



Newsletter

Volume 16, Issue 9

November 2016

Message from the President – Bernie Fontaine

Are you aware this year is the 72th anniversary of NJAIHA? To celebrate this milestone, the Executive Committee (EC) continues to plan for the Professional Development Courses (PDCs) and the 70th annual Northeast Industrial Hygiene Conference and Exhibition (NEIHce) in December. Anyone who wants to volunteer to help with either venue, contact Barbara Woodhull for the NEIHce and Mark Ostapczuk for the PDCs. Information on the PDCs and NEIHce is posted on the NJAIHA website.

Mark Ostapczuk has done a great job finding speakers for our PDCs on Thursday, December 1, 2016. They include: Nancy Orr, CIH, CSP with Becton Dickinson who will present “**Ethical Fitness – A Method for Resolving Complex Dilemmas**”; Brent Altemose, Ph.D., CIH, CSP and Charlyn Reihman, MPH, CIH from SafeBridge Consultants, Inc. and Vincent Daliessio, Jr., CIH from EMSL Analytical will present “**Navigating OSHA’s New Respirable Silica Rule**”; Craig Tomskey, MS, CIH will present “**Elements of a Proactive Ergonomics Program and Ideas for Effective Implementation**”, and finally Neil Feldscher, CIH, CSP, JD will present “**Effective Depositions.**” For details and how to register for the December PDCs, visit the NJAIHA website.

While recovering from surgery, Craig Doolittle did an outstanding job selecting speakers for the November dinner meeting in collaboration with MABSA. A dinner meeting announcement will be made shortly. NJAIHA is always interested in hearing from anyone either within our membership or outside the organization who wishes to speak at our monthly dinner meetings, PDCs, or annual regional conference. Please contact Craig Doolittle for more information.

Barb Woodhull is chairing the 2016 NEIHce Planning Committee. She has done a terrific job by making great strides to identify outstanding speakers; solicit corporate sponsors, vendors as exhibitors, donors for prizes, and marketing the annual event to all occupational health and safety stakeholders. NJAIHA continues to collaborate with organizations from NJ, NY, PA, DE, MD, and DC. Thank you, Barb and your team for all your hard work. If you wish to be a sponsor, exhibitor or post your business card in the NEIHce conference guide, contact Kevin Ruehle at (800) 733-4555

Planned NEIHce speakers include: Robert Sussman, Ph.D. and Charlyn Rheinman, MPH, CIH from SafeBridge Consultants talking about “**Risk Assessment and Control of Antibody – Drug Conjugates**”; Neil Feldscher, CIH, CSP, JD on “**Updates on the Toxic Substances Control Act**”; Michele Shepard, Ph.D. on “**What’s New with Nano?**”; Edwin Foulke, Jr., Esq. former Assistant Secretary of Labor – OSHA and former Chair of the OSH Review Commission on “**Federal OSHA Policy and Updates in Washington**”; Frank Hearl, PE on the “**Value of Health and Safety: Reaping Rewards, Reducing Burdens**”; Matt Navea, Corporate EHS Director of Preferred Sands on “**Reducing the Generation of Respirable Crystalline Silica during Hydraulic Fracturing Activities**”; and Catherine A. Hovde, CIH from Caterpillar will be speaking about “**Current Affairs of AIHA National and NJ Youth@Work Talking Safety Program.**”. Please note we are also promoting occupational health and safety training for intellectually and developmentally disabled workers.

We are always looking for more volunteers as part-time Outreach Coordinators. This important task assists NJAIHA to increase awareness of our profession as an alternative career choice for students and enhances the benefits of being a member. Ideally, we also would like to start a NJAIHA student chapter to create synergy between NJAIHA, local universities and colleges. We envision that some of our scholarship winners and undergraduate and graduate students could perform these duties to tell middle school and high school students about the benefits of our profession. NJAIHA has constructed a fun brief to meet this goal. If you want to be an Outreach Coordinator and present to school districts, please contact Candice Kowalewski.

We want you to enjoy networking and learning at the dinner meetings, PDCs and the NEIHce! We are working hard to enhance our membership engagement and cover the current topics of interest. If you haven't heard, NJAIHA is offering a **"Loyalty Rewards Program"**. Members who attend any five (5) dinner meetings will get the 6th dinner free!! The program is not applicable to PDCs or the NEIHce. In addition, if you sign-up five (5) new or former members in our **"Member Get-a-Member"** program, we will offer you a free dinner. Contact me if you have an idea about our increasing membership.

You may have seen many postings on social media – Facebook and LinkedIn. Our objective is to connect more with GenX and GenY (Millennials) and begin a deeper conversation of the issues that affect you and your family, along with the workforce, public, or environment that you serve. There are many peer-reviewed articles and other nationally recognized resources, which may be of interest to our members. Recently, we started **"Tell Me Your Story"** which features an article in our newsletters. If you have a compelling story, case study or research; contact Mark Ostapczuk.

We are seeking more vendors to advertise in our monthly newsletter and website, and help sponsor our monthly dinner meetings. As a bonus, we will promote your business by advertising on Facebook. Our objective is to add business value to attract new customers and help them showcase their products and services. If you would like to advertise, complete the application on the website. Jack Zybura can provide more information about posting any information to the website or social media.

As a reminder, we need your **support for the student scholarships**. We will continue selling the piqué polo shirts with the NJAIHA logo to raise revenue to support the student scholarships. We are holding our pricing structure so that more of members can afford these items. These shirts can be proudly worn to any NJAIHA venue and they make a great gift for the upcoming holidays. Several members proudly wore these shirts at our monthly dinner meetings and at AIHce. If you would like to make a purchase, contact Craig Doolittle or visit the NJAIHA website for details.

