



MIHS PRESIDENT'S MESSAGE

Rest, Relaxation, andMIHS?

Gerald Plattenberg, CIH

I hope that everyone has had an enjoyable summer thus far, and that there has been an opportunity for you to "escape". An opportunity to relax, even for a moment, from the phone calls, e-mails, deadlines, and other numerous demands that challenge today's occupational and environmental health and safety professional. As in most other walks of life, a chance to stand back, catch your breath, and rejuvenate is essential in order for you to be able to plan and carry out your goals and objectives. In the meantime, MIHS is preparing for another year of assisting its membership in pursuing professional development and providing opportunities for discourse and the exchange of ideas among peers. So when you finally do get back from the beach, MIHS will be there to make your life maybe just a little bit easier.

As you have probably noticed, over the past year there have been some very significant developments at MIHS. Most notably the start-up and upgrading of the MIHS website (www.mihswb.org). The website has now become the main vehicle for communicating to the MIHS membership. For example, you now can find out detailed information regarding upcoming professional development courses, register for the courses and pay by credit card, renew your membership, pull-up archived newsletters, track your CM points, and update your membership profile. This is just a few of the capabilities of the website. Go to the website and let us know what you think. The officers and board are always open to suggestions. Also as website capabilities are further refined, MIHS will highlight these capabilities to members in future communications.

In addition to the development of the website, the organization and planning of quality professional development opportunities, along with the capability to acquire American Board of Industrial Hygiene (ABIH) Certification Maintenance (CM) points locally for the membership of MIHS was a principal goal over the past year. This will continue to be the main mission of MIHS in the future. As corporate budgets remain tight, the reality is that obtaining CM points attending a course that requires a great deal of expense (e.g. travel) may not be an option. Last year MIHS sponsored four events that offered 3.5 CM points total. If you attended the MIHS events, as well as both days of the Michigan Safety Conference you could have garnered 5.5 CM points for the year. All locally for \$100.00 or less per course! In addition, MIHS continues to promote events with available CM points sponsored by other health and safety organizations on the MIHS website. Another good reason to go to www.mihswb.org. Between MIHS events and

other local events, 8.0 CM points for the year could easily be accomplished all within driving distance of your office.

Membership will be another initiative that MIHS will be pursuing. There are numerous members of the American Industrial Hygiene Association (AIHA) that are not currently a member of MIHS or the WMIHS local section. The reasons for this are unclear and MIHS would like to know why. We will be contacting these AIHA members to understand why they are not involved with MIHS and ways that we can encourage them to join and participate. I hope that the development of the website and the availability of opportunities to obtain CM points locally will assist in this effort. Additionally, MIHS would like to know what interests and talents that current MIHS members possess that could benefit the organization. You do not have to be an officer or board member to participate in any one of the numerous committees. If you would like to assist with planning meetings, working on the website, submitting newsletter articles, or have any other talents that you would be willing to volunteer, please contact any officer or board member by visiting the MIHS website.

Lastly, I would like to take this opportunity to thank our Past-President Tim Kearney for initiating and "getting the ball rolling" on many of the changes that have occurred at MIHS over the past year. Without his leadership and efforts, much of this would not have occurred. Thanks Tim! MIHS will follow your example and continue to seek constant improvement of the services it provides for its members.

As you can see, MIHS is working hard let you rest and relax...(or at least find a local professional development course with available CM points). So please have a safe and enjoyable rest of the summer and I look forward to seeing you at our first MIHS event for 2003-2004 in Frankenmuth on September 16th.

Regards,

Gerald Plattenberg, CIH
MIHS President

AIHA RELEASES AMERICAN NATIONAL STANDARD Z9.5 ON LABORATORY VENTILATION

AIHA RELEASES AMERICAN NATIONAL STANDARD Z9.5 ON LABORATORY VENTILATION

FAIRFAX, VA (July 10, 2003) - The American Industrial Hygiene Association (AIHA), secretariat for ANSI Accredited Standards Committee Z9 on Health and Safety Standards for Ventilation Systems, has released ANSI/AIHA Z9.5-2003, American National Standard: Laboratory Ventilation. The 111-page standard, last updated in 1992, includes new chapters on performance tests, air cleaning, preventative maintenance, and work practices.

