



Newsletter

Volume 15, Issue 7

October 2015

Message from the President – Mark Ostapczuk

Thanks again to all the members who attended the September meeting. Past President of NJAIHA Mr. Steven Barnett, P.E., CIH, MSPH, Esq. Partner, Law Offices of Connell Foley LLP provided his insight on the legal implications on Vapor Intrusion issues including EPA and NJDEP Site Remediation. Our own President-Elect, Mr. Bernie Fontaine, Jr. of the Windsor Consulting Group, Inc. guided us through a Longitudinal Study of the OSHA IMIS Database on Respirable Crystalline Silica Dust, including a Discussion of the evidence to support change to the OSHA Permissible Exposure Limit (PEL). See page 13 for photos.

Coming up at the October meeting Mr. Thomas Licker from Insurance Restoration Specialists, Inc. will be our first speaker to discuss infection control technology. Infection control technology brings about an awareness need to understand the current methods to properly clean, remediate and properly disinfect both interior air space(s) and surfaces. The lecture will discuss the building envelope and the holistic approach to mitigation. The presentation will include information on current attitudes and a more robust understanding of the barriers that can help guide optimal implementation of infection control programs.

Our second speaker is Dr. Nabeel, who is an Assistant Professor of Occupational Medicine/Preventive Medicine and Deputy Medical Director of Employee Health, Safety and Wellness Mount Sinai Health System and the Selikoff Centers for Occupational Health, Icahn School of Medicine at Mount Sinai. He will be speaking on a fascinating topic – wearable technology. An era of remarkable innovation is underway with the advent of brand-new technologies called “Wearable Computers”. See page 11 for details.

It's time to register for the 2015 NJAIHA Professional Development Courses! On Thursday December 3, 2015 (one day before the NEIH Conference) our PDC's will be held at the PSEG Hadley Road Facility (South Plainfield, NJ). We have 4 great topics of interest and 4 excellent speakers for this event. See pages 19-20 for details:

Finally if you haven't been to a meeting in a while you obviously don't know what you are missing! Considering we are one of the largest local sections, we would like to see a larger turnout at our meetings. So come to the meeting and bring a colleague or a friend. (First Meeting is FREE to new members). The networking opportunities are invaluable and the food at Snuffy's is great and certainly plentiful! I look forward to seeing all of you at our October 15th meeting at Snuffy's!

Best Regards.

Mark Ostapczuk
President NJAIHA

PLEASE NOTE: Change in Dinner Meeting Rates \$\$\$\$

As of the September 2015 Meeting the cost for monthly meetings have been increased. Dinner for Members is \$30, Non-members and guests \$40; Students and unemployed NJAIHA members are free.

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Welcome New NJAIHA Members!

Tim Klevecz - TK Marketing, Inc.

Calendar of Events

Date	Subject	Location
10/15/15	<p>Before Dinner Session:</p> <p>Topic: Infection Control: Methods to clean, remediate, and disinfect air and building surfaces Speaker: Thomas Licker, CEICR, HACCP, Infection Control Division Manager Insurance Restoration Specialists, Inc.</p> <p>Topic: Shifting Paradigms - Evolving Uses of Wearable Technologies in the Field of Occupational and Environmental Medicine Speaker: Ismail Nabeel MD, MPH, FACOEM Assist. Professor and Deputy Medical Director of Employee Health, Safety and Wellness Mount Sinai Health System and the Selikoff Centers for Occupational Health, Icahn School of Medicine at Mount Sinai</p>	Snuffy's Pantagis Scotch Plains, NJ
12/3/15	<p>NJ AIHA PDCs as part of the NEIH Conference event.</p> <p>Course #1: Ethical Fitness- A Method for Resolving Complex Dilemmas (meets ABIH ethics requirement for certificate maintenance points) Course Instructor: Nancy Orr, CIH, CSP, FAIHA Director, Global Environment, Health & Safety BD</p> <p>Course #2: Occupational Health and Industrial Hygiene in Developing Countries Course Instructor: Bernard L. Fontaine, Jr., CIH, CSP, FAIHA The Windsor Consulting Group, Inc.</p> <p>Course # 3: Safety and Industrial Hygiene Contributions to Emergency Response Course Instructor: David Schwartz, CIH Senior Industrial Hygienist CSERT, Inc.</p> <p>Course # 4: Current and Advanced Science for Legionella Sampling, Analysis & Investigation Course Instructor: Diane Miskowski, MPH Legionella Program Manager EMSL Analytical Inc.</p>	<u>PSEG Hadley Road Facility (South Plainfield, NJ).</u>



