



Hello Pittsburgh AIHA members and friends,



As we close out one year and begin the next, I hope everyone has a safe and healthy holidays. You may want to take this opportunity to rest up because our 2023 AIHA schedule is quickly filling with technical presentations, site tours, and an upcoming President's Luncheon. I want to highlight a presentation on the performance of air purifying respirators and protection against airborne contaminants by Dr. Zane Frund. This meeting is scheduled for January 13 at MSA's corporate office in Cranberry Township. Thanks to Dane Mitcheson and the Program Committee for their efforts in planning a productive and interesting agenda. Thanks also to the volunteers from past and future events that have offered to speak on their area of expertise, suggested relevant topics, or offered to host site tours and demonstrations.

For all of you that enjoy podcasts, I want to highlight a new AIHA podcast called "Healthier Workplaces" (<http://healthierworkplaces.org/>). The September 21st episode, Journeys into Leadership, features former Pittsburgh local section president and National AIHA Director, Lucinette Alvarado, as she speaks about the obstacles encountered on her industrial hygiene journey and how she turned them into growth and leadership opportunities. I encourage all of you to tune in to this well-produced and engaging resource.

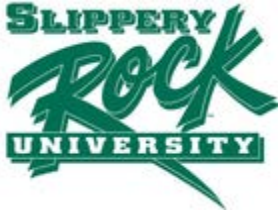
Thanks to Frank Pokrywka for spearheading a great opportunity to engage through the sharing of personal IH stories in "Tell Us a Story". You will find the first of these stories in this newsletter. Please consider sharing about unique assignments and lessons learned from your own experiences. I hope you agree that making connections with like-minded counterparts is one of the best parts of AIHA membership.

In that same vein, I would like to recognize Tom Blank's contributions and many years of service to Pittsburgh AIHA. As he moves to Rochester, NY to be close to his kids and grandkids, Tom leaves behind a tremendous impact on this organization and many of the local members, myself included. An AIHA Fellow, he is just as much a resource for those just getting into the industry and trying to chart a future career path as to those who have been in the industry for many years ("old codgers", in his words). His presence at our events will be greatly missed and we wish Tom all the best!

Finally, I want to wish you a New Year full of blessings and joy. I hope to see you at one of our upcoming events!

***LT Tim Beck, MPH***

## Slippery Rock University - AIHA Student Section Updates



The Slippery Rock University AIHA Student Section leadership changed slightly this fall with Mr. Jacob Brand taking over President duties, while Ms. Hannah Roberts assumed the role of Vice President. They

stepped up and did an outstanding job this past semester. We want to give a big thank you to outgoing President Reece Leotta for the excellent work he did for the past two years! Thank You Reece!

On October 4th, Dr. Bernardo, Dr. Smeak (Faculty Advisor), and SRU Safety Management students; Annalyse Hoover and Hannah Roberts participated in the AIHA tour of the Carrie Blast Furnace. The day was beautiful and very informative. Well done AIHA Pittsburgh Chapter!

The AIHA student section welcomed Michael McCaffrey, CIH, (pictured below) to campus in the Strain Safety Building, where he talked about his career as an Industrial Hygienist and gave students a glimpse into a day in the life of an Industrial Hygienist. Mike did an outstanding job and gave great advice to our students. Mike, thank you for your time and dedication!

The semester ended with the SRU AIHA Student Section leadership working with the ASSP SRU Student Section leadership on a research project that will be conducted upon the return for the spring semester. Dr. Bernardo, Dr. Medford, and Dr. Smeak are the faculty assisting the research project.

Lastly, the student section leadership is working on a tentative spring technical meeting with a tour of the NIOSH Center for Direct Reading and Sensor Technologies.

For a group just getting back into the groove of in-class/in-person meetings, they are doing an outstanding job at reaching out to increase student membership and participation.

