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President's Message ... from the desk of Moira Botham

Welcome to another change of season. Autumn is usually a busy time, full of changes: the lazy days of summer give way to the more harried days accompanying return to work or school...and with the change of pace comes the nagging knowledge that winter lurks just around the corner.

In thinking of what to write that might be worthy of a 'presidential note', I started to reflect on change. If you who don't know me, you might think that this would lead to a gentle, artsy daydream of the myriad of changes in our society. Ha, I'm far more inclined to think of change in terms of how it affects health in our workplaces – so I thought I'd write a bit on that.

"Change is the law of life. And those who look only to the past or present are certain to miss the future." (John F Kennedy)

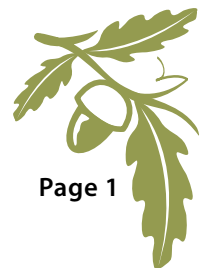
We all recognize that change is necessary – but it is rarely easy. According to a recent study of 600 organizations in the UK, stress is the number one cause of long-term work absence and, unsurprisingly, workplace change is to blame for the majority of this stress.

How can occupational hygienists assist to mitigate the stress of workplace changes? Ever thought of stress as a health hazard? Well, it is. And once we consider stress as a hazard, we can see that we are well equipped to use the standard tools of our profession to address it. Yes, the REC (recognition, evaluation & control) concepts can be used to fight stress. Once workplace stress programs are framed using these tools, they appear less subjective and from a management view, easier to support.

While we all appreciate the hard science associated with our profession, I would encourage you to look for ways to use the REC tools to address non-conventional health hazards...perhaps try using REC to frame a management program for stress in your workplace. You may be surprised that you can more easily garner support from higher levels of management for this increasingly important health hazard.

Since Angela has kindly produced a newsletter that provides you with the hard news from our local section, it is left to me to colour outside the lines a bit and share some thoughts. I would welcome your comments and I know that Angela would appreciate receiving short articles from you describing how you 'think outside the box' to solve your occupational hygiene challenges.

Cheers, Moira



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Calendar of Events 2011 - 2012

October 24 - 26	Alberta H&S Conference and Trade Fair, Calgary
October 25	Alberta AIHA Fall Social, Cslgary
December 8	Alberta AIHA Fall Symposium, Edmonton
November 3 - 9	PCIH 2012, Baltimore, MD
March 10	Professional Development Conference, Calgary
June 16 - 21	AIHce 2012, Indianapolis, IN

2011 ALBERTA AIHA FALL SOCIAL

October 25, 2011
5:45 pm

Bottlescrew Bill's Pub
140 - 10 Avenue S.W.
Calgary

Appetizers on the Alberta Local Section



From the Editor's Quill:

The leaves are falling;
there is a nip in the air.

We've had some rainy
days and soon there will
be snow.

Driving is risky business
for much of our work-
force these days. Dis-
tracted driving aside,
changing weather con-
ditions increase vehicle
accidents.

Remind your troops to
change out their sum-
mer tires before the rush
and to be aware of 1st
ice or snow, black ice
and limited visibility.

A little more attention to
the job at hand, goes a
long way toward quality
of work and injury pre-
vention.

~ Angela Bianco

Alberta H&S Conference Fun Run - Volunteers Wanted

AIHA Alberta members,

Volunteers are required for the 2nd annual 5K Fun Run/2K Walk associated with the Alberta Health and Safety Conference this October, in Calgary. Proceeds for this run are going to Threads of Life, an organization that supports the families of those who have been affected by workplace injury, illness or fatality.

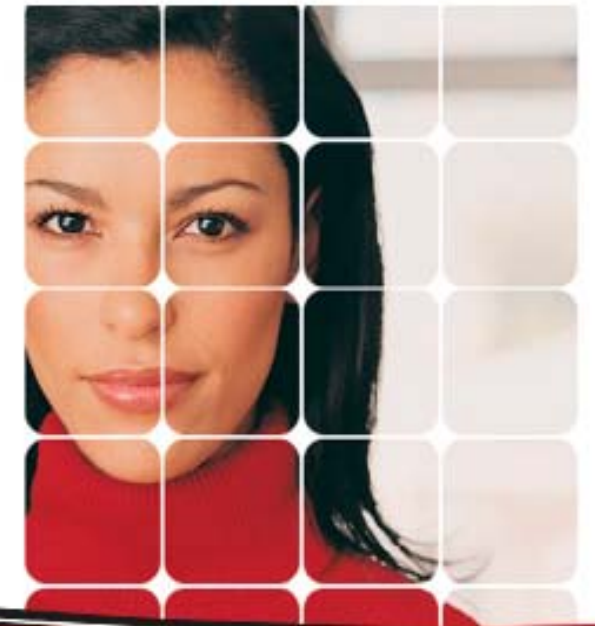
The out and back run/walk route starts and finishes at the Eau Claire Market in the downtown area. Start time is 9:00 AM Monday morning, October 24th. Currently, 10 to 12 people are required to marshall along the urban trail route to provide directions to participants and to cheer people along the way. One person with First Aid certification is also required to cycle the route during the event.

Route marshalls would need to be in place on the route prior to the run start and would be finished as the last participant passes by them on the return to the start/ finish line. It is anticipated the time commitment would be approximately 1.5 hours, but all volunteers are welcome to join the post-run gathering where there will be refreshments and draw prizes! Won't you help make this year's event successful by spending some time at this fun event?