On November 8, 2016, I will present a lecture to the Potomac section of AIHA entitled **"Occupational and Environmental Risk Assessment of Elemental Mercury at the Edison National Historic Site in West Orange, NJ."** at the Smithsonian Art Museum in Washington, DC. This lecture is being given to thank the Potomac section of AIHA for their support with the 2016 NEIHce. In closing, I hope to see you and a friend at the Thursday November 17th dinner meeting at Snuffy's! Look for the email announcement and/or posting on LinkedIn and Facebook.

Best regards,



Bernard L. Fontaine, Jr., CIH, CSP, FAIHA
President NJAIHA

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Visit NJAIHA On-line

NJAIHA is continuously posting relevant information on industrial hygiene principles and practice on these webpages. Feel free to find out current events which may affect your business or industry and continue the conversation on a regional, national, and international level.

<https://www.facebook.com/njaiha/>

<https://www.linkedin.com/groups/3675325>

OUR LOCAL SECTION OFFICERS

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Membership Rewards

Members remember our ongoing loyalty rewards program. After five (5) paid dinner meetings, dinner is on us!! Please pick-up your loyalty reward card and have it checked at the door. This is a great way to help us increase the membership at the dinner meetings.

Another way to earn loyalty rewards points, sign up five (5) of more new or former members of NJ AIHA. All new members are tracked to ensure that you receive credit for promoting the organization.

Please consider purchasing a NJAIHA polo shirt to support the student scholarships. These are great gifts, they help support a great cause, and you can get a tax deduction.

Those of you who are CIHs, don't forget to pick up your verification of attendance forms. These are located the entrance to the dinner meeting room, professional development courses, and conference.

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://njasse.org/jobs/>

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

2017 Industrial Hygiene and Safety Review Course

Are you looking for an inexpensive way to study for the CIH and CSP exams? Do you need certification maintenance points to meet your re-certification requirements? 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 in June 2017 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)

*Note: First IH Class will run from 6:00 PM to 9:30 PM. Please try and arrive promptly at 6:00 PM. The first half hour will cover registration activities, course orientation information, and other miscellaneous administrative activities. The two courses scheduled on the first night will begin at 6:30 PM and run to 9:30 PM.

<https://www.google.com/maps/place/Rutgers+Environmental+Health+and+Safety/@40.516915,-74.430336,17z/data=!3m1!4b1!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 are 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/>.



The **NJAIHA Executive Committee** is selling white pique polo shirts with the NJAIHA logo. Point of sale proceeds will serve as a revenue source for our **student scholarship program**. Pricing is based on size and the applicable cost of shipping and handling if the shirts are not picked up at a dinner meeting or other NJAIHA sponsored event.

Please contact Ronnie Tutty at (973) 300-0144 or visit the NJAIHA web page at:

<http://www.njaiha.org/students/polo-shirt-fundraiser/>

Volunteers Needed to Support NJAIHA

NJAIHA is looking for volunteers to help with Outreach Coordination to raise awareness about the profession as career choice, NJ Youth@Work Talking Safety, Program to teach students about health and safety at work, Professional Development Courses (PDCs), 2016 Northeast Industrial Hygiene Conference and Exhibition (NEIHce), student and professional mentoring, collaborate with other interested nonprofits, and many other initiatives. The volunteer experience is rewarding and reaps many benefits, both personally and professionally.

If you a current member of NJAIHA, please consider becoming a volunteer to pursue a designated path and think about your personality, interests, and time commitment and align those values with the opportunities available.

NJAIHA is looking for members to serve as either macro-volunteers (e.g., involving a long-term commitment by a single volunteer, or team of volunteers, to work on a task that cannot be completed within a short period of time) and micro-volunteers (e.g., involving a short-term commitment by a single volunteer, or team of volunteers, to work as needed on a task that can be completed within a short period of time). Make a choice to help support NJAIHA in its mission to protect worker health and spread the word about what we do and what we do it.

What's in It for You?

- (1) Sense of pride, satisfaction, and accomplishment
- (2) Greater self-esteem and self-confidence
- (3) Feeling valued and having made a difference
- (4) Creating connections and building relationships
- (5) Making an impact that can change or shape someone's life for the better
- (6) Being a part of a community that works for the greater good
- (7) Develop, strengthen, or expand leadership skills
- (8) Acquire job-related skills and improve job opportunities
- (9) Gain a better understanding of the profession, volunteering, and NJAIHA

Get involved! To learn more about the volunteering experience with NJAIHA, please contact Candice Kowalewski at: info@njaiha.org.

Member Get-a-Member

You know firsthand the value of being a sustaining member of NJAIHA. By sharing your personal and professional experiences with a colleague and recruiting others, you will:

- (1) Expand your network of industry professionals and support the professional community
- (2) Help your colleagues succeed in their careers
- (3) Strengthen NJAIHA to ensure the voices of industrial hygienists are heard
- (4) Receive recognition and win valuable loyalty rewards points for your recruitment efforts

How It Works!

Reach Out. Tell a friend, colleague or associate about the benefits of NJAIHA membership.

Pull Them In. Have your referral join NJAIHA and list your name in the "referred by" line on their application.

Get Rewarded. For every five new or former member of NJAIHA that you recruit, you will receive a free dinner at one of the NJAIHA monthly dinner meetings. The more people that you sign-up the more opportunity to help NJAIHA grow and prosper.

NJAIHA is offering a "Loyalty Rewards Program". Members who attend any five (5) dinner meetings will get the 6th dinner free!! The program is not applicable to any PDCs or the NEIHce.