NEW RESEARCH SUGGESTS DRINKING CAFFEINE AT NIGHT CAN ACTUALLY SHIFT YOUR BODY'S INTERNAL CLOCK

Your internal clock, or circadian rhythm, is responsible for regulating several physiological processes, including sleep-wakefulness timing. External factors can influence your circadian clock, resulting in shifts of circadian timing. Some of the known influencers of circadian timing include light, physical activity, and certain drugs.

A new research study has investigated whether caffeine can affect circadian timing via melatonin signaling. The researchers compared consumption of caffeine in the evening, 3 hours before bedtime, compared with exposure to bright light before bedtime, which is known to delay the circadian clock. The researchers found that caffeine intake 3 hours prior to bedtime delayed the circadian clock by approximately 40 minutes compared with the control group. Exposure to the bright light delayed circadian clock timing by approximately 85 minutes, while a combination of caffeine and bright light delayed timing by approximately 105 minutes when compared to the control group.

The researchers then conducted experiments in human cells to determine the mechanisms that may be involved in this caffeine-induced shift in circadian timing. The researchers found that the shift in timing is mediated through the adenosine receptor which adjusts cAMP signaling. This signaling pathway is a central mediator of the circadian clock within cells.

Overall the researchers report that caffeine is able to shift the phase of the circadian clock in humans, via adenosine and cAMP signaling pathways. They suggest that the results of this study are important in terms of treating certain sleep-wake disorders. By strategically timing the intake of caffeine, it can be used as a tool to adjust circadian timing. Such adjustment also has the potential to be used to help in adjusting circadian clock timing in response to jet lag when traveling internationally.

Burke, TM, Markwald, RR, McHill, AW, Chinoy, ED, Snider, JA, Bessman, SC, Jung, CM, O'Neill, JS, Wright, KP. ["Effects of caffeine on the human circadian clock in vivo and in vitro"](#) Science Translational Medicine 16 Sep 2015: Vol. 7, Issue 305, pp. 305

ARE FACE MASKS USED BY HEALTHCARE WORKERS SAFE DURING PREGNANCY?

Worldwide, millions of pregnant women wear face coverings at work, including the widely used N95 respirator with filtering face pieces or masks. The N95 respirator restricts normal airflow, so a woman may have to breathe harder while wearing it. National Institute for Occupational Safety and Health (NIOSH) researchers are working to answer an important question: Does an N95 filtering face piece put more physical stress on a pregnant woman who wears it?

NIOSH researchers studied whether pregnant women who wear an N95 respirator have different health effects than women who are not pregnant. Researchers took steps to ensure that the tests did not themselves create a risk for harm. They monitored 16 pregnant and 16 non-pregnant voluntary participants for heart rate, blood pressure, fetal heart rate, and other indicators of heart and lung function. The research included 1 hour of alternating sitting, standing, and moderate exercise on a stationary bicycle, both with and without a filtering face piece respirator mask. All study participants were healthy non-smokers.

For the two groups, researchers observed no noteworthy differences in how the hearts and lungs of the participants performed. However, both pregnant and non-pregnant women wearing the respirator mask had a mild—but significant—increase in the heart's resting, or diastolic, blood pressure. The temporary increase did not affect heart and lung function, so it is unlikely to cause health problems in healthy women, the researchers said.

More research could help determine whether pregnant women with pregnancy-related high blood pressure and those with chronic high blood pressure can safely wear face coverings. Additional studies also should examine whether comparable indicators from the 1-hour tests occur over a longer period.

To read the full journal article, go to ***Effect of External Airflow Resistive Load on Postural and Exercise-associated Cardiovascular and Pulmonary Responses in Pregnancy: a Case Control Study.***

Our Officers

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President	Mark Ostapczuk	201-250-1097	Mark.Ostapczuk@UnitedWater.com
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Newsletter Advertising Opportunities

Would your company like to advertise in this newsletter? Each year, we publish 8 newsletters - - Sept., Oct., Nov., Jan., Feb., March, April & June.