### Now Collecting Member Dues 2023

#### ATTENTION:

#### Pittsburgh AIHA Member Annual Dues

If you are NOT a National AIHA Member, please pay through the Pittsburgh Local Section using the PayPal link below:



[National AIHA Members - CLICK HERE for 2023 Dues Payments.](#)

[To join the Pittsburgh AIHA CLICK HERE.](#)



## Welcome New Members!

### Lieutenant Colonel Mark Paine

Welcome to Mark who graduated from high school in Pittsburgh, and after he retires from the Air Force next year he'll move back to the area to live in the Rachel Carson Ecovillage on Chatham University's Eden Hall campus. Mark has served as a Bioenvironmental Engineer in Colorado, South Korea, Italy, Portugal, Turkey, and for about 10 years in the Washington DC area. He's a CIH and has an undergraduate degree in mechanical engineering, a master of science in management, a master of science in industrial hygiene, and a doctor of science in emergency management. He warns that he can talk your ear off about the Department of Defense's IH program and he's looking forward to learning more about IH in Pittsburgh.



### Joseph Marini, MPH

Welcome to Joseph (Joe) who is experienced support staff with a demonstrated history of working in academia and government (CDC: NIOSH) settings. Joe is skilled in occupational health & safety, clinical applied public health, lab safety, and biosafety. Currently, he holds a position within the University of Pittsburgh Dept. of EH&S as a laboratory safety specialist as well as being a graduate of Liberty University with a Master's of Public Health and holding a bachelor's degree in Biological Sciences from the University of Connecticut.

(<https://www.linkedin.com/in/joseph-m-marini-mph-703525228/>)

### Ryan Titus

Welcome to Ryan who is from Virginia, but moved to Morgantown WV to study Public Health at WVU in 2018. About a year into his program, he discovered Industrial Hygiene and knew that it was a field he wanted to study further. Ryan graduated with his undergraduate degree in May and began graduate school for Industrial Hygiene in August. So far, he has really enjoyed the program, especially the exposure sampling field trips. Ryan is looking forward to meeting members of the Pittsburgh AIHA at upcoming events! (<https://www.linkedin.com/in/ryantitus/>)

### Sam Huggins

Welcome to Sam who works as an Industrial Hygienist for CSC, Inc. in Pittsburgh. Sam is a 2021 graduate from Slippery Rock University with a Bachelor of Science (BS) Degree in Safety Management. Sam began building his industrial hygiene and safety experience through a summer internship at AGX Environmental Consultants in 2021. In 2022, Sam accepted an industrial hygienist position at CSC Inc. and currently plans to continue his path in that industry. (<https://www.linkedin.com/in/samuel-huggins-67a5b9200/>)

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## Register NOW - Virtual Winter Business Meeting - December 21!



The Executive Committee of the Pittsburgh AIHA will hold the winter local section business meeting via Teams. ***All members are welcome and encouraged to join the meeting!***

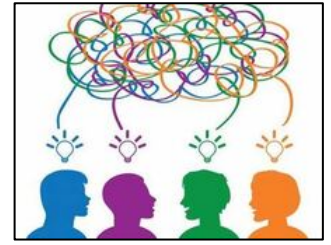
**WEDNESDAY, DECEMBER 21, 2022 --- 10:00 AM to ~12:00 PM.**

**Register online: [Dec. 21 Registration - Business Meeting](#)**



## Tell Us a Story

by Frank Pokrywka, Ed.D, CIH - Pgh. AIHA Treasurer / Historical Committee



Many Safety and Health professionals are natural born story tellers. Still after almost 50 years in this business one of my favorite things to do at conferences or during training classes is listening to or telling stories about events that happened on the job or in life. To me nothing makes more a lasting impression than hearing or remembering a good story. It may even trigger a response action that helps someone to have a safer day at work.

With this in mind, our AIHA local section catalyst page, our new Historical Archive or the Pgh. AIHA quarterly newsletter would like to present some of these stories to our members. Perhaps an unexpected IH or safety discovery, a funny happening or a tragic event could be just the story someone need to read to if you are willing to share.