Get Ready for the 2016 PDCs and NEIHce Thursday and Friday – December 1-2, 2016



2016 PDCs at the PSE&G Facility – South Plainfield, NJ – Thursday 12/1/16

https://www.regonline.com/NEIHC2016_PDC

NEIHce at the Westin Forrestal Village, Princeton, NJ on Friday 12/2/2016

<https://www.regonline.com/NEIHC2016>



Northeast Industrial Hygiene Conference and Exhibition

Friday
December 2, 2016

Westin Forrestal Village
200 Village Blvd
Princeton, NJ



**Learn the strategies, tools, and techniques
you need to protect worker health.**

Nationally recognized presenters have been invited to the NEIHce. Earn CM points for re-certification as a Certified Industrial Hygienist (CIH) and network with your regional colleagues. NEIHce's educational program offers a selection of sessions that will allow you to expand your expertise, explore new topics, and help advance your career. Topics include OSHA compliance to updates on nanotechnology research and development.

**Educational opportunities aren't the only thing
you'll find at NEIHce 2016**

NJAIHA has invited corporate sponsors and vendors to showcase their products and services. This is a great opportunity to learn about sampling equipment, sampling and analytical techniques, and services offered by industrial hygiene, occupational and environment consultants. Don't miss this opportunity to learn.



**Presented by the
NJ Section AIHA**

**Co-sponsored by the
Philadelphia and
Metro New York
Sections AIHA**

For more information
about the NEIHce 2016, please visit the
NJAIHA website:
www.njaiha.org or
follow the NJAIHA, LinkedIn and
Facebook webpages

**Watch soon to post business opportunities
for sponsors, vendors, and business cards
in the brochure.**

Registration is now open:
<https://www.regonline.com/NEIHC2016>

Conference Agenda

"Risk Assessment and Control of Antibody-Drug Conjugates"

Speakers: Robert Sussman, Ph.D., DABT, and Charlyn Reihman, CIH, SafeBridge Consultants, Inc.

"Updates to the Toxic Substances Control Act"

**Speaker: Neil A. Feldscher, CIH, CSP, Esq.
EHS Chief, NYC Depart. of Environ. Protection**

"What's New with Nano? Health and Safety Management for Engineered Nanomaterials in the Workplace"

**Speaker: Michele Shepard, PhD, MS, CIH
Colden Corporation**

"Federal OSHA Policy Changes and Updates in Washington"

**Speaker: Edwin G. Foulke, Esq.
Fisher & Phillips LLP/Former Assist. Sec. of Labor - OSHA**

"Value of Health & Safety: Reaping Rewards, Reducing Burdens"

**Speaker: Frank J. Hearl, PE
Chief of Staff at NIOSH – Washington, DC**

"Reducing the Generation of Respirable Crystalline Silica during Hydraulic Fracturing Activities Using Treated Proppant Sand"

**Speaker: Matt Navea
Corporate EHS Director of Preferred Sands**

"Current Affairs of AIHA National and NJ Youth@Work Talking Safety Program"

Speakers: Catherine A. Hovde CIH, Caterpillar,



Do you know someone who deserves to be nominated as an **AIHA Fellow**? The time to nominate a new Fellow for 2017 is almost here, with a deadline of December 31. Please consider. The nominations form will be available in early October on the AIHA website at: <https://www.aiha.org/get-invol.../outreach/.../AIHA-Fellows.aspx>.

Fellows of AIHA are individuals who are full members in good standing and have 15 years of continuous membership. Individuals can be nominated by a local section, committee, special interest group or other formal AIHA entity for their recognized achievement in the field of industrial hygiene. At large nominations will also be accepted, with the exception that individuals may not self-nominate. Individuals are approved as Fellows by the AIHA Board of Directors based upon review and recommendation of the Awards Committee. The title Fellow (FAIHA) is limited to no more than five percent (5 %) of the full members of AIHA. Nomination packages need to demonstrate recognized contribution evidenced by solid contributions in at least three of the following areas:

- (1) **Original research or invention, demonstrated by the publication of papers** in refereed journals. (Some consideration will be given to articles in trade journals.) The nominee must be the principal or the secondary author.
- (2) **Work in policy areas** which may include corporate, federal, state, and local activities as well as standards development and advocacy.
- (3) **Technical, scientific, or management leadership** in industrial hygiene.
- (4) **Exemplary contributions to improving education** in industrial hygiene.
- (5) **Contributions to education** include textbook authorship, editorships for IH compendia (e.g., Patty's), teaching PDCs and evaluations from those PDCs, giving short courses, development of training and teaching tools, etc.
- (6) **Direct contribution** by serving as an officer, committee work, or conference planning.

Please consider recognizing your peers who have made significant contribution to AIHA.

Here are seven steps to help ensure that hands-on training is successful:

- (1) **Demonstrate.** Show learners how to perform the procedure, technique, or task.
- (2) **Have learners describe what you did.** Ask them to tell you in their own words what they have just seen.
- (3) **Ask and answer questions.** Ask learners questions about your demonstration to ensure they have understood the key points. Then, answer any related questions they have.
- (4) **Have learners perform with guidance.** Give each learner the chance to actually perform the procedure, technique, or task.
- (5) **Provide feedback.** Praise success, and correct errors. Ensure learners who make mistakes understand what they did wrong and how to do it right.
- (6) **Give them the chance to practice.** Once you are convinced that learners have the right idea, let them practice under supervision.
- (7) **Monitor back on the job** to ensure learning is effective. Check that trainees have learned everything they need to know and are performing the procedure, technique, or task properly.

With these 7 steps in mind, you're on your way to a more efficiently and properly trained workforce!