The advertising rates are as follows:

- 1/4 page ad in newsletter & listing on web site \$100 (annual)
- 1/2 page ad in newsletter & listing on web site \$200 (annual)
- 1 page ad in newsletter & listing on web site \$400 (annual)

Interested in Being a Meeting Sponsor?

Recognition on meeting announcement, 1 free dinner at meeting, brief presentation and/or table at meeting \$300 (per meeting)

See our website: <http://www.njaiha.org/membership/advertise/> or email Mark Ostapczuk at president@njaiha.org for more information.

PLEASE NOTE!

Change in Rates \$\$\$\$

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Job Postings

There are many job postings on our web site. If you are looking or just curious check them out.

<http://www.njaiha.org/resources/job-postings/>

There are several job postings on these other organization web sites as well:

<http://www.njasse.org/>

<http://www.aiha.org/LocalSections/html/Metro%20NY/jobs.htm>

<http://www.philaaiha.com/Employment.htm>

2016 Industrial Hygiene and Safety Review Course

The New Jersey Section of the American Industrial Hygiene Association (NJ-AIHA) is offering a comprehensive Industrial Hygiene Course. The course is designed to provide basic training in some critical areas of industrial hygiene and safety and will likely be beneficial for those entering the field as well as those who are just looking to sharpen their skills in certain technical areas. In addition, many of the people who have attended the program have found it to be very helpful in preparing for the CIH and CSP examinations. Certified Industrial Hygienists have the opportunity to obtain CM points per lecture (0.167 points per contact hour). Participants are welcome to attend any or all of the lecture sessions, depending on their individual training needs. People who need certification maintenance points must sign an attendance sheet for each session.

Industrial Hygiene & Safety Lecture Topics

History of Industrial Hygiene, OSH Act Review and IH Management, Epidemiology, Fire Protection, Emergency Response, Ergonomics, Risk Management – Record Keeping, Indoor Air Quality, Bio-Safety, Equipment and Facility Safety, Ionizing Radiation, Non-Ionizing Radiation, Math, Statistics & Calculator Review, Air Pollution, Toxicology, Regulatory & Legal Affairs, Physics and Basic Engineering, Air Sampling – IH Chemistry, Direct Reading Instrumentation, Industrial Noise, Mechanical Exhaust Ventilation, Ethics and Professional Conduct, Respiratory Protection and other Personal Protective Equipment (PPE)

The IH classes will be held Tuesday nights (6:00-9:00) beginning the first week of June 2016 at the Rutgers Environmental Health & Safety Dept., 27 Road 1, Livingston Campus, Piscataway, New Jersey 08854. Tel. (732) 445-2550. (See the following link to Google Maps Directions)

<https://www.google.com/maps/place/Rutgers+Environmental+Health+and+Safety/@40.516915,-74.430336,17z/data=!3m1!4m2!3m1!1s0x89c3c7bf656fffff:0x2b79eadac518c3c8>

Cost: \$150.00 (includes registration, admission to all IH and Safety classes and on-line access to all course materials) **SAFETY CLASSES Sponsored by: ASSE**

The NJ Chapter of the American Society of Safety Engineers



Safety Topics have been added to our schedule (included in the price). We will have guest speakers on certain safety topics to help prepare people for the CSP exam. **Safety classes will be held on Thursday nights (6:00 PM). The website will be updated when the specific dates and topics for the Safety classes have been established. Enrollment forms, directions, and schedule are posted on the NJAIHA web page** <http://www.njaiha.org/events/njaiha-summer-review-course/>.



October 2015 – DINNER MEETING

Sponsored by *Insurance Restoration Specialists, Inc.*



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908-310-8481

DATE: Thursday, October 15th, 2015

PLACE: Snuffy's Pantagis Renaissance, 250 Park Avenue, Scotch Plains, NJ 908-322-7726

AGENDA:

3:30 p.m. AIHA, NJ Section, Inc. - Executive Committee Meeting

5:00 p.m. Registration/Networking/Appetizers/Cash Bar

5:45 p.m. President's Message

6:00 p.m. Before Dinner Session:

Topic: Infection Control: Methods to clean, remediate, and disinfect air and building surfaces

Speaker: Thomas Licker, CEICR, HACCP, Infection Control Division Manager

Insurance Restoration Specialists, Inc. www.irs-restoration.com

7:00 p.m. Dinner – Members \$30, Non-members and Guests \$40
Students and unemployed NJAIHA members are free (subsidized 100% for dinner meetings)

7:30 p.m. After Dinner Session:

Topic: Shifting Paradigms - Evolving Uses of Wearable Technologies in the Field of Occupational and Environmental Medicine

Speaker: Ismail Nabeel MD, MPH, FACOEM Assist. Professor and Deputy Medical Director of Employee Health, Safety and Wellness Mount Sinai Health System and the Selikoff Centers for Occupational Health, Icahn School of Medicine at Mount Sinai.

