



Newsletter

Volume 17, Issue 1

January 2017

Message from the President – Bernie Fontaine

The holidays were a wonderful time to share with all of our family and friends. It was also a great time to reflect the hard work and contributions from NJAIHA members who worked on the planning committees for the 2016 Professional Development Courses (PDCs) and 70th annual Northeast Industrial Hygiene Conference and Exposition (NEIHce). The results from exit poll survey from the PDCs and the NEIHce were outstanding. Survey results show that many individuals, from our neighboring local sections, attended these events for professional development, recertification points, and networking. High marks were reported with 92.9% of the NEIHce attendees believe the event helped them gain what they wanted to accomplish. The three most important aspects were the topics, networking, and the selected speakers.

Our success will continue into 2017. This is going to be another busy year and we are soliciting the help of our membership to meet our goals and objectives set forth in the action plan. Some of our members are reaching out to local high schools and talking about the NJ Youth@Work Talking Safety program. This is the time of giving back to our profession. Many administrators and faculty members see the value of lesson but they are afraid of the commitment on an annual basis. The message can be presented in a 45-minute classroom period and it should be delivered annually to remind students, who are seeking employment, that health and safety is important both at work (e.g., summer job, part-time work during school, and selecting a trade after graduation) and everything that they do for recreation, vacation, hobbies, and other personal initiatives. If you want to become an Outreach Coordinator and present to school districts, please contact Candice Kowalewski.

We want you to enjoy collaborating, networking and learning at the upcoming dinner meetings! Our Executive Committee is working hard to enhance our membership engagement and cover the current topics of interest. NJAIHA continues offering members the **“Loyalty Rewards Program”**. Members who attend any five (5) dinner meetings will get the 6th dinner free!! Unfortunately, the program cannot be extended to PDCs or the NEIHce. Also, if you sign-up five (5) new or former members in our **“Member Get-a-Member”** program, we will offer you a free dinner. It is important to note that there are no time constraints for either program. Contact Candice Kowalewski with any questions.

You may have seen our continuous 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 a selected article in our newsletter. If you have a compelling story, case study or research; contact Mark Ostapczuk.

We are continuing to seek 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. For the corporate sponsors and exhibiting vendors who participated in the NEIHce, we promoted their business before, during, and after the event. We provided additional advertising in the

special December issue of the newsletter for those who advertise on our website. 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, student scholarship applications for the AIHA Foundation are due in Feb 2017. We sent our members an email announcement and posted the opportunity on social media. If you are an AIHA national member, the information is available on their website. We also need your **support for the NJAIHA student scholarships**. We will continue selling the piqué polo shirts with the NJAIHA logo to raise revenue to support the student scholarships. Many of these shirts were sold during the NEIHce. 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. If you would like to make a purchase, contact Craig Doolittle or visit the NJAIHA website for details.

The Executive Committee is updating the bylaws and the operations manual in 2017. Both of these important documents have not been updated since 2013. Bylaws represent the written rules for conduct of the NJ Executive Committee. One area of interest is deeper understanding of conflict of interest and fiduciary responsibilities by NJ Executive Committee members. The operations manual helps us construct the framework to meet the policy requirements established in the bylaws. If anyone has any written comments to make change to either of these documents, contact Hank Shotwell.

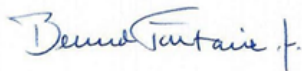
We continue to represent NJAIHA at the quarterly NJ State Industrial Safety Committee (NJSISC) meetings. The last meeting in Dec 2016 revealed the construct of an Occupational Health and Safety Management program at Rutgers University School of Public Health (RUSPH). As you may be aware that industrial hygiene and safety was removed as a discipline some years ago, and replaced with an environmental science program. However, the pendulum is swinging back.

The business value of industrial hygiene and safety is being recognized more in business as a tool for risk management, advancement of technology, and a driver for economic, social, and governance of the workforce, public, and environment. We seek input from the membership to collaborate with RUSPH leadership in support this new career track in whatever capacity permitted. It is envisioned that NJAIHA members may provide indirect guidance to students seeking interest in industrial hygiene career, lecture on emerging topics, networking at monthly dinner meetings, and possibly even create a student chapter with a mentoring component. If you need more information, you can contact me.

NJAIHA continues to collaborate more with our neighboring local sections. Philadelphia, Metro NY, and NJ sections of AIHA agreed to post each other dinner meeting announcements. The objective is to provide better coordination of regional events for the membership of these local sections.