A two-column format highlights the standard's requirements and offers good practices for laboratories to follow. Five new appendices cover definitions, terms, and units. The publication also includes referenced standards and publications, guidance on selecting laboratory stack designs, an audit form for ANSI Z9.5, and a sample table of contents for a laboratory ventilation management plan.

"A number of people have worked very hard for several years to gain consensus and develop a comprehensive document that is performance-based and flexible," said AIHA President Thomas G. Grumbles, CIH.

This book is a must for every laboratory and is also useful for architects, industrial hygienists, environmental

health and safety professionals, medical research institutions, and others concerned with the control of exposure to airborne contaminants.

"This standard provides a set of best practices for employers to follow to protect laboratory personnel from overexposure to potentially harmful airborne contaminants," said Lou DiBerardinis, CIH, CSP, director of the Environment, Health, and Safety Office at the Massachusetts Institute of Technology and chair of the ANSI/AIHA Z9.5 Subcommittee. "We hope our subcommittee's efforts will contribute to keeping laboratory employees safe at work."

To order ANSI/AIHA Z9.5, visit www.aiha.org or call (301) 283-3064 and ask for stock number 437-EQ-01. The introductory price for AIHA members is \$35; for nonmembers, the price is \$49.

Founded in 1939, the American Industrial Hygiene Association (AIHA) is the premier association of occupational and environmental health and safety professionals. AIHA's 12,000 members play a crucial role on the front line of worker health and safety every day. Members represent a cross-section of industry, private business, labor, government, and academia. For more information, go to www.aiha.org.

Introducing New MIHS Board Members



Matt Macomber, CIH

B.S., Environmental Science and Engineering from Lake Superior State University in 1992,

M.S., Occupational and Environmental Health Sciences, Industrial Hygiene, May 1998.

I am currently an Industrial Hygienist with the Occupational Health Enforcement Division of MIOSHA. My wife Catherine and I have two daughters, Emily and Grace.

VISIT WWW.MIHSWEB.ORG FOR MIHS NEWS & EVENTS

What's in The Synergist?

by Matt Macomber, CIH, MIHS Board

The decision for my selection of this article from The Synergist was not based on technical application or on cutting edge occupational health and safety research, but instead on the fundamental motivation behind the science. The article challenges us to answer a very simple and important question: Why did you become an IH? These days with so many pressures placed on industrial hygienists, it has become easy to lose sight of what drove us to choose our careers. The work we do is very noble and altruistic. One of the authors sums it up eloquently, dedicating his career so that "no other five-year-old would have to lose his or her grandfather." Industrial hygienists need to remember we are the people who help ensure everyone goes home at the end of the day. We are reminded that our diligence is critical and that when we use our time and talent to ensure the health and safety of the people for whom we are responsible, we reduce human suffering. That is what makes our job one of the best there is.

(This article was reprinted with permission from The Synergist.)

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Why Did You Become an IH?

In honor of Labor Day 2002, The Synergist would like to encourage you to think back to why you became involved in occupational health and safety. Did you have a mentor, an inspiration or a personal reason for choosing IH? Were you interested in protecting workers? Had you seen the effects of job-related injuries and illnesses firsthand?

Below, other IHs share their stories and their advice for new members of the profession.

Back in 1980, I was employed as an environmental scientist in a consulting firm that was awarded the \$5.4 million Love Canal remedial investigation contract. This was one of the most notorious hazardous waste sites and one of the first to be comprehensively characterized. Since I was the only staff member with a master's degree in public health, I was assigned to be the health and safety officer. The next few months were an intense learning experience; I was taking short courses and reading everything I could find on chemical and fire hazards, PPE and air monitoring, while preparing a safety plan and training staff. I worked on site and oversaw our staff and subcontractors. It was an incredibly intense effort, with no serious injuries or exposures. By the time it was over, I had found my career

niche. Industrial hygiene gave me the opportunity to use my science knowledge in a way that produced immediate and measurable results and provided the personal satisfaction of helping others.

As for aspiring IHs, assuming a solid science background, I would advise acquiring a few years of hands-on field experience and developing skills in management and communication. Much of the success of an IH rests on credibility and the ability to communicate with all levels of management. Along the way, learn safety and environmental skills and don't be surprised to find yourself applying your IH experience to other workplace problems, such as security, workplace violence, drugs and alcohol, facility management and workers' compensation, to name a few. I've never been bored! I believe that opportunities and job security grow with a proven track record as a problem preventer/solver.

