

# The Exposure

AIHA-RMS Issue 1

April 2011

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## Members become Fellows

Who'll be next ... Three RMS members win National awards and will be recognized at the 2011 AIHce in Portland, Oregon

*Submitted by Cynthia Ellwood, Pres Elect*

Dr. Roy Buchan, CIH is the honored recipient of the Donald E. Cummings Memorial Award. This award is given for outstanding contributions to the knowledge and practice of industrial hygiene. On Wednesday, May 18, 2011, Dr. Buchan will present the Cummings Memorial Lecture at the AIHCE.

Cindy Becnel and Dr. Ken Blehm, CIH have been named 2011 AIHA Fellows. The AIHA Fellow award is presented to industrial hygienists that have made recognized contributions to industrial hygiene or related disciplines, either through research, leadership, publications, education, or service to AIHA.

Congratulations Dr. Buchan, Cindy and Dr. Blehm!



Left: Dr. Ken Blehm

Right: Cindy Becnel

Dr. Roy Buchan – not pictured



### Who's this Edition's M2R?

Have you met your new Programs Chair? Perhaps you've met her during her four years volunteering at the Fall Tech Conference? Or perhaps you've happened to meet her during a random trip to her hometown of Hillsdale, NJ. Coincidentally, Hillsdale reminds me of one of my favorite movie towns of Hill Valley ... ah, got to get back in time ... I digress. Flip the page to meet your new Programs Chair, Ms. Linda Hendrix!

# Member to Remember Linda Hendrix!



*I'd like to thank Linda for giving me a number of hours to complete my random and, mostly, meaningless questions. Please take a read through and use this opportunity to learn something about our newest Member to the RMS Board!*

Are you a big city or small town person? I'm mostly big city person. I grew up in a small town of just 14,000 people, but in an area where the towns run into each other so you can't tell where they start or stop anyway. I have always lived in the burbs but worked in the city. I worked in Manhattan for years, and in Hollywood, CA so I have both coasts covered, and now the middle of the country.

How'd you end up in CO? While on vacation in Tucson, I met my future husband. He was from Arvada and we had a choice to live in Co or NJ. Which would you pick?!?!?

What's your hometown? Hillsdale, NJ -- it is in the NE corner near the Hudson River just before NY State.

If you were going on a 1,500-mile road trip with 3 other people - past/present/current - who would you bring? I would bring my husband Larry because he can fix anything and drive in any weather so we would be sure to survive the trip. I would also bring my best friend from college who lives in Kentucky because she has a great sense of humor and after many years of driving solo with 2 little boys does not get ruffled by anything! I think 3 travelers is better than 4 as then the one in the back seat has room to lay down and nap.

Who has been your most influential teacher - college, high school or otherwise? It was my 5th grade teacher who taught me to work my butt off for anything I really wanted.

Who influenced you to be an IH? It was completely by accident. Larry got laid off the day after we got married so he said lets start an office for SKC here and you can work for me. So that is what we did! So I have been involved in supplying IH, Safety and Environmental monitoring instrumentation for almost

10 years now. A few years back when the PCIH was in town, I heard Jas Singh accept an award and his speech was so inspiring, I was convinced I wanted to stay in this business helping make peoples lives better.

What's a bigger rip-off: \$7 for popcorn in a movie theater or \$8 beers at a baseball game? Definitely the \$7 popcorn

If you could vacation right now where would you go? I would wait until it warms up a bit in the spring and go to Portugal or Greece.

If you had \$5,000 and you couldn't save it or pay off debts what would you do? Travel is my favorite thing to do so I would go to the Amazon, Australia or China. \$5k is not enough for all 3!

What was your first car and how long did you have it? It was a used yellow Audi Fox. When I bought it I thought what can go wrong with a car that has only 45000 miles?!?! Little did I know that once a month I would be crying at the car shop looking at the estimate for the next repair bill. Oh yeah, and that is the car where the master cylinder died when I was driving down a huge windy hill. Lucky for me, I was near the end of the hill and when I came out onto the main road with no brakes, no one was coming. I was able to coast all the way down a long hill to a gas station and leave my car there for a week while it was repaired. My Audi made it across the desert from Phoenix to LA many times, always with me adding oil 1/2 way there. I sold it before I had to drive cross-country one more time. I owned it only 4 years and that was plenty of adventure for me.