The **AIHA Distinguished Lecturer (DL) Program** is entering its 3rd year with currently twenty-three (23) DL's as shown on this webpage:

<https://www.aiha.org/.../Pages/Distinguished-Lecturer-FAQ.aspx>.

New DL applications need to be submitted by February 1st, 2017. The DL Review Committee will be assessing the applications in March 2017, and the newly selected DL's will be announced in April 2017. There will be additional information on the new DL's at the Seattle AIHce in June 2017.

The AIHA Distinguished Lecturer Program focuses on providing access to lectures on national and international occupational and environmental health issues that affect the practice of industrial hygiene. For additional information on becoming a DL, click

<https://www.aiha.org/.../Pages/Distinguished-Lecturer-FAQ.aspx>

OSHA recently issued a Notice of Proposed Rulemaking to add two quantitative fit-testing protocols to the agency's Respiratory Protection Standard. The protocols would apply to employers in the general, shipyard and construction industries.

Appendix A of the standard contains mandatory respirator fit-testing methods that employers must use to ensure their employees' respirators fit properly and protect the wearer. The standard also allows individuals to submit new fit-test protocols for OSHA approval. TSI Incorporated submitted an application for new protocols for full-facepiece and half-mask elastomeric respirators, and filtering facepiece respirators.

The existing standard contains mandatory testing methods to ensure that employees' respirators fit properly and are protective. The standard also states that additional fit-test protocols may be submitted for OSHA approval. TSI Incorporated submitted an application for new protocols for full-facepiece and half-mask elastomeric respirators, and filtering facepiece respirators. The proposed protocols are variations of the existing OSHA-accepted PortaCount® protocol, but differ from it by the exercise sets, exercise duration, and sampling sequence.

The agency invites the public to comment on the accuracy and reliability of the proposed protocols, their effectiveness in detecting respirator leakage, and their usefulness in selecting respirators that will protect employees from airborne contaminants in the workplace. More specific issues for public comment are listed in the Federal Register notice. Individuals may submit comments electronically at www.regulations.gov, the Federal e-Rulemaking Portal. Comments may also be submitted by mail or facsimile; see the Federal Register notice for details. The deadline for submitting comments is Dec. 6, 2016.

This proposed rulemaking would allow employers greater flexibility in choosing fit-testing methods for employees. The proposed rule would not require an employer to update or replace current fit-testing methods, as long as the fit-testing method(s) currently in use meet existing standards. The proposal also would not impose additional costs on any private- or public-sector entity. https://www.osha.gov/pls/oshaweb/owadisp.show_document?p_table=NEWS_REL&EASES&p_id=33264

Tell Me a Story



As a nation, we've known about the dangers of lead poisoning for many years – and how to prevent exposure. Overexposure to lead is associated with brain damage, gastrointestinal complications, anemia and kidney disease. Anyone who has worked in manufacturing, shipbuilding, construction and various other industries knows lead paint was commonly used until the mid-1970s.

So, when Fraser Shipyards in Superior, Wisconsin, took on the job of retrofitting the engine room of a Great Lakes iron ore vessel built in 1959, the company knew it needed a safety and health program to protect workers from lead and other known hazards. They even discussed lead abatement with the ship's owner prior to starting the \$10 million retrofitting project in December 2015.

Yet when health officers from the department's Occupational Safety and Health Administration conducted personal and bulk sampling of worker's blood levels in February and March 2016 after receiving complaints of unsafe working conditions, they found that all 14 employees sampled were overexposed to lead. These workers had been torching, cutting and removing material known to be contaminated with lead paint.

One worker's test sampling showed **lead exposure up to 20 times the permissible exposure limit**. Others were 13 and 14 times the limit. Fraser Shipyards subsequently conducted blood lead level testing of more than 120 employees. The results **75 percent of those tested had elevated blood lead levels**.

OSHA responded by citing the Wisconsin shipyard operator for **14 willful egregious health violations** – one for each instance of overexposing a worker to lead. OSHA also issued five additional willful violations for failing to implement engineering controls, work practices, a respiratory protection program, and to conduct training related to lead hazards. Other hazards were found, as well.

The company agreed to a completion deadline they couldn't meet without endangering workers, and OSHA wants to ensure the shipyard is held accountable for its unlawful behavior. In total, we have proposed \$1,395,000 in penalties for the Wisconsin shipyard operator.

In exposing its workers to lead, Fraser Shipyards **ignored federal regulations, its own corporate safety manuals and worker concerns**. When companies prioritize deadlines and dollars over the health and safety of their workforce, too often it is the worker that pays the price. OSHA is committed to changing that mindset and ensuring employers own up to their legal responsibility to keep workers safe on the job.

Thomas Edison West Orange, NJ Laboratory and Worker Poisoning with Elemental Mercury

Thomas Alva Edison was the most prolific inventor in American history. He amassed a record 1,093 patents covering key innovations and minor improvements in wide range of fields, including telecommunications, electric power, sound recording, motion pictures, primary and storage batteries, and mining and cement technology. As important, he broadened the notion of invention to encompass what we now call innovation-invention, research, development, and commercialization-and invented the industrial research laboratory. Edison's role as an innovator is evident not only in his two major laboratories at Menlo Park and West Orange in NJ.

In 1887, Edison built a research laboratory in West Orange, NJ, that remained unsurpassed until the twentieth century. For four years, it was the primary research facility for the Edison lighting companies, and Edison spent most of his time on that work. Over the next several years, a series of events surrounding the introduction of competing electric power transmission systems in the late 1880s and early 1890s included: commercial competition, debate over electrical safety, and a media/propaganda campaign that grew out of it, with the main players being the direct current (DC) based Edison Electric Light Company and the alternating current (AC) based Westinghouse Electric Company. Several aspects conflated together into the "war": open competition involving large electric companies and their developing electrical systems; a general fear in the public's mind of death by accidental electrocution from high voltage AC leading to a debate over its safety and regulation. As electrical AC systems continued to spread into territories already covered by the DC systems, things got worse financially for the Edison's company.