DIRECTORS:

Please register by Tuesday, October 13th, by calling Ronnie Tutty at 973-300-0144 or you may email your reservation to njaiha@ptd.net or fax your reservation to 973-579-6202, giving the names of those who will attend.

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COMMON DIRECTIONS:

Pick up Route 22 West to sign reading "Mountain Ave. – Scotch Plains". Take Mountain Ave. thru 2nd traffic light to parking lot entrance on the right (just after intersection).

Coming from New York City - Lincoln or Holland Tunnels or George Washington Bridge - take NJ Turnpike SOUTH to Newark Airport Exit #14 and follow common directions above.

Coming from Staten Island - Go over the Goethels Bridge and exit to the NJ Turnpike NORTH. Take the Turnpike to Exit #14 to Route 22 WEST and follow common directions above.

Going NORTH on Garden State Parkway - Exit # 140 to Route 22 EAST. Bear to LEFT to take jug handle to Route 22 WEST and follow common directions above.

Going SOUTH on Garden State Parkway – Exit #140A to Route 22 WEST and follow common directions above.

Coming from New Brunswick and Points South – Pick-up Route 287 NORTH (Exit #10 at Edison from the NJ Turnpike or Exit #127 from the Garden State Pkwy.) Take 287 NORTH to Somerville, Exit to Route 22 EAST to Scotch Plains. Entrance on right, after Blue Star Shopping Center and before Park Ave. overpass.

Coming from PA or Points West – Route 78 EAST to Exit #41. Follow signs to Route 22, Scotch Plains. At 3rd traffic light turn right to go over Overpass to Park Ave. Stay in right lane of overpass and at next light turn right onto Mountain Ave. Make first right turn to enter parking lot.



COMMON DIRECTIONS TO SNUFFY'S PANTAGIS RESTAURANT:

Pick up Route 22 West to sign reading "Mountain Ave. – Scotch Plains". Take Mountain Ave. thru 2nd traffic light to parking lot entrance on the right (just after intersection).

Coming from New York City - Lincoln or Holland Tunnels or George Washington Bridge - take NJ Turnpike SOUTH to Newark Airport Exit #14 and follow common directions above.

Coming from Staten Island - Go over the Goethals Bridge and exit to the NJ Turnpike NORTH. Take the Turnpike to Exit #14 to Route 22 WEST and follow common directions above.

Going NORTH on Garden State Parkway - Exit # 140 to Route 22 EAST. Bear to LEFT to take jug handle to Route 22 WEST and follow common directions above.

Going SOUTH on Garden State Parkway – Exit #140A to Route 22 WEST and follow common directions above.

Coming from New Brunswick and Points South – Pick-up Route 287 NORTH (Exit #10 at Edison from the NJ Turnpike or Exit #127 from the Garden State Pkwy.) Take 287 NORTH to Somerville, Exit to Route 22 EAST to Scotch Plains. Entrance on right, after Blue Star Shopping Center and before Park Ave. overpass.

Coming from PA or Points West – Route 78 EAST to Exit #41. Follow signs to Route 22, Scotch Plains. At 3rd traffic light turn right to go over Overpass to Park Ave. Stay in right lane of overpass and at next light turn right onto Mountain Ave. Make first right turn to enter parking lot.



Recent NJAIHA Activities in Pictures

Tim Rice, NJAIHA Historian



September 2015 NJAIHA Dinner Meeting - 9/17/15 at Snuffy's

Note: Yours truly was unfortunately unable to attend our kickoff dinner meeting to the 2015-2016 year. So I would like to credit our Section Secretary, Hank Shotwell, for taking the photos used in this month's article. Thanks, Hank!