What is your favorite car, past or present? I love my Honda Accord Hybrid. It is a very comfy and fast car with good mileage. But it was not a big seller so Honda discontinued it after only 3 years. What were they thinking?

If you were to retire tomorrow what would you do in your first week? Sleep late on day one, and then pack for a one-year cruise around the world!

# Nicaragua Cook Stoves Project

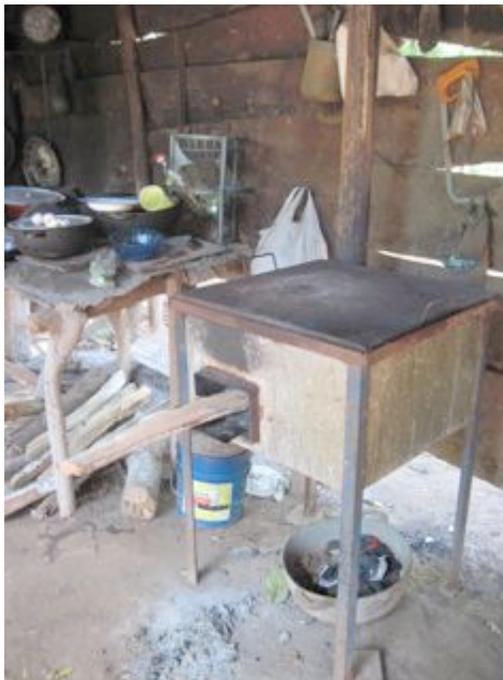
More than half of the world's population relies on open fire cooking pits to meet basic energy needs. Indoor cook stoves can result in extremely high levels of indoor air pollution. Indoor air pollution kills 1.6 million people yearly on a global level. Improved stove designs have the potential to reduce indoor air pollution exposure; however, evaluations of improved stoves are limited.

This Colorado State University Cook Stove Project is a community cook stove intervention in a neighborhood called El Fortin, just outside of Granada, Nicaragua. The study aims to address a critical global environmental health problem by building community partnerships. This project is also contributing to the education and training of undergraduate and graduate students.

**Year 1** - The baseline evaluation of a population using traditional cook stoves was completed during the summer of 2008. This baseline evaluation included an exposure assessment, which consisted of 48-hour samples for carbon monoxide and particulate matter. Health assessments included the following measurements: pulmonary function tests, dried blood spots, blood pressure, pulse oximetry, and exhaled carbon monoxide levels. The participating homes (n=123) then received the improved wood-burning stoves in August and September 2008.

**Year 2** - Students returned to El Fortin in June 2009 to perform follow-up exposure and health assessments to determine if the improved stoves had a positive impact on the participant's overall health.

**Year 3** - During the winter break from December 2010 to January 2011, students returned to El Fortin once again to perform exposure and health assessments in a subset of 15 homes. Exposure assessments included air monitoring for carbon monoxide and particulate matter. Air monitoring and health assessments were conducted consecutively over a four day period to assess day-to-day variation.



During the study period, a validation study was conducted by comparing direct reading instruments to filter methods.

This project is a unique and valuable experience for students, who use the project as an internship and/or receive research credits for their work. This study aims to involve undergraduate students in order to provide applied research experience in this important area of global health and clean energy research.

The AIHA Local Section in Denver provided both financial and equipment support for the most recent trip to Nicaragua. The study participants and CSU students and faculty would like to take this opportunity to thank all the members of the local section. This project would not have been possible without the support of the local Colorado community. Your support is greatly appreciated!

The results from the most recent trip to Nicaragua will be available in the coming months, so please stay tuned for the presentation of these results.