Thomas Edison's own colleagues and engineers were trying to get him to consider AC. Nikola Tesla, a Serbian immigrant, was offered the task of completely redesigning the Edison company's direct current generators. In 1885, he said that he could redesign Edison's inefficient motor and generators, making an improvement in both service and economy. According to Tesla, Edison remarked, "There's fifty thousand dollars in it for you—if you can do it." After months of work, Tesla fulfilled the task and inquired about payment. Edison, saying that he was only joking, replied, "Tesla, you don't understand our American humor." Instead, Edison offered a \$10 USD-a-week raise over Tesla's \$18 USD per week salary; Tesla refused the offer and immediately resigned.

One of the least known Edison/Tesla projects were the development of a mercury arc rectifier and primary mercury storage batteries. Although the battery idea failed, mercury arc rectifiers were used to convert AC to DC power. It was used before the invention of solid state devices called thyristors in the 1960's. The mercury arc rectifier was used in HVDC (high voltage direct current) to car battery chargers. They were also used in New York City to convert AC grid power to DC power for use with the subway. The mercury arc rectifier was robust and could handle high voltages.

Elemental mercury was used in a Cell Battery room on the 3rd floor of the West Orange, NJ laboratory without concern until July 1889, when Thomas Edison received a compelling letter from a mother of his apprentice. In the letter (below), she describes in vivid detail the signs and symptoms of elemental mercury exposure, which eventually led to the death of her son, Eddie Kellogg. In the letter, she eloquently describes the painful suffering and disbelief that her son was not protected from inhalation and absorption of mercury. She describes changes in Eddie's physiological and anatomical appearance. And, she talks about her son's account of the deplorable working conditions, repeatedly wearing the same contaminated clothing, and the inability find local area doctors to properly diagnosis the ailments other than epilepsy. This is a true story. The original letter, contained herein, is archived at the West Orange, NJ laboratory historical site.

Answer- before going into it,
I think we would you about
the point of spirit. I don't know
what, or if you ever received it.
We feel as if you ought to know
about him, that you may not
have others there to be thus
inured. Perhaps you didn't know it.
Our first name is Eddie's mother.

Respectfully,

Wm. M. (Eddie's)

P. S. Since writing the above Eddie
has told me that he had
a truck a job of machinery (pump)
over him by accident, continued
during the same clothes. When he
was called and died and understood
the danger of ~~not~~ being there things
I feel the brothers are really what things
they should be made to thoroughly
understand, their danger in handling
persons. Perhaps you may know of an
incident in his family. Wm. M. (Eddie's)
27 Park Street, N.Y.

Should be in New York, 18th St.
Wm. M. (Eddie's) son.

Our son Edward

your laboratory a year ago last
March, and we thought it such
a great place for him, he was present
and liked the work. stayed there
all summer without any vacation
we thought little of that as he was
late mornings and came home
early at night, about the middle
of August, he had a epileptic
fit. I found as we thought by high
school a fine. he had no more the
the point of Oct. but with known
the cause, and let him keep
in with his nurse as he seemed
well only his face was much
broken out with sores. he had

the first several times during the
winter and was nervous and
very irritable, always had thins
before him & slept in the morning
at such times going to his work
without eating much breakfast
the first of March he had one
Sunday afternoon, they had become
alarmed and took him from his
place, for we knew he was not
able to stay, and him with the
convulsion. We try the effect of an
internal shadow - but he desired
no preparation for sleep
through he had been under a
big care all winter and why?
because he had inhaled smoke
absorbed so much mercury and
chemicals that his system could
not recover itself. We did not
know it then, he was ^{and he was} paralysed
very strangely, the Drs could not
tell what else had happened
Monday, and so only within a

a few weeks that the above cause
had been found out, it was
in his blood, some his nerves and
muscles are so affected he cannot
control them, are partially paralysed
his mouth is constantly full of
water, his mind is disordered so
he is like a very big or 8 year old.
he has a fit nearly every week
but not as bad as formerly.
we fear he is doomed for life and
wonder who is responsible?
we have been told from the
doctors that he was too young
for the place, that says by his
age were able to be thus paralysed
why was it not told us at first? it
was probably because we told them
as ones, the infant a year with out
impairment, that is of small account
we feel as if it was a dreadful thing
for him to be so minded. and would
like to have them know of the

Curriculum Aims to Teach Workers with Intellectual, Developmental Disabilities about OHS

NIOSH recently published a six-lesson training program designed to teach basic occupational safety and health knowledge and skills to young and older workers and students with disabilities such as difficulty reading or understanding abstract concepts. The curriculum is intended for organizations and companies that place or hire workers with disabilities, including supported employment agencies, community vocational rehabilitation programs, and high-school transition programs.

The new curriculum is based on an earlier program developed by the Labor Occupational Health Program (LOHP) at the University of California, Berkeley with support from NIOSH. LOHP and NIOSH developed the updated version of the curriculum to align it with the core competencies taught in NIOSH's "Youth@Work: Talking Safety" foundational curriculum in occupational safety and health, which was developed for schools throughout the U.S.