As we all reflect on the events of this past year or from a working lifetime, please consider sharing one of your "stories" that means a lot to you or is something that you just can't forget. Just in writing this piece, dozens of my stories have come to mind as I am sure will happen to you. As you write your stories, please keep them "relatively" short and avoid naming names or places that might prove hurtful unless essential to the telling. My example is below:

### My First IAQ Success "if you can call it that"

Back in the mid-1980s, when the Indoor Air Quality (IAQ) was in its infancy as an IH specialty, I received a call from a building manager from our Land and Mapping department. He wanted to report that three of his employees were having some allergy-like symptoms when at work that went away over the weekend or after several days away from the office. Of course, their supervisor and some coworkers thought "it was all in their head" as most people in the same office had no similar symptoms. This had been going on for several months and was getting to be a problem causing these employees to call off work. He asked if I could run some air tests in the building and talk to the people having problems with the IAQ.

The next day I stopped over to begin my investigation. Unfortunately, two of the three people were off sick that day, maybe fearing they would be picked on by me. I spoke to the one guy having issues and he related his symptoms; coughing, nasal congestion, headaches, always feeling tired, etc. I took some basic temperature and humidity measurements and readings from a Tri-gas meter which was all we had at the time. I asked to see the HVAC units serving the space and was escorted to the roof by the custodian.

It was a fairly new building and the HVAC unit used an automated economizer bringing in lots of "fresh" air given the springtime temperatures. I was going to check-on the cleanliness of the air filters and cooling coil drain pans inside the unit in question but it was sitting in the middle of a large pond of water, 3 inches deep, topped with a coating of green algae. The water ponding was caused by a clogged roof drain, so to avoid getting my shoes wet, I took a screwdriver and removed the debris clogging the drain. In a few minutes the pond drained away and I was able to complete my inspection of the HVAC system finding no issues.

I left the building, after reporting to the supervisor that I could find nothing wrong except for the clogged roof drain and no explanation of his employee's symptoms. The next morning, I received a call from the supervisor and the one employee I had interviewed asking what I had done as he and the other two affected employees had reported a complete end to their allergy symptoms. All felt better than they had for months. After some research, I discovered that some algae blooms, like the one growing around the HVAC unit, can produce aerosols that can cause allergic reactions like those experienced. Who knew? Years after that, any time allergy symptoms were reported by building occupants, areas of inspection always include the rooftop environment and the cleanliness of the HVAC unit's cooling coil drain pans, coils and sound liners.

Feel free to contact us with your story! email to: [info@pittsburghaiha.org](mailto:info@pittsburghaiha.org) or [PittsburghAIHAhistory@gmail.com](mailto:PittsburghAIHAhistory@gmail.com).

## SAVE THE DATE - Friday, January 13, 2023 - MSA Safety Event

Mark your calendar for our first event of the New Year 2023! On Friday, January 13, 2023 MSA will host the Pittsburgh AIHA for a 1/2 day event. Details are still being finalized, but the day will include:

- Location-[MSA](#) Corporate Center in Cranberry Woods, PA
- Presentation titled: *Filtration Performance of Air-Purifying Respirators against Airborne Contaminants -Some Fundamental Principles* by Zane N. Frund, Ph.D., CIH, MBA - Executive Director & Global Leader, Materials/ Chemical Research & Sensor Development
- MSA Facility Tour

Registration will open in the coming weeks.



## AIHF Scholarship Deadline - February 6, 2023!



With a variety of scholarships available (Pittsburgh AIHA

Scholarship is just one!), students in undergraduate and graduate degree programs that lead to a career in industrial hygiene can find varying levels of awards and assistance to further their educational opportunities. See the details [HERE](#):

<https://www.aiha.org/get-involved/aih-foundation/aih-foundation-scholarships>

### **PITTSBURGH AIHA SCHOLARSHIP INFO:**

<https://www.aiha.org/get-involved/aih-foundation/aih-foundation-scholarships/pittsburgh-local-section-scholarship>

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## Pgh. AIHA Corporate Sponsorship Drive is Underway!