Mary Anne Chillingworth
SCIENTECH Inc.

The motivating factor [for becoming an IH] was the fact that I lost my grandfather at 48 years of age. He worked in a copper smelter and died of lung cancer (probably arsenic exposure-he had never smoked) that spread to his entire body. I was five at the time.

When I began work, I found a job working for an insurance investigation company. After completing my bachelor's degree, I used that work experience to land an engineering job with an insurance company. As a part of that work, I learned some IH, which I enjoyed-I had always liked science. I realized that if there had been any IH work done at the smelter where my Ggrandfather had worked, he might still be alive. There was a local university with a master's program in industrial hygiene (Central Missouri State University), and I decided to complete the degree. I've dedicated my career to see that no other five-year-old would have to lose his or her grandfather in that way.

Larry D. Taylor
Pinnacle West Capital Corp., Phoenix, Ariz.

Total serendipity.

I was a senior in Temple University's bachelor of science degree program in environmental engineering technology and had one engineering-related elective course yet to fill. The only course that fit into my schedule was called "Industrial Hygiene" and was taught by a fellow by the name

of Samuel Elkin. More concerned about my schedule than about the content of the course, I went ahead and registered.

On the first day of classes, I learned that the course had been canceled, as only one other person had signed up for it. Dr. Elkin and I struck up a conversation that day, and I learned of his graduate program in occupational safety and health at Temple, which at that time was heavily funded by NIOSH. Not having made any firm career decisions, and certainly not being one to look a gift horse in the mouth, I jumped at the opportunity to obtain a free master's degree in a field that sounded very interesting and challenging.

It is now 16 years later, and I have not regretted my choice for a single minute.

Thomas E. Case
Affiliation?

I was started out college as a general biology major at Virginia Tech with the distant hope of being a doctor or veterinarian. However, after seeing how competitive those fields were, I realized that was not happening. I continued on with my general biology degree.

Nearing graduation, I decided I was going to have to go to graduate school to get a job. During my junior year in 1978 (or close to it), my father sent me an article from the Wall Street Journal that stated there would be a shortage of 10,000 industrial hygienists by 1990. I didn't really know what an industrial hygienist was at the time. I decided that any career field that was going to have that much demand would be a good one and started investigating industrial hygiene.

It was the best career choice I could have made. Being able to use my strengths from biology, chemistry, physiology, analytical skills, etc., was an excellent match for me. I have never regretted my decision and still enjoy this chosen profession today. I have since branched out into the safety and environmental areas and enjoy the variety of our work immensely.

Lloyd B. Andrew III
President, EnvirOSH Services Inc., Tomball, Texas

I started my career as a chemist at DuPont's Haskell Laboratory for Industrial Toxicology and Medicine in 1967, not knowing much about the field of industrial hygiene. At that time the director of the laboratory was John Zapp, who was active in AIHA. Haskell Laboratory also had an accredited industrial hygiene laboratory, and that was where I became familiar with industrial hygiene as a science. I was involved with clinical and industrial hygiene methods

development, metabolism studies on dimethylformamide and lead and also toxicological evaluations of the freons.

After passage of the OSH Act in 1970, Haskell Laboratory became the focal point of DuPont's efforts to provide a safe and hazard-free environment for its workers and customers. I presented my first publication at the AIHA conference in Boston in 1972 on measuring the urine metabolites of dimethylformamide in workers. John Zapp was also elected president of AIHA during this time. It was due to his influence and the encouragement of my supervisor, John Barnes, that I pursued certification in industrial hygiene. I became supervisor of the industrial hygiene laboratory, participated in the interlaboratory proficiency analytical testing program and began to do protective equipment studies on clothing and respirators. It gave me satisfaction to know that I was helping support industrial hygienists in their evaluation of the environment as well as preventing and monitoring exposures.

Another influence on my interest in industrial hygiene was my father, who was a clinical pathologist and practiced preventative medicine as a general practitioner for many years. The combination of my father's background in medicine and working in an industrial toxicology laboratory provided the impetus for me to continue practicing industrial hygiene.