Our before-dinner speaker, Steven Barnett, P.E., CIH, MSPH, Esq., Partner, Law Offices of Connell Foley LLP, Roseland, NJ, makes a point during his presentation, "Vapor Intrusion and IAQ: Legal Case Studies in EPA and NJDEP Site Remediation" Steve spoke on vapor intrusion technical and legal concepts as applied in contaminated site investigation and remediation cases.



Our after-dinner speaker, Bernard L. Fontaine, Jr., CIH, CSP, FAIHA, Managing Partner, The Windsor Consulting Group, Inc., South River, NJ, and also NJAIHA President-Elect, fields questions after his presentation, "Longitudinal Study of the OSHA IMIS Database on Respirable Crystalline Silica". Bernie discussed a recent Windsor Consulting Group study examining OSHA inspector crystalline silica respirable dust sampling results between 1984 and 2013 and the evidence derived from the study to support a change to the proposed OSHA Permissible Exposure Limit (PEL) for crystalline silica.



Mark Ostapczuk, NJAIHA President, thanks both our speakers for taking time out of their schedules to prepare and deliver these technical presentations for the benefit and education of NJAIHA member and guests. Thanks again, Bernie and Steve!



Happenings On The Hill

American Industrial Hygiene Association Government Affairs Department

Aaron K. Trippler, Director
703-846-0730 atrippler@AIHA.org

October 6, 2015

Note: Congress took a little time off over the summer, so did "Happenings". Both are now back.

The Good News and the Bad News from the Hill

With Congress debating the budget, concern with international events, health care, 2016 Presidential politics, and the visit from Pope Francis, it's a wonder anything gets done. Frankly, little does. But here's a look at some of the activity of importance:

The Good News:

- Just hours prior to the end of the fiscal year on September 30, Congress enacted and the President signed a short-term spending bill (Continuing Resolution CR) that would extend funding to the federal government through December 11. This simply means that everyone gets to spend the same thing they are now spending, at least until December 12. This is actually good news on some fronts. It means that OSHA and NIOSH funding stayed the same with no cuts in sight. Of course, this is only until December 11 when the CR would expire.
- That's it – that's all the good news from the Hill.

The Bad News (a little more of this):

- Notwithstanding the fact that a CR was enacted to keep the government operating until December 11, the bad news is that prior to this the debate starts all over again. And – the President has stated he will not sign another short-term

funding bill; warning Congress that it must adopt a full budget and address the issue of sequestration. Therein lies the problem – The Republicans want to increase defense spending and keep sequestration cuts for all other spending. The Democrats and the President want to increase spending for both defense and other areas or provide no increase for anything. The debate is just starting.

- In addition to the whole idea of adopting a final budget, we must watch the debate carefully to determine what might happen to OSHA and NIOSH spending. While OSHA funding will likely be somewhat flat, there is concern about what types of “riders” Congress may impose in a final budget. As an example, one of the first budget discussions involved a rider that would place restrictions on OSHA finalizing a silica standard. And NIOSH isn’t safe either. The President has recommended cutting all funding for the Education Research Centers from the NIOSH budget.
- Prior to November 5 Congress needs to address the debt limit or the government will face a catastrophic default on the nation’s debt. The date is a bit earlier than was originally thought, yet the government has been playing with the numbers since this past March when the borrowing cap was reached. Simply put, we need to raise the \$18.1 trillion dollar debt limit. Makes individual credit card bills look pretty reasonable!
- Infighting within the Republican Party. Everyone is aware that Speaker John Boehner is resigning from Congress on October 30 and a new Speaker must be elected. What was thought to be a formality has now turned into a two-way race. Doesn’t make any difference who is running; what you need to know is it shows a split within the party. There is a small, but powerful, group of House Republicans who are battling the Leadership over several issues, most notably the issue of funding for Planned Parenthood. Because of this debate the election for a new Speaker could become a knockdown, drag out fight.
- The House Committee with OSHA oversight (Education and Workforce Committee) will see a change in leadership after next year’s election no matter which party has control. Chairman John Kline has announced he will not be seeking re-election; however during the remainder of his tenure he stated it is his intent to step up OSHA oversight. Good or bad? Depends on your viewpoint of this Committee and OSHA oversight.

NIOSH Remaining in Good Hands

Dr. John Howard has been reappointed to a third six-year term to head up the National Institute for Occupational Safety and Health. With this reappointment, Dr. Howard becomes the longest serving head of the Institute. Everyone involved in occupational safety and health should be pleased with this reappointment. Dr. Howard has been instrumental in improving the cooperation between OSHA and NIOSH and providing research into many areas that have improved worker safety and health.