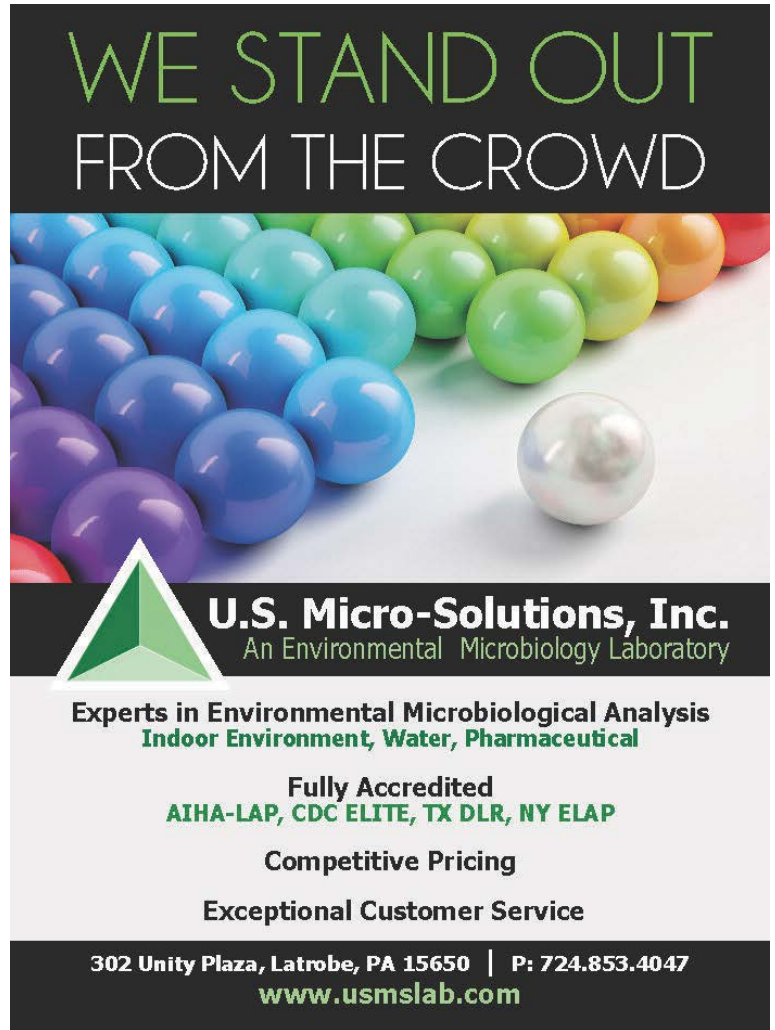
Thanks to the following companies / members who have renewed their corporate sponsorship or advertising for 2023:

- [Amazon](#) (Matt Zock)
- [AM Health and Safety, Inc.](#) (Barry Momyer and Barb Cummings)
- [Colden Corporation](#) (Chris Wesley and Chrisy Walsh)
- [FirstEnergy](#) (Darrick Bertig and Michelle Baber)
- [Intertek/PSI](#) (Mike Kopar and David Christner)
- [MSA](#) (Zane Frund and Jillian Tilko)
- [US Micro-Solutions, Inc.](#) (Deanna Kiska and Becky Moran)

**Support the Pittsburgh AIHA as a Corporate Sponsor!** The benefits of a Corporate Sponsorship contribution of \$200 include:

- 2 free individual Pittsburgh AIHA annual memberships,
- Pittsburgh AIHA Homepage sidebar logo link.
- 1-year listing on the [Pittsburgh AIHA Corporate Sponsors](#) page,
- 1-year listing on the [Pittsburgh AIHA Consultants List](#) page,
- Recognition in Pittsburgh AIHA local section [newsletter](#).

Corporate Sponsorship is renewable on an annual basis. Visit the [Corporate Sponsors Page](#) for current sponsors and application information - You can sign up online, or print the form to complete and mail.