In closing, I hope to see you and a friend at the Thursday January 19th 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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INSIDE THIS ISSUE

1	President's Message
3	Newsletter/Website Advertisements and Sponsorships
6	News, Membership Rewards, and Job Postings
6	2016-2017 Local Section Officers Listing and Job Posting Website Links
7	2017 Industrial Hygiene & Safety Review Course
8	Polo Shirt Sale for NJAIHA Student Scholarships and Volunteering Opportunities
9	Member Get-a-Member Initiative Program
9	Announcement for AIHA Fellow Applications
10	Announcement for AIHA Distinguished Lecturer Applications
10	Metro NY AIHA Technical Meeting: Bioterrorism: 15 Years After NYC Anthrax Attack
11	Tell Me a Story – Women's Safety and Health Issues at Work
13	Description of the AIHA Volunteer Groups/ Making a Happier and Healthier Home
13	NIOSH Guidance for Implementing Total Worker Health® in the Workplace
16	NJAIHA November 2016 Dinner Meeting in Pictures
19	NJAIHA January 2017 Monthly Dinner Meeting Announcement

Foundations for Safety Leadership (FSL) is an elective to complement the OSHA 30-hour construction health and safety outreach training. It will be offered starting as of Jan 1, 2017. Each year, more than 100,000 construction workers, foremen, and other supervisory personnel take the OSHA 30-hour outreach training course. The new 2.5-hour Foundations for Safety Leadership (FSL) module fills a long-standing need to provide leadership skills training for workers, supervisors, and managers.



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.

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

LinkedIn: <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. 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://nj.asse.org/current-openings/>

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

<https://www.aiha.org/get-involved/LocalSections/MetroNewYork/Resources/Pages/Job-Opportunities.aspx>

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: membership@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.

Do you know someone who deserves to be nominated as an **AIHA Fellow**? Please consider those individuals who deserve the recognition and encourage them to apply or ask the NJAIHA Executive Committee to nominate them. The nominations form is available 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 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.

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>.

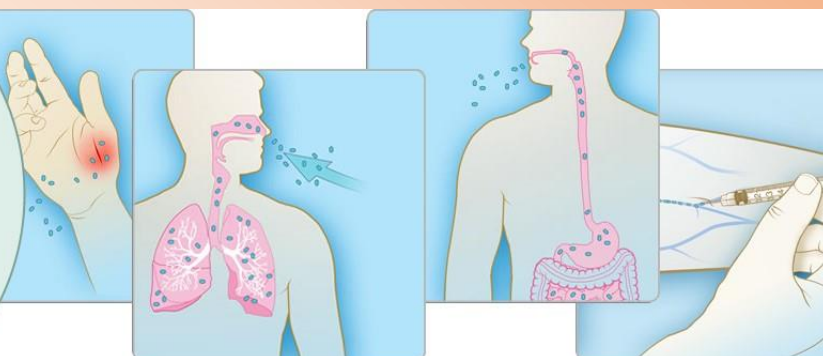
New DL applications need to be submitted by February 1st, 2017. The DL Review Committee will be assessing the applications in March 2017, and the newly selected DL's will be announced in April 2017. There will be additional information on the new DL's at the Seattle AIHce in June 2017.

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>

Metro NY AIHA proudly presents a technical meeting regarding 15 years after the bioterrorism of NYC

The type of illness a person develops depends on how it enters the body. All types of anthrax can cause death if they are not treated with antibiotics.



Location: Gilbane Construction Company, 88 Pine Street; New York, NY 10005

Host: Marianne Santarelli, - Safety Director Gilbane Construction Company

Event Chair: John Svagr, President-Metro NY Local Section jsvagr@nybc.org

05:30 - 6:30 PM Light Dinner

06:30 – 7:30 PM Technical Meeting – Bioterrorism – Detection and Clean-up

Speaker: Ed Olmsted, CIH

Fee: \$30 members, \$35 non-members, \$15 Students

RSVP: presidentmetrony@gmail.com no later than January 16, 2017.

Women's Safety and Health Issues at Work

Tell Me a Story



America's work force has changed in the last 50 years. Though men still outnumber women in the workforce, the percent of women working has steadily increased from 34% in 1950s to 60% today. The percent of men working has been decreasing during this time, from 84% in the 50s to only 73% working today.

Women are now marrying later in life, staying in school longer, delaying childbirth, and having fewer children than in previous years. More women are choosing to continue working while also balancing the traditional parenting responsibilities.