#### *Department Contact Information:*

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Left: Lindsay Davis performing health assessments



Lower Left Corner: Local girls playing in a barrel



Below: Air monitoring with 3-stone fire or fuego abierto



Bottom: Students, community volunteers, family members in El Fortin, Nicaragua

Month	Date and Time	Event Description	CM Points	Event Type / Contact
January	01/11 11:30 - 1:00	Luncheon Topic - Joint RWS & ASSE "Oil and Gas In", Eric Esseen	0.25	Prog: L. Hendrix / C. Ellwood
February	02/16 12:00 - 2:30	Alpha Webinar: "Fundamentals of Chemical Protective Clothing"	0.42	Ed Comm: C. Beemel
March	03/08 11:30 - 1:00	Luncheon Topic - Joint RWS & ASSE: "An Update on the New OSHA Crane and Derrick Standard", B. McClure	0.25	Prog/Ed Comm: L. Hendrix / C. Ellwood / C. Beemel
April	04/07 11:30 - 1:00	Luncheon Topic: "Human Error: The Starting Point of Your Investigation, Not the End", Barb O'Keane	0.25	Prog: L. Hendrix
	04/15	RWS 5th Day	10.0	Prog: R. Strode
	04/16	Outreach Event: "Health Professions Opportunity Day", Univ. of Co Denver AHC	TBD	Outr: D. Donnelly
May	05/06 11:30 - 1:00	Luncheon Topic: "OSHA Litigation: Clearing the Backlog", Ann Nadde, DOL Office of the Solicitor	0.25	Ed Comm/Prog: C. Beemel / L. Hendrix
	05/13	Technical Tour - Denver Zoo, Fresh Irris	0.33	Prog: L. Hendrix
	05/24-31	International Event: Congress Presentation and JH POC - Romania	TBD	Intl / Ed Comm: A. Darrt
June	TBD	Alpha Webinar: "The Future of OELs - A Global Perspective"	0.42	Ed Comm: C. Beemel
	06/11-12	Outreach Ed Event: SAFE ART Program, Summer Art Market, Art Students League	TBD	Outr / Ed Comm: D. Donnelly
July	TBD	RWS Professional Development Course: "Ergonomics and the Aging Workforce"	1.0	Ed Comm: C. Beemel
August	TBD	JH Essential: Noise	0.42	Ed Comm: C. Beemel
September	09/15 11:30 - 1:00	Luncheon Topic: "JH in Construction", Barb Epstein	0.25	Prog: L. Hendrix
	09/20 - 21 8:00 - 5:00	Joint RWS & ASSE Fall Technical Conference, "Joining Forces - Sharing Knowledge: Protecting Workers"	2.0	JTC: C. Ellwood
	TBD	Lunch Time Topic or Webinar: TBD	0.42	Prog/Ed Comm: L. Hendrix / C. Beemel
November	TBD	JH Essential: Ethics	0.33	Ed Comm: C. Beemel
December	TBD	RWS Holiday Get-Together	10.0	Prog: L. Hendrix

## Upcoming Educational Opportunities

This year, we're making a concerted effort between the Education Committee, Programs, the Fall Tech Conference Committee, and even with the International and Outreach Committees to provide you with as many educational opportunities as possible. We also plan to provide enough events that will surpass our goal of 5 CM points per year. And for those of you that are still needing an Ethics course, we will be presenting one again in November. We'll also try to keep you informed about other local EH & S offerings, such as the three upcoming events we mention in this newsletter. Check out our 2011 Education Event calendar below, and plan to join us when you can!

# Potential Educational Opportunities

What do you want to see? What do you want to learn while eating lunch? Contact your Education Committee Chair for comments and suggestions.

## Technical Tours

1. CDC in Fort Collins (will work with D. Donnelly and Colorado Bio group – this will probably take place in 2012 and be held in conjunction with ASSE Northern Colorado / Wyoming folks)
2. Drill Rig, in DJ Basin area
3. EPA Building / LEEDS Site
4. Colorado Bureau of Investigation (CBI) Forensic Lab
5. Edgar Mine
6. Photovoltaic Building at NREL
7. Fuel Cell Lab at CSU
8. Brewery in Boulder
9. Vesta Wind Blades Facility
10. Uranium in-situ mining site
11. St. Vrain

## FTC or Lunchtime Topics

1. OSH in Uranium Mining
2. Benzene
3. History of Oil and Gas Production / Economy in Colorado
4. Case Study of Hep B
5. MIRSA
6. Bed Bugs (yikes)
7. Personal Dust Monitors
8. Respiratory Protection
9. Chilean Miners Drilling Team (from Denver)
10. Holding Mother Earth Sacred Photo Journal Project
11. CSU Nicaragua Cook Stove Project

Who am I and what Committee do I Chair?