According to NIOSH, the newly updated Staying Safe at Work curriculum can help teach students, consumers, and employees the foundational OHS skills that all workers need. LOHP and NIOSH intend the skills taught in the curriculum to be general, transferable, and applicable across all jobs and industries. Lessons in the updated program include an introduction to workplace health and safety, looking for job hazards, making jobs safer, staying safe in an emergency at work, workers' rights and responsibilities on the job, and speaking up when there is a problem in the workplace.

The curriculum is available as a PDF download via NIOSH's website.

[Ref: <https://www.aiha.org/publications-and-resources/TheSynergist/Industry%20News/Pages/Curriculum-Aims-to-Teach-Workers-with-Intellectual,-Developmental-Disabilities-about-OHS.aspx>]

Did you know that **October is National Disability Employment Awareness Month (NDEAM)**? It was originally declared by the US Congress back in 1945 and it has evolved since 1988. NDEAM seeks to highlight the significant contribution disabled individuals make in the workplace. A workforce benefits from diversity, and one form of diversity is the inclusion of individuals with disabilities. Why should employers want to hire disabled workers?

- Besides the obvious answer—that it's illegal to discriminate against qualified individuals on the basis of a disability—there are many other reasons employers can benefit significantly from hiring individuals who may have a disability.
- By including individuals with disabilities, the organization has access to a larger breadth of knowledge and experience. The Centers for Disease Control and Prevention (CDC) estimates that around 53 million adults in the United States have a disability. It simply doesn't make sense to ignore such a large segment of the population.
- It can help to cement your employment brand as one of inclusiveness.
- Increasing diversity in the workplace can help to bring new ideas and innovation simply by bringing more viewpoints into the workforce.
- Employees and clients alike can appreciate a diverse workforce. This can increase revenue as well as make the employer more attractive to potential employees. Diversity can also improve employee morale.

The following info comes from the **AIHA Volunteer Groups Annual Business Plan** submissions.

The **Aerosol Technology Committee** and the **Healthcare Working Group** are partnering to re-establish the Occupational Health Project Team. The goal of this team is to foster collaboration between nurses, occupational physicians, and industrial hygienists.

The **Biological Monitoring Committee** is working on revising the Biological Monitoring: A Practical Field Manual (2004). This manual is designed for industrial hygienists and addresses logistics and challenges associated with biological monitoring.

The **Biosafety and Environmental Microbiology Committee** plans to conduct a need assessment questionnaire to administer to the AIHA members asking about biosafety and environmental microbiology, including bi-aerosols and metagenomics, to understand what BEM topics AIHA members face during their IH practice.

The **Computer Applications Committee** and the **Exposure Assessment Strategies Committee** is planning to update the IH calculator app. CAC worked with EASC to combine exposure assessment information into the calculator app. The group has put together a project team and is looking for a college/university computer capstone group to work on app

The **Construction Committee** and the **Toxicology Committee** are collaborating on VOC whitepaper entitled, Volatile Organic Compounds (VOC) Criteria for New Construction.

The **Environmental Issues Committee** is developing content for a project they have entitled the Wildfire Project. The group is bringing their expertise to the project, which focuses on disaster response during wildfire events.

The **Ergonomics Committee** has two articles planned for The Synergist. The first, *Benefits and Challenges of Sit-Stand Workstations* will detail the impact of sit-stand workstations in the workplace environment exploring the positives and negatives. The second, *Fatigue/Shiftwork-Why Are We So Tired 24/7*, will explain the reasons for fatigue and shiftwork and provide info on potential health risks associated with shiftwork.

The **Exposure Assessment Strategies Committee** will serve as a liaison for Bayesian and Professional Judgement User Group for current and future users of Bayesian Statistics applications, tools, and a forum for collaboration.

The **Fellows SIG** is developing outreach resources and presentation materials, in conjunction with the Student and Early Career Professionals Committee, Local Sections, and the National Science Teachers Association to educate and attract the next generation of IH professionals and to encourage and motivate more AIHA members to conduct outreach in their schools and communities. The group is also working on a project to re-engage Fellows, near retirees, and retirees in the profession.

The **Hazard Prevention and Engineering Controls Committee** is working on a Toolkit (Engineering Controls Library) to identify and provide documents and templates to the general public via a database of vetted control technology/strategy for emerging markets. The toolkit will include templates for practicing IHS to use for checking ventilation, noise mitigation, IH controls, templates for project scoping, project check-out, PSSR, etc.

The **Indoor Air Quality Committee** is working on phase two of The IH's Role in Man-Made and Natural Disasters. This board approved project will include documents, resources, and guidance for the general public as well as technical information for IH's that address the appropriate response after a man-made or natural disaster.

The **Incident Preparedness and Response Committee** are in the process of making final edits to the updated Incident and Safety Management Handbook (2nd edition).

The **Ionizing Radiation Committee** is planning to develop a case study on radioactive waste management program at Woods Hole Oceanographic Institute. The case study will provide insight to issues related to management of radioactive waste.

In an effort to increase the visibility of the group and the impact/results of the work being conducted, the **Mentoring and Professional Development Committee** will be utilizing social networking sites, including Facebook, LinkedIn, Twitter, and WordPress accounts.

The **Nanotechnology Working Group** is finalizing a fact sheet on product stewardship issues for engineered nanomaterials and nano-enabled products. This document will help educate members on key nanotech issues/resources; facilitate information exchange between the volunteer groups and science collaboration; as well as increase the visibility of group.

The **Oil and Gas Working Group** is working on the measuring and reporting airborne volatile total petroleum hydrocarbons (TPH) occupational exposures in the oil and gas industry. Upstream oil and gas employees are subject to various exposure levels to volatile total petroleum hydrocarbons (TPH).