I was and am very fortunate to have the opportunity to continue working as an industrial hygienist for DuPont. They are a safety-conscious company and have allowed me to contribute and participate in many professional organizations, such as AIHA. I have served on many technical committees for AIHA, ASTM and ACS. Currently I am a board member of ABIH and an AIH councilor. My interests are to represent and sustain the practice of industrial hygiene in these challenging times. I have also been teaching industrial hygiene and chemistry for the past 20 years and find great satisfaction in sharing my practical knowledge with students interested in pursuing a career in industrial hygiene. There is no career that I know of where an individual with an interest in biology, chemistry, physics and medicine can make a difference in the safety, health and well-being of people in the workplace or community. There will always be a need for what industrial hygienists do, and I am proud to be one.

Norman W. Henry III
DuPont Company

I fell into industrial hygiene by accident. As a graduating chemical engineer, I was hired by a state OSHA program to work in the industrial hygiene compliance area. It was interesting work, so after 11 years, I'm still in it.

My advice to new people? Aim for broad experience; be accessible, honest and results-oriented.

*Stephanie Waisanen
Xcel Energy, Minneapolis*

In 1993, I was laid off from my utility design job after 15 years. The economy was in a downturn, with fewer people building subdivisions or industrial parks. There were three job openings in the company at the time; one of them dealt with handling hazardous materials and waste. I thought that sounded extremely interesting, but since I had no experience in the field, I did not get the job. However, I found out that the University of California at San Diego had professional certificate programs in the field. I completed the curriculum for a certificate in hazardous materials management and applied for an internship with a local wireless communications company. I stayed on with the company after completing my internship project. Eventually, I worked into a permanent job specializing in all the environmental issues for the company.

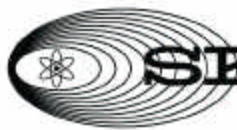
To supplement my certificates in hazardous materials management and occupational health and safety, I checked into available academic programs in the environmental field. My undergraduate degree is in home economics, and my work experience was designing electric and gas distribution systems. I decided to apply to San Diego State University,

which had a graduate degree in public health. One of the choices was industrial hygiene. Our insurance company had sent an industrial hygienist to sample worker exposure to lead solder. This was my only exposure to the career. I thought that the degree would make me more valuable to my company, so I began the degree work in 1998; I am now trying to complete my thesis.

A specific degree does not always determine your job or career path. It is important to be open to new directions and opportunities. My helpful employers, understanding academic advisors and wonderful instructors enabled me to succeed. I entered a whole new and challenging field late in life. Industrial hygiene is not an end in itself. It is just the beginning.

I have been married 30 years and have two children. Usually I am in classes with much younger students. I find the whole experience interesting and fun. We are never too old to learn!

*Christine Nicol
QUALCOMM Inc.*



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Heat Stress, Thermal Stress and Human Heat Strain

By Laura Randall, CIH, MIHS Board

A full day MIHS Professional Development Course (worth 1.0 CIH points) was held on June 11, 2003 at the James Henry Center at MSU in East Lansing, Michigan. The topic was Heat Stress, Thermal Stress and Human Heat Strain.

During the first half of the day, Roger Wabeke, MSc, MScChE, CIH, CHMM, PE, from Wayne State University, School of Medicine in Detroit, Michigan, presented the fundamentals of heat stress and human heat strain. He provided practical examples of his own professional experience in applying these principles in the field from an industrial hygienist's perspective. He also gave several personal experiences describing the importance of this topic. It is obvious that Roger is very passionate and dedicated to his work.

The second half of the day, Tom Adams PhD, Professor of Physiology and Associate Chairperson of Undergraduate Education, Michigan State University, Department of Physiology, in East Lansing, Michigan, presented findings from his own research in Heat Transfer Analysis in Accident and Forensic Investigations. This presentation gave another perspective to the topic, with a close parallel to IH, but with a refreshing and captivating angle. He detailed accounts from several forensic case studies that were extremely fascinating, and some quite "chilling". The information he pulls together with models and projections based on the evidence he finds (or is presented with) has helped to solve many suspicious cases, "unhook" innocent parties, and "lock up" the guilty parties. Thank you, Dr. Adams, for the work that you do!

Many thanks to Lisa Quiggle, MIHS President-Elect, and Gerry Plattenberg, MIHS President, for putting together this interesting PDC.



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Dr. Thomas Adams, MSU
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Jerry Plattenberg, MIHS President
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James Henry Center at MSU

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