Interested persons should contact Yvonne Gazzard at 403-567-0164, 403-880-2731, or yvonne.gazzard@shaw.ca.



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Overload - Spring PDC Review

The annual spring Professional Development Conference was held on March 10, 2011 in Calgary. Melanie Walls, MA, MSc, Human Factors Specialist presented a daylong training session titled 'Overload – What is it and what can we do about it?' Ms. Walls engaged participants on a variety of topics related to mental workload and the relationship of overload to workplace incidents.

Throughout the day, many practical exercises were used to demonstrate to participants how various factors affect mental workload. We were also introduced to a variety of methods on how to measure mental workload in the workplace. Well-known industrial accidents were reviewed with the specific purpose of reviewing the mental workload issues that contributed to the failures.

Ms. Walls concluded the day with reviewing strategies for managing mental workload including strategies for both overload and underload with reference to the hierarchy of controls. Finally, we reviewed the strategies that could work for each of us on an individual level.

Ms. Walls engaged her audience with practical examples and humorous and applicable anecdotes from her own experiences. Our next PDC will be scheduled for Fall/Winter 2011 and will take place in Edmonton. Stay tuned for more details.

Fall Symposium

December 8, 2011, Edmonton
Introduction to Bayesian Decision Analysis
Instructor: Dr. Paul Hewett Ph.D. CIH

Watch for online registration

<http://www.aiha-ab.com>

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AIHA® NATIONAL MEMBERSHIP RENEWAL

As an added benefit for members, AIHA® National is including an exclusive package of "must-view" sessions from AIHce On Demand with 2012 membership renewals at no additional cost.

AIHce On Demand has been a popular resource since its launch earlier this year. The "must-view" package is valued at \$125.

In addition to the "must-view" package, eligible members also have the opportunity to win an iPad 2, iPod touch or Kindle e-reader when they renew their membership online by Oct. 31.

www.aiha.org



Membership Director's Update

By Jodi Howick

The AIHA Alberta Section membership is currently 233 regular and 5 retired members for a total of 238 members. We have had 19 new members since our last newsletter; welcome!

2011 membership dues are now overdue. You can pay your dues by cheque, mailed to me, or online at <http://www.aiha-ab.com/membership.php>. If you pay online the cost for 2011 AIHA Alberta Local Section Membership Renewal is \$40.00 plus a 7% processing fee for a total of \$42.80. We are currently at 65% paid for 2011. If you haven't received an email reminder from me that your dues are past due, you can safely assume that you are up to date.

As always, I'm looking for ideas on how to bolster our numbers so if you have any creative thoughts on this please forward them to me at the e-mail address above.

I'm happy to announce that everyone is currently present and accounted for. If you move or change jobs, please ensure that you forward your up-to-date contact information to me as soon as possible at membership@aiha-ab.com. The information is for AIHA use only for our newsletters, e-mail distributions as well as the annual Membership Directory.

I hope you are enjoying this beautiful fall weather.

Jodi



What's Your Poison?

In 1881, Derek Humphry, authored and published a highly controversial book which involved advice on the giving and taking of poisons. What was the title of this work?

- Right to Die
- Die grosse Wundartznei
- Final Exit
- Potions Practicus

One of the world's earliest recorded toxicological disasters occurred in AD 79 when a volcano unexpectedly erupted releasing poisonous gases, killing thousands of people. Where did this natural disaster take place?

- Pompeii, Italy
- Quito, Ecuador
- Iwaki, Honshu, Japan
- St. Petersburg, Russia

If you had been diagnosed with Pink Disease, to what chemical had you most likely been exposed as a baby?

- Phenolphthalein
- Barbitol
- Lithium Carbonate
- Mercury

What toxin is associated with the following group of words: wormwood, thujone, Van Gogh?

- Basilisk Venom
- Alpha-thujone
- Tetrodotoxin
- Theragen

10th Annual Alberta Health & Safety Conference and Trade Fair

BMO Centre,
Stampede Park - Calgary

October 24 to 26, 2011

Register Here:

<http://www.hsconference.com/Conference-Registration.html>



Don't Miss the AIHA - Local Section Sponsored Session

Protecting All Workers - Not Nearly All WorkersDoug Wylie, Winnipeg Air Testing

Airborne exposure guidelines like the TLVs are widely adopted and used by many safety and health professionals. This course explains how these guidelines are best applied in the real world. The strengths and limitations of the guidelines will be covered as well as a practical guide in the application of these guidelines aimed at the Safety Professional.

The Instructor is Doug Wylie, CIH, ROH, CRSP, CRM of Winnipeg Air Testing. Doug has put on courses on TLVS as far away as Asia and Australia and recently hosted a Webinar for ACGIH on Adjusting TLVs for unusual conditions. Doug is a practicing Industrial Hygienist with 25 years of experience who has a common sense way of explaining technical issues.

Looking For Answers?

Final Exit/Pompeii/Mercury/Alpha-thujone

It bears
repeating:

Thank
You
Members

You've been a
committed and
reliable group
over the years.



We invite you
to visit our
booth at the
Alberta
Health & Safety
Conference
and
to the
AIHA Social
for some after
hours fun.