The **Protective Clothing and Equipment Committee** is working on articles for The Synergist. Topics will focus on educating AIHA members and practicing professionals on emerging health and safety issues related to protective clothing and equipment, such as Zika (Sept. 2016), medical marijuana and tobacco growers, and emergency response preparedness.

The **Publications Committee** will be working with the technical committees and outside authors in the coming year for publication updates or creation of new titles based on need.

The **Stewardship and Sustainability Committee** will be providing cross-functional support for the Product Stewardship Society. This includes development of webinars, support for the Stewardship conference, etc.

The **Real-Time Detection Systems Committee** will be providing readily available information about new small, wearable RTD systems in an effort to further educate the IH community on these systems and to provide examples of how the systems can be used effectively.

The **Sampling and Laboratory Analysis Committee** is exploring ways in which to recognize, engage, and certify laboratory professionals conducting analyses of IH samples and to promote a closer relationship between AIHA and IH lab chemists.

The **Social Concerns Committee** will once again host the popular AIHce movie or documentary related to occupational health and/or safety at AIHce 2017. The filmmaker, or someone related to the subject of the film, will be invited to discuss the issues and impacts of the subject.

The **Student and Early Career Professionals Committee** is developing a new project team tasked with finding opportunities to engage students and young professionals into other AIHA volunteer groups. Volunteer groups have often indicated that this demographic is often missing from their groups and in order to sustain the future of these important committees it's imperative that new members periodically join their ranks.

The **Stewardship and Sustainability Committee** is providing cross functional support for the Product Stewardship Society. This includes development of webinars, papers, presentations, and participation in the Stewardship 2017 Conference.

AIHA Mentoring Program: Mentors Needed

The mission of the **AIHA Mentoring and Professional Development Committee** is to engage, motivate, and empower IH professionals through mentorship opportunities, and to encourage the members of the industrial hygiene community to nurture the growth and development of industrial hygiene professionals.

Mentor matching is primarily based upon geographic location, professional interests, and personal interests and/or hobbies. We recommend that participants meet for at least one hour per month and maintain the relationship for at least one year. In order to obtain CM points, ABIH requires six hours per a 12-month period.

AIHA Fellow Pengfei Gao, PhD, CIH, passed away on Monday, Oct. 3, 2016. An active member of AIHA's volunteer community, Gao served on the association's Protective Clothing and Equipment and Aerosol Technology Committees. Most recently, he co-authored the cover article of the September 2016 Synergist, "Protecting Workers against Zika."

Gao, a research physical scientist at the NIOSH National Personal Protective Technology Laboratory (NPPTL), joined the agency's Health Effects Laboratory Division of NIOSH in 1996. He transferred to NPPTL in 2001, and served as the personal protective equipment coordinator for NIOSH's Nanotechnology Research Center. According to NIOSH, Gao was internationally recognized for his research on chemical protective clothing, and his recent projects included work on protective gown research stemming from the Ebola outbreak. In 2016, Gao was nominated and accepted for an adjunct professorship at North Carolina State University's Textile Engineering, Chemistry, and Science Program.

Gao received many honors and awards throughout his career, including AIHA's Volunteer Group Service Award for his dedication and service to the Protective Clothing and Equipment Committee, excellence in research and writing, and furthering the mission of the committee and the profession; the 2012 AIHA David Swift Memorial Award for the Outstanding Aerosol Paper of the Year; and the 2012 NIOSH Alice Hamilton Award Honorable Mention in the category of engineering and controls. In 2011, he received the NIOSH Bullard Sherwood Research to Practice Award in the knowledge category for "Approaches to Safe Nanotechnology: Managing the Health and Safety Concerns Associated with Engineered Nanomaterials." He received CDC's highest innovation award, the CDC Director's Innovation Award, in 2008 for the development of the permeation calculator computer software for automated and standardized analysis of chemical protective clothing permeation data.



Philadelphia Section, American
Industrial Hygiene Association



Northeast Industrial Hygiene Conference Professional Development Courses (PDCs)

Thursday, December 1, 2016

**PSEG Hadley Road Facility
4000 Hadley Road
South Plainfield, NJ 07080**

The NEIH conference will be held on Friday, 12/2/16 at the Westin Princeton at Forrestal Village. It is presented by the New Jersey AIHA and co-sponsored by the Metro New York and Philadelphia 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: Mark Ostapczuk, PDC Chair by email at: mostapczuk@helservices.com or call (201) 783-6621

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 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 PSEG 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 PSEG sign on left

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

https://www.regonline.com/NEIHC2016_PDC

Registrations without payments **WILL NOT BE ACCEPTED**. Fee per each PDC \$125 if received by 11/18/2016 -- \$150 afterwards.

PLEASE REGISTER by 11/18/2016 to avoid late fees.

There are three payment options:

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

Mail-In Registration Form (print clearly):

Name: _____

Company: _____

Title: _____

Address: _____

Cell Phone: _____

(Please provide your mobile number, thanks!)

Phone: _____

E-Mail: _____

Course #'s _____

Amount Enclosed: \$ _____

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

Course Fees (each):

\$125 if received by 11/18/2016

\$150 if received after 11/18/2016

Course #1: Ethical Fitness- A Method for Resolving Complex Dilemmas*

8:30 AM - 12:00 PM

Course Instructor:

Nancy Orr, CIH, CSP, FAIHA

Senior 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: Navigating OSHA's New Respirable Silica Rule

8:30 AM - 12:00 PM

Course Instructors:

Brent A. Altemose, Ph.D., CIH, CSP

Charlyn Reihman, MPH, CIH

SafeBridge Consultants, Inc.

