive by the involvement of our members, so please do your best to stay active and contribute to the success of AIHA Pittsburgh. If you are interested in leading or participating in any of our committees, please reach out to the Executive Committee via email to info@pittsburghaiha.org.

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Welcome New Members!

The Pittsburgh AIHA would like to welcome the following new members who recently joined.

- | | |
|---|---|
| • Sharon Danko, Urgent Analytical | • Mark McGowan, Versar, Inc. |
| • Katelyn Eaves, West Virginia University | • Andrew Radomski, AM Health and Safety, Inc. |
| • Mason Engel, Indiana University of Pennsylvania | • Stacey Sears, Johnson Matthey |
| • Timothy Huffman, CNX Resources | • Kristie Shaffer, Urgent Analytical |
| • Megan Koerselman, IUP | • Patrick Strandwitz, Colden Corporation |
| • Chad McClimans, Jabil | • Robin Wehman, Slippery Rock University |
| • Sara McGinity | • Rachel Young, Stantec |

Celebrating Women's History Month – March 2024



Health Sep 22

Celebrating the life of Alice Hamilton, founding mother of occupational medicine

By Dr. Howard Markel

Sharing this post published by SKC Inc. via LinkedIn. **Alice Hamilton (above) was a pioneer of occupational medicine in the U.S. (Photo from Smithsonian Institution)**

"...no individual was more instrumental in warning people about the health risks and potential dangers of the industrial workplace than Alice Hamilton." That's why SKC celebrates the life of Dr. Alice Hamilton, the mother of US occupational medicine, for Women's History Month. Dr. Hamilton's training in medicine and pathology, intimate knowledge of working-class life, and ideals of social reform combined to make her the spearhead of the occupational safety and health movement in the US. **Learn more about Dr. Alice Hamilton in this PBS NewsHour article found at the link:** <https://www.pbs.org/newshour/health/celebrating-life-alice-hamilton-founding-mother-occupational-medicine>

Remembering the Triangle Shirtwaist Factory Fire – March 25, 1911

The resources linked below are just a few found on the OSHA webpage with details of the historic event:

- New York Committee for Occupational Safety and Health booklet "[Don't Mourn – Organize](#)" (See page 7: Dr. David Michaels "We must. We will.")
- "[Triangle Fire](#)" Documentary from [American Experience on PBS](#).
- [The Kheel Center at Cornell University, School of Industrial and Labor Relations](#) - This site houses an extensive archive of information on the fire. Primary documents include newspaper accounts, interviews with survivors, and a partial transcript of the trial of the factory's owners.
- [American Society of Safety Engineers](#) - ASSE, America's oldest professional safety organization, was founded six months after the Triangle fire. Its "Century of Safety" site provides information on the fire and the events leading to the establishment of the society.
- [Triangle Fire Open Archive at the Remember the Triangle Fire Coalition](#) An online collection of documents, photographs, and artworks submitted by the public that serves as "a living repository for stories, images and objects about the Triangle fire's history, context, and impact on labor, immigrant, and women's rights and everyday life today."

OSHA has a historical webpage dedicated to the "100th anniversary of the Triangle shirtwaist factory fire, which killed 146 workers in a New York City garment factory and marks a century of reforms that make up the core of OSHA's mission. Use this page to learn more about a tragic event that led to a "general awakening" that continues to drive OSHA's commitment to workers." Click this link for more information: [The Triangle Shirtwaist Factory Fire](#)



Pgh. AIHA eLearning Update - Course Selections Available Now!

All ACTIVE Pittsburgh AIHA Members as of 2/13 2024 should have received notice from National AIHA eLearning regarding the 2024 Pittsburgh Section eLearning Subscription. There are THREE courses available in the online classroom:



1. [AIHA University Webinar: The Revised Ergonomic Toolkit: An Introduction to Assessing Musculoskeletal Risk](#)
2. [An Ethical Conduct Checklist for Real-Time Technology Deployment \(AIHce EXP 2023 OnDemand ESUB\)](#)
3. [AIHA University Webinar: Revisiting the Worst Plant: A Virtual H&S Audit Version 2.0](#)

Click the link in your email to login to the online classroom to view these courses at your convenience.

Remember that this is a benefit for PAID Pgh. AIHA members only - if you did not receive an email, please confirm that your 2024 dues are paid. To renew your Pittsburgh AIHA local section membership, see the details in the sidebar at the right on this page, or you can subscribe on the [membership page](#). Please reach out to Christy at info@pittsburghaiha.org with any questions.

2024 course selections expire on 12/31/2024.

2023-2024 Executive Committee

PRESIDENT

Dane Mitcheson, CIH, CSP, CHST
FedEx Ground

PRESIDENT-ELECT

Barry Momyer, CIH
AM Health and Safety, Inc.

DIRECTORS

Darrick Bertig, CIH, CSP, CUSA, MS
Retired / First Energy

Rona Smeak, Ph.D, CSP
Slippery Rock University

SECRETARY

Carol Delfino, CIH, CSP
Delfino Health & Safety, LLC

TREASURER

Frank Pokrywka, EdD, CIH
KTA Tator, Inc.

PAST PRESIDENT

Lt. Timothy Beck, MPH
CDC/NIOSH

CORRESPONDING SECRETARY AND WEB COORDINATOR

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