Tina Fehringer  
Linn Havelick  
Joe Dartt  
Mary Ann Heaney  
Angie Dartt

# The ASHRAE Rocky Mountain Chapter Presents Its 19<sup>th</sup> Annual Technical Conference: Designing for a Sustainable World

This year's conference will include the Fundamentals Track, Systems and Applications Track (formerly the Advanced Track), the Sustainability Track (formerly the Green Guide), the Building Automation Track, and this year an Indoor Air Quality Track.



April 15, 2011

Register and pay at:

[www.rockymtnashrae.com](http://www.rockymtnashrae.com)

Sheraton Denver West Hotel  
360 Union Blvd  
Lakewood, CO 80228

## Colorado's Bilingual Conference on Workplace Safety

For the second year in a row, Pinnacol Assurance will host the Bilingual Conference on Workplace Safety in the construction industry. This two-day safety and health conference is for ALL employers and employees working in the construction industry, and offers high-quality hands-on training in English and Spanish.

For registration questions in English, please contact Laura Weddingfeld at 303.361.4791 or [laura.weddingfeld@pinnacol.com](mailto:laura.weddingfeld@pinnacol.com)

Registration is available online only at [www.pinnacol.com/employer/training](http://www.pinnacol.com/employer/training). \$50 registration fee per person. Registration deadline is April 1, 2011.

## Outreach Meets with CSU EH Undergraduate Students

*Submitted by Linda Hendrix, Program Committee Chair*

March 1st ushered in a new type of networking activity at CSU for students and professionals alike. Erin Reichert, Undergrad Coordinator, created this event to give students a chance to learn more about the various disciplines of this profession by visiting with professionals in a small group setting.

This active group consisted of 30 plus professionals and 30 plus students who met in pre-arranged groups of 4 students per 4 professionals. We had a list of thought provoking questions to generate discussion and plenty of time to answer student inquiries. Erin kept the atmosphere fast paced and fun – just like speed dating, every 20 minutes she would dim the lights and the 4 students would rotate over to a new group of professionals.

This type of interaction gives students a

better understanding of real world jobs, as well as providing the opportunity to share their resumes, learn about those very important internship openings at Colorado companies and practice their “elevator speeches,” all in a non-threatening environment.



In addition to learning that very few people have a straight career path, they saw that professionals have moved ahead and increased their skill sets by pursuing their passion, being flexible and adapting to various economic situations, changes in technology, employer requests and their personal interests.

Continuing education is a critical component to every job and now they understand that membership in professional organizations such as the AIHA can help them keep their edge. Feedback on the event was very favorable from both students and professionals. I enjoyed every minute so if you would like more information about this event, or your company has EH&S internship openings, feel free to contact me at [SKCWestRockyMtn@aol.com](mailto:SKCWestRockyMtn@aol.com).



Pop Quiz: What position do these people hold?

John Colvin, Joyce Anderson  
Ryan Hellman, Cynthia Ellwood,  
Mike Richen

Past  
President



John

president-  
Elect



Joyce

President

Secretary



Mike



Ryan

Treasurer



Cynthia

Mike Richen - P; John Colvin - PP; Cynthia Ellwood - PE; Ryan Hellman - T; Joyce Anderson - T

### 2011 Committee Chairs

Program – Linda Hendrix

Education – Cindy Becnel

Legislative – Mary Ann Heaney

Web – Linn Havelick

Membership – Tina Fehringer

International – Angie Dartt

Community Affairs – Denise Donnelly

Newsletter – Joe Dartt

*As usual, I'd love to read your thoughts, concerns, comments, or ideas for upcoming Newsletters. Feel free to drop me a line or two at: [Newsletter@aiha-rms.org](mailto:Newsletter@aiha-rms.org)*