Women face different workplace health challenges than men. This is partly because men and women tend to have different kinds of jobs. 3 Women generally have more work-related cases of carpal tunnel syndrome, tendonitis, respiratory diseases, infectious and parasitic diseases, and anxiety and stress disorders. Social, economic, and cultural factors also put women at risk for injury and illness. For example, women are more likely than men to do contingent work part-time, temporary, or contract work. Compared to workers in traditional job arrangements, contingent workers have lower incomes and fewer benefits. Like all workers in insecure jobs, women may fear that bringing up a safety issue could result in job loss or more difficult work situations. They may also be less likely to report a work-related injury.

Within America's workforce, immigrant women are a particularly at-risk group. They face barriers related to their immigrant status as well as issues in balancing work, home, and family. Compared to native-born women, immigrant women work in industries and jobs with much higher injury rates. Sexist treatment and gender discrimination in the workplace can affect a woman's physical and mental health. Sexual harassment, psychosocial and other mental health issues can lead to: anxiety, depression, lower self-esteem, alienation, insomnia, nausea and headaches.

Balancing work and family tasks can put additional stress on women, who in many families still take primary responsibility for childcare and eldercare. When family and work demands collide, the resulting stress can lead to physical health problems such as poor appetite, lack of sleep, increase in blood pressure, fatigue, and increased susceptibility to infection. It can also result in mental health problems such as burnout and depression.

The topic of mental health and stress related issues related to occupational health and its impact on business will be given at the Johns Hopkins School Education and Resource Center on 27 Feb 2017 on behalf of the AIHA Potomac. To register for the Professional Development Seminar (PDS), click: http://www.nccahmp.org/index.php?option=com_civicrm&task=civicrm/event/register&Itemid=190&id=3&reset=1

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>]

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 was featured in the Dec. 23 USA TODAY supplement on workplace safety. In an effort to raise public awareness about the profession, "The Unsung Heroes of Workplace Safety" are in the spotlight. Download a PDF copy of the article and feel free to share with others.

[<http://www.futureofbusinessandtech.com/sponsored/the-unsung-heroes-of-workplace-safety>]

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.

Making a Happier and Healthier Home

Take a look around your home. Do you know what's in your household goods and products? Some chemicals can harm your health if too much gets into your body. Becoming aware of potentially harmful substances and clearing them out can help keep you and your family healthy. "There's a range of chemicals that you can be exposed to in your home, generally at very low levels," says Dr. Andrew Rooney, a toxicology and risk expert at NIH. Possible toxic substances can be found in building materials, cookware, cleaning products, shower curtains, furniture, carpet, and other common items.

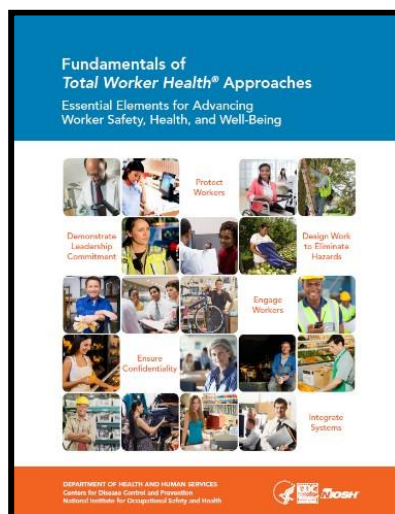
Not all chemicals are harmful. In fact, most substances in our environment are likely safe, explains Dr. Heather Patisaul, a neuroscience and toxicology expert at North Carolina State University. "Only a small subset is probably toxic," she says. "Although that's worrisome, there are many simple things you can do to help minimize your exposure."

Often, it's how much you're exposed to that can make a chemical harmful. The amount that's "safe" varies for each substance. NIH-funded researchers are working to learn more about how chemicals in the environment can affect our health, so we can better address any issues. Sometimes it's obvious when a chemical is hazardous. You may get a rash from spilling a household cleaner on your skin. Or you may start coughing when you breathe in irritating fumes.

To avoid known health risks, be sure to read the instructions carefully on your household products, and follow any safety precautions. Also visit: <https://newsinhealth.nih.gov/issue/dec2016/feature1>

NIOSH defines Total Worker Health as policies, programs, and practices that integrate protection from work-related safety and health hazards with promotion of injury and illness prevention efforts to advance worker well-being.