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## NOW COLLECTING - 2023 Pgh. AIHA Membership Dues



**Membership dues for 2023 is due January 1, 2023.** If you are a National AIHA member, remember to check the box for Pittsburgh Local Section to include your LS dues of \$25 for your Pittsburgh AIHA membership. All NON-National AIHA members should pay dues directly to the Pittsburgh AIHA. See the highlighted sidebar link on the homepage to process payment through PayPal -- Note you do not need a PayPal account to pay this way. Any questions, please contact Christy at [ckirsch@pittsburghiaha.org](mailto:ckirsch@pittsburghiaha.org).



## Pittsburgh AIHA at the 2022 MASHA Safety and Health Conference



The Pittsburgh AIHA was an exhibitor at the 2022 MASHA Safety and Health Conference on Thursday, October 27, 2022 at the Regional Learning Alliance Center (RLA) in Cranberry Township, PA. Special thanks to Frank Pokrywka for coordinating with National AIHA for materials / swag to pass out to attendees. The Pittsburgh AIHA was well represented with a group of local section members attending and also helping Frank promote the Pittsburgh AIHA working at the exhibitor table.

## Meeting Review, Babushkas and Hardhats Steel Town Tour and Lunch



The 2022 Rivers of Steel Tour was a great success -- Thank you to Frank Pokrywka for coordinating this fun event. Check out photos from the event as well as a meeting summary. Thank you to all who attended, members, guests and students!

See the review here: [Review-2022 Rivers of Steel Tour](#).

Visit the Rivers of Steel website here: <https://riversofsteel.com/>

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## **E-Learning Deadline Reminder from National AIHA - 2022 Program ENDS December 31, 2022!**

**The Pittsburgh AIHA 2022 eLearning LITE Subscription program will end on December 31, 2022.** Please be sure to view all the content you want to receive credit for no later than 11:59 pm ET on Saturday, December 31, 2022. Here's a link to the [online classroom](#). If you do not see your 2022 subscription tab, please get in contact with us so we can research the issue. If you don't know your login credentials, please use the forgot password link on the login page to have them sent to you.

If you want to save copies of the descriptions of any of the webinars/OnDemand sessions you completed, this information is posted on [2022 LITE eLearning Subscribers page](#).

National AIHA's Offices will be closed starting on the afternoon of Friday, December 23, 2022 and will reopen on Tuesday, January 3, 2023. ***We would appreciate you reaching out to us at [DAssistant@aiha.org](mailto:DAssistant@aiha.org) no later than noon eastern time on December 23rd if you need any support in accessing your online classroom.***

Best, Colleen Manning

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## 2022-2023 Executive Committee

### **PRESIDENT**

Lt. Timothy Beck, MPH  
CDC/NIOSH

### **SECRETARY**

Renee Cowell, CSP  
Hitachi Energy

### **PRESIDENT-ELECT**

Dane Mitcheson, CIH, CSP, CHST  
FedEx Ground

### **TREASURER**

Frank Pokrywka, EdD, CIH  
KTA Tator, Inc.

### **DIRECTORS**

Tom Blank, CIH, CSP, FAIHA  
BWXT Technologies, Inc.

### **PAST PRESIDENT**

Laura Hallett Allen, MS, CIH  
Cardno ChemRisk

2nd Director to be named

### **CORRESPONDING SECRETARY AND WEB COORDINATOR**

Christy Kirsch  
Pittsburgh AIHA, SE Technologies, LLC  
412-789-4254

### **Local Section Committee Chairpersons**

#### **Audit Committee**

- Paula Sweitzer, CHMM, Duquesne University

#### **Program Committee**

- Dane Mitcheson, CIH, CSP, CHST FedEx Ground (Chair)
- Rona Smeak, PhD, CSP, Slippery Rock University
- Darrick Bertig, CIH, CSP, CUSA, MS, FirstEnergy

#### **Corporate Sponsorship Committee**

- Laura Hallett Allen, MS, CIH, Cardno ChemRisk

#### **Newsletter Committee**

- Christy Kirsch, Pgh AIHA, SE Technologies, LLC

#### **Nominating Committee**

- Laura Hallett Allen, MS, CIH, Cardno ChemRisk

#### **Historical Committee**

- Josh Maskrey, CIH, Insight Exposure & Risk Sciences