Vincent M. Daliessio Jr., CIH, EMSL Analytical

On March 24, 2016, the Occupational Safety and Health Administration (OSHA) finalized its new standards for occupational exposure to respirable crystalline silica. OSHA has determined that employees exposed to respirable crystalline silica at the previous Permissible Exposure Limits (PELs) face a significant risk of developing silicosis, and other non-malignant respiratory diseases, lung cancer and kidney diseases. The new standards adopt a new PEL of 50 micrograms of respirable crystalline silica per cubic meter of air (50 µg/m³) as an 8-hour time-weighted average in all industries covered by the rule. The rule is comprised of two standards, one for Construction and one for General Industry and Maritime, in order to tailor requirements to the circumstances found in these sectors. Both standards took effect on June 23, 2016.

This PDC will explain the provisions of the rule and how to comply and will include the following sections:

- Health Effects of Silica
- OSHA's Crystalline Silica Rule
- Sampling and Analytical Methods
- Group Exercise – Real Time and Integrated Sampling Equipment
- Case Studies

Course # 3: Elements of a Proactive Ergonomics Program and Ideas for Effective Implementation

1:00 PM - 4:30 PM

Course Instructor:

Craig Tomskey, MS, CIH

L'Oreal USA Research & Innovation

Soft tissue injuries, both chronic and acute have become one of the most prevalent types of work related injuries and illnesses facing many, if not practically all business sectors. Increasing awareness and aggressively identifying ergonomic risk factors and addressing them have proven effective in reducing occurrences and mitigating undesirable outcomes. Proactive efforts allow safety

and health professionals to address soft tissue risk factors before they can have detrimental impacts on the business partners we serve. This PDC will provide participants with an understanding of what ergonomic challenges they may need to address and effective/efficient ways to evaluate and control them.

Participants in this PDC will gain insight on how to:

- identify potential ergonomic stressors and resources
- develop a written ergonomics procedure or plan for addressing ergonomic challenges including lists of "ergonomically preferable" standard equipment
- discuss ideas for addressing action items and communicating results from ergonomic evaluations and incidents to impacted parties and sharing findings

Course # 4: Effective Depositions

1:00 PM - 4:30 PM

Course Instructor:

Neil Feldscher, CIH, CSP, JD

New York City Dept. Of Environmental Protection

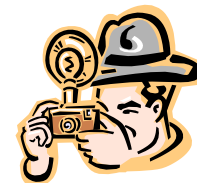
While depositions can seem like a very simple matter, being asked questions and answering them, they require a more in-depth understanding of their functioning in regards to the larger action for which the deposition is being taken, along with your role therein. This larger picture, along with an understanding of the attorney goals in taking the deposition combine to allow an appreciation of what success at a deposition looks like. This class is not solely for the expert witness but covers the broader issues in regards to depositions as it would impact any EHS Professional that might be called to a deposition.

Participants in this PDC will:

- Understand the role and functioning of a deposition along with the role of the witness
- Learn to prepare for the process and procedures of a deposition
- Understand and plan for the tactics employed by attorneys
- Develop an overall plan for success at a deposition

Recent NJAIHA Activities in Pictures

Tim Rice, NJAIHA Historian



October 2016 NJAIHA Dinner Meeting - 10/20/16 at Snuffy's



Our before-dinner speaker, Sophia Sushailo, EHS Engineer, 3M Corporation, Flemington, NJ, reviews the various elements of a successful behavior-based safety (BBS) program during her engaging presentation "*BBS Culture - Changing Behavior*".



After-dinner speaker, Kevin McMahon, CIH, Director of Technical Services, HazTek, Inc. presented, "*The Anthrax Letters - 15 Years Later: What We Experienced & What We Learned*", during which he detailed the 2001 anthrax outbreak, shared his experiences in remediating the contamination at multiple government sites, and summarized the outcome of law enforcement investigations.



Bernie Fontaine, NJAIHA President, extends a token of appreciation to our two evening's speakers for taking the time out of their schedules to prepare and deliver these technical presentations for the benefit and education of NJAIHA member and guests. Thanks again, Sophia and Kevin!



November 2016 – Dinner Meeting

Joint Meeting with Mid-Atlantic Biological Safety Association

DATE: Thursday, November 17, 2016

PLACE: Snuffy's Pantagis Renaissance, Route 22 East, Scotch Plains, NJ 908-322-7726

AGENDA:

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

5:00 p.m. Registration/Networking/Cocktails

5:30 p.m. Before Dinner Session:

Topic: **Occupational Health and Plant Biosafety Program Management: Laboratory to Agricultural Field Research** - Agricultural research farms pose significant challenges to health and safety professionals. This presentation addresses the challenges faced and conquered while implementing the plant biosafety management system in the agricultural research farms while connecting the correct dots with the parallel lab research as well as addressing and managing the occupational health issues faced by agricultural workers.

Speakers: Aparupa Sengupta, Ph.D., Biosafety Officer and Thomas Block, MPH CIH, Health and Safety Specialist, Rutgers University

6:30 p.m. Dinner – Members \$30, guests \$40.
Students and those unemployed are free (Subsidized 100% for dinner meetings).
Online registration is now available at:
<http://www.njaiha.org/event/november-2016-dinner-meeting/>

7:30 p.m. After Dinner Session:

Topic: **Developments in Hearing Conservation and Noise Exposure Assessment** - The field of hearing conservation is changing with the rapid rate of new technology development and availability of new tools and approaches which were not available just a few years ago. This presentation will review the latest and most relevant areas of change
Speaker: Rob Brauch, Sales Manager, Hearing Protection Products, Lantos Technologies

*Please register by **Tuesday, November 15th**, 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.*



COMMON DIRECTIONS TO SNUFFY'S PANTAGIS RESTURANT:

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.