OSHA Activity

Confined Spaces in Construction. OSHA has issued a guidance document to help small business comply with the new Confined Spaces in Construction Standard. Print copies of the document are not available, but the OSHA website has posted the publication. For more information, see OSHA's Confined Spaces in Construction Web page which includes links to the standard, FAQs, and fact sheets.

Inspections. OSHA has announced a move to a new enforcement weighting system that assigns greater value to complex inspections that require more time and resources. Dr. Michaels stated that not all inspections are equal and the new system will allow OSHA to better focus resources on more meaningful inspections. This new system will be used to measure how many inspections are conducted annually. The change will encourage inspectors and their supervisors to take on complicated inspections because they won't have to worry about whether they are meeting goals for individual inspections. Should be interesting to see how this works.

Hazard Communication. OSHA has published a revised Hazard Communication directive. The directive is available on the OSHA hazard communication page at <http://www.osha.gov/dsg/hazcom/index.html>

OSHA Violations in Fiscal '15. OSHA has announced the top 10 categories of most-cited alleged violations of the OSH Act in fiscal 2015. The top ten are – Fall Protection, Hazard Communication, Scaffolding, Respiratory Protection, Lockout/Tagout, Powered Industrial Trucks, Ladders, Electrical-Wiring Methods, Machine Guarding, and Electrical-General Requirements.

Revised Recordkeeping Rule. Following the court-ordered ban on issuing citations for recordkeeping violations that are more than six months old, OSHA released a notice of proposed rulemaking in late July. The proposed rule would revise regulations that an employer's ongoing obligation to accurately record workplace injuries and illnesses continues for five years after a report should be made. OSHA has now announced that it is extending the deadline for submitting comments on this proposed rule to October 28. OSHA says the proposal adds no new compliance obligations and would not require employers to make records of any injuries or illness for which records are not already required. This proposed rule is in response to the *AKM LLC v Secretary of Labor* (Volks) decision.

Confined Spaces in Construction Enforcement. If you recall, OSHA set October 2 as the date to begin full enforcement of its confined spaces in construction rule. Several stakeholders had contacted OSHA to extend this date, but as of today no extension has been announced. In addition, OSHA is defending the rule against several stakeholders who have filed petitions for review with the U.S. Court of Appeals for the Fifth Circuit.

Workplace Violence. OSHA is working on an updated compliance directive to address increasing concern with workplace violence. OSHA hopes to have the new directive available in early 2016.

Beryllium Proposed Rule. Stakeholders are developing comments on the OSHA proposed rule that would cut the permissible exposure limit on beryllium. The proposed rule would also impose measures regarding personal protective equipment, medical

surveillance and training. OSHA has been working on this proposed rule for 13 years and the agency is hopeful the rule will be finalized in the coming months. Comments on the proposed rule are due November 9.

Process Safety Guidance. Nothing seems easy anymore. In June OSHA issued two memos regarding enforcement on its standard for high-hazard chemical processes. OSHA stated the memos were issued in accordance with the Obama administration's multi-agency chemical safety working group. Not so fast says a group of industry representatives. The group has mounted a legal challenge to the memos saying that changes were issued without going through a formal rulemaking procedure.

Other Issues in Congress

One could write numerous pages about the many legislative measures being debated in Congress. However, a shorter answer might be to simply list the various issues now being debated with the understanding that few, if any, of these measures will ever be enacted. What with the debates taking place over the federal budget, planned parenthood, immigration, international events, the infighting taking place within the Republican members of the House – odds are pretty good that these measures won't see any serious consideration any time soon.

- Voluntary Protection Program. Making this program a permanent program within OSHA. AIHA sent a letter of support for this legislation.
- Reestablishing and refunding the Office of Noise Abatement and Control within EPA. AIHA is also sending a letter of support for this legislation.
- Senate committee discussion on demanding that OSHA refrain from using new guidance documents to enforce several aspects of the chemical safety regulations. Debate that OSHA should follow the required administrative procedures for rulemaking. The Committee also challenged OSHA on using guidance documents rather than rulemaking for other issues.
- Legislation that would create a new independent commission to evaluate rules in place at least 10 years and make recommendations for changes or repeal. Some observers say this bill has bi-partisan support and may at least receive serious consideration.
- TSCA Reform. Still considerable interest in legislation that would amend the Toxic Substances Control Act. The bill has passed the House and there may be some interest in the Senate to consider the measure.
- Abatement before citation. This bill would give employers a chance to fix problems identified by compliance officers before issuing a citation and fine. The grace period would only apply to "very minor" regulatory violations.