The new workbook, Fundamentals of Total Worker Health® Approaches: Essential Elements for Advancing Worker Safety, Health, and Well-being, prioritizes a hazard-free work environment for all workers and applies a modern prevention approach—consistent with traditional occupational safety and health prevention principles—that recognizes that job-related factors can have an important impact on the well-being of workers, their families, and their communities.



Recent NJAIHA Activities in Pictures

Tim Rice, NJAIHA Historian



November 2016 NJAIHA Dinner Meeting - 11/17/16 at Snuffy's Joint Meeting with Mid-Atlantic Biological Safety Association (MABSA)



Attendees network prior to the start of the before-dinner technical presentation.



Bernie Fontaine, NJAIHA President, and Laura Newton, MABSA President-Elect, shake hands in anticipation of another successful gathering of the two allied organizations.



Bernie Fontaine and Laura Newton make announcements and review upcoming events and activities with the members of their respective organizations.

November 2016 NJAIHA Dinner Meeting - 11/17/16 at Snuffy's
Joint Meeting with Mid-Atlantic Biological Safety Association (MABSA)



The large turnout for the joint November 2016 Dinner Meeting takes in one of the evening's technical presentations.



The first before-dinner speaker for the evening, **Thomas Block**, MPH, CIH, Health and Safety Specialist, Rutgers University, reviews various Rutgers agricultural research program activities during the presentation, *"Occupational Health and Plant Biosafety Program Management: From Laboratory to Agricultural Field Research."*



The second before-dinner speaker and Mr. Block's co-worker, **Aparupa Sengupta**, Ph.D., Biosafety Officer, Rutgers University, continues with the presentation, *"Occupational Health and Plant Biosafety Program Management: From Laboratory to Agricultural Field Research."*, and is seen here describing government agency plant biosafety regulations.

**November 2016 NJAIHA Dinner Meeting - 11/17/16 at Snuffy's
Joint Meeting with Mid-Atlantic Biological Safety Association (MABSA)**



Our after-dinner speaker, Rob Brauch, Sales Manager, Lantos Technologies, Inc., reviews the topics to be covered in his forward-looking presentation, *"Developments in Hearing Conservation and Noise Exposure Assessment - A Technologist's Update on Hearing Loss Prevention"*. Rob covered, among other topics, areas of change in hearing conservation programs (HCPs) being driven by new technology, changes in hearing protection device design and deployment, and changes in exposure and risk assessment tools and methods.



Laura Newton, MABSA, and Bernie Fontaine, NJAIHA, extend tokens of appreciation to our three speakers for taking time out of their schedules to prepare and deliver these technical presentations for the benefit and education of MABSA and NJAIHA members and guests. Thanks again, Tom, Aparupa, and Rob!



January 2017 – DINNER MEETING

NJAIHA OFFICERS

President

Bernard Fontaine
Windsor Consulting
Group
732-221-5687

President-Elect

Craig Doolittle
TRC Environmental
973-670-9793

Past-President

Mark Ostapczuk
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Publications

Mark Ostapczuk
Roche Molecular
Diagnostics
201-783-6621

Executive Secretary

Ronnie Tutty
973-300-0144

Historian

Tim Rice
908-782-2102

DATE: Thursday, January 19, 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/Cash Bar

5:30 p.m. Before Dinner Session:

Topic: What's the State of Worker Safety and Health? – This presentation will summarize the latest government statistics on workplace injuries and illnesses, focusing on the latest trends and the New Jersey story. An update will also be provided on the latest BLS resources for safety professionals
Speaker: Bruce Bergman, Economist, U.S. Bureau of Labor Statistics (BLS), New York – New Jersey Information Office

6:30 p.m. Dinner – Members \$30, guests \$40.

Students and unemployed NJAIHA members are free (Subsidized 100% for dinner meetings).

Online registration is now available at:

<http://www.njaiha.org/event/january-2017-dinner-meeting/>

7:30 p.m. After Dinner Session:

Topic: A Proactive Ergonomics Program and Ideas for Effective Implementation – Soft tissue injuries, both chronic and acute have become one of the most prevalent types of work related injuries and illnesses facing business. 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.

Speaker: Craig Tomsy, MS, CIH L'Oreal USA Research & Innovation

Please register by Tuesday, January 17th, by calling Ronnie Tutty at 973-300-0144, email your reservation to njaiha@ptd.net or fax the reservation to 973-579-6202, giving the names of those who will attend.

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 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.

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