Federal and State Legislative Action Centers

Visit the AIHA Federal Legislative Action Center to stay abreast of national issues important to occupational health and safety. Simply go to the AIHA home page. Click on "government affairs", located on the "stay connected" tab at the top of the page. Once in government affairs, click on "Federal Legislation Action Center". Also available within this Action Center is the opportunity for any member to directly contact their elected officials in Washington simply by inserting their zip code. You can send an email or learn how to contact them by phone or mail. Take a look!

The State Center offers AIHA members the opportunity to monitor all state legislative sites, scan IH professional recognition/title protection laws in states where adopted, and even review and follow all state legislation being monitored in the state legislatures throughout the year. Included under each State site is access to the various state agencies, including the Governor's office and OSHA state plan sites. If professional recognition/title protection legislation has been enacted in a particular state, this law can also be found.

Another important feature is member access to each of the weekly legislative/regulatory reports sent to each state. With this access, members can follow any piece of legislation that may be of interest.

For information on any of the items in this report, please contact Aaron Trippler.



Philadelphia Section,
American Industrial Hygiene
Association



Northeast Industrial Hygiene Conference Professional Development Courses (PDCs)

Thursday, December 3, 2015

**PSE&G Hadley Road Facility
4000 Hadley Road
South Plainfield, NJ 07080**

The NEIH conference will be held on Friday, 12/4/15 at the Westin Princeton at Forrestal Village. It is presented by the Philadelphia Section AIHA and co-sponsored by the Metro New York and NJAIHA sections. Please plan to attend both events.

Each PDC accounts for 3.5 Technical Contact Hours and may be eligible for ABIH CM credit. Course fees include continental breakfast, lunch, and refreshments.

For questions, contact: Stephen Siegel, PDC Chair by email at: stephen.siegel@dupont.com or call 302-451-3545

Morning courses will begin at 8:30 a.m.
Please sign-in between 8:00 and 8:30 a.m.

Afternoon courses will begin at 1:00 p.m.
Please sign-in between 12:30 and 1:00 p.m.

NOTE: PDC's will be held at the PSEG facility (South Plainfield, NJ) but the NEIHC will held at the Westin Forrestal Center in Princeton, NJ.

GENERAL DIRECTIONS TO THE PSEG

From North NJ/NY Area

Take N.J. Turnpike to Exit 10. Follow signs for 287 North and Take Exit 4 for Durham Avenue/South Plainfield. Go down the ramp and bear left. Go one block to light and make a right onto Hadley Road. Go past the first light. Building is on the right hand side approximately 200 yards past light. Look for PSE&G sign.

From West (PA)

Take PA turnpike East until the end and follow onto NJ Turnpike North. Same as North NJ/NY Area

From South NJ

Same as North NJ/NY Area

From Route 287 (South)

Take exit #5 and make a right onto Stelton Road. Make first left that is Hadley Road. Go past the two lights. Building is on the left hand side. Look for PSE&G sign on left

Registration Form (please print clearly):

Name: _____

Company: _____

Title: _____

Address: _____

Cell Phone: _____

(Please provide your mobile number, thanks!)

Phone: _____

E-Mail: _____

Course #'s _____

Amount Enclosed: \$ _____

*Registrations without payments **WILL NOT BE ACCEPTED**. Fee per each PDC \$125 if received by 11/19/2015 -- \$150 afterwards.*

**ALL REGISTRATION SHOULD BE
COMPLETED THROUGH THE ONLINE
REGISTRATION LINK BELOW**

https://www.regonline.com/NEIHC2015_PDCs

PLEASE REGISTER by 11/19/2015 to avoid late fees.

There are three payment options:

- Credit card via RegOnline
- PayPal through RegOnline
- Check payable to NJAIHA

Mail registration form with check to NJAIHA
c/o Ronnie Tutty
910 Potters Road, Newton, NJ 07860
Telephone: (973) 300-0144

Course #1: Ethical Fitness- A method for resolving complex dilemmas*

8:30 AM - 12:00 PM

Course Fee - \$125 if received by 11/19/2015 - otherwise \$150 afterward.

Course Instructor:

Nancy Orr, CIH, CSP, FAIHA

Director, Global Environment, Health & Safety
BD

This PDC on Ethical Fitness helps participants develop an increased awareness of ethical issues and how they arise. Participants will learn to:

- Understand the nature of personal values and their role in guiding conduct
- Apply tools and skills to analyze ethical dilemmas
- Learn to identify and resolve potential 'conflict of interest' situations
- Make higher quality ethical decisions

Participants in this course will acquire essential skills necessary to make higher quality ethical decisions. This skill - building process begins by developing an awareness of ethical issues and how they arise. The role of personal values and their application to decision - making is then examined. Participants practice using analytical techniques to explore right vs. wrong situations as distinct from right vs. right dilemmas, where values conflict. We will explore how to resolve situations where truth conflicts with loyalty; justice with mercy; short-term goals with long-term goals, and self-interest conflicts with the community's interest. Finally, participants apply several resolution approaches to dilemmas in search of "the higher right."

**This course fulfills the ABIH ethics requirement for ethics certificate maintenance points*

Course #2: Occupational Health and Industrial Hygiene in Developing Countries

8:30 AM - 12:00 PM

Course Fee - \$125 if received by 11/19/2015 - otherwise \$150 afterward.

Course Instructor:

Bernard L. Fontaine, Jr., CIH, CSP, FAIHA
The Windsor Consulting Group, Inc.

Unlike business and industry in developed world, there are many occupational health and industrial hygiene hazards facing workers, their families and community, and the environment. Oftentimes these occupational health risks are intertwined affecting both the worker and their family, which may or may not be influenced by religion, political affiliation, social status or economics.

This PDC will discuss how occupational health and industrial hygienists across the globe can make a difference in health hazard and risk identification, developing simple controls, training and education people, provide mentoring to medical and graduate students, provide information and resources and technology to drive changes in government policy, development of enforceable programs, and construct or operating procedures for all stakeholders. Workplace Health Without Borders (WHWB) in collaboration with other charitable organizations has identified a mission to help those who wish to protect the lives and livelihood of workers, families, public and communities, and environment

Course #3: Safety and Industrial Hygiene Contributions to Emergency Response

1:00 PM - 4:30 PM

Course Fee - \$125 if received by 11/19/2015 - otherwise \$150 afterward.

Course Instructor:

David Schwartz, CIH Senior Industrial Hygienist
CSERT, Inc.

This PDC will review applications of the Incident Command System (ICS) in emergencies, oil spill clean-up methodologies, the use of air monitoring methods and observations to assess worksite safety, examples of engineering and administrative controls, and PPE that can be used successfully under challenging and dynamic field conditions to

reduce employee chemical, physical, and biological hazards, body strain and fall exposures. An ICS Checklist and Responder Questions to Ask and Answer (Incident Size-up) will also be provided.

Health, safety, and planning organization details from the following emergency incidents will be covered:

- Athos Oil Spill
- Hurricane Katrina
- Deepwater Horizon Oil Spill
- Paulsboro Vinyl Chloride Train Derailment
- Hurricane / Super Storm Sandy
- Kulluk (Drilling Rig) Tow Incident
- Chemical Suicide Emergency Response

Course #4: Current and Advanced Science for Legionella Sampling, Analysis & Investigation 1:00 PM - 4:30 PM

Course Fee - \$125 if received by 11/19/2015 - otherwise \$150 afterward.

Course Instructor:

Diane Miskowski, MPH
Legionella Program Manager
EMSL Analytical Inc.

As a result of the recent New York City Legionnaires' disease outbreak and ASHRAE 188 for preventing Legionellosis in building water systems being approved in July 2016, many more industrial hygienists will be sampling for Legionella than ever before. This PDC will focus on the importance of developing a suitable sampling strategy before actual sampling is performed. Case histories will be used to teach these concepts.

This PDC will help the audience understand the ecology and epidemiology of Legionella and how that impacts sampling strategy design, sample collection and analysis. It will also discuss the advantages and disadvantages of traditional culture tests for Legionella and emerging genomic tests. The genomic tests offer the best way of determining the link between environmental samples and clinical isolates of Legionella.