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## President's Message ... from the desk of Ryan Stewart

Hello AIHA Alberta members! This is my first written message to the membership as President. Please recognize that this is a work in progress and that the content is not cast in stone. Let me know by e-mail at [rstewart@canadian-fertilizers.com](mailto:rstewart@canadian-fertilizers.com) if there are some specific topics you would like me to update you on or discuss in future newsletters.

First off - I wanted to thank all the members who were able to attend our PDC and AGM on March 19 and 20th in Calgary at the Executive Royal Inn. It was quite successful with a large number of members attending both the PDC on adjusting TLVs to protect all workers not just "nearly all" workers on March 19th and the AGM on March 20th. Based on feedback received from attendees, it appears that they found it valuable as well!

I'd like to thank all of our booth sponsors with special consideration to our Platinum Sponsor – Concept Controls and our Gold Sponsors – 3M Canada, ALS Laboratory Group, HydroQual Laboratories Ltd. I'd also like to thank SafetyBoss, CanTest Ltd and MSDSBinders.com for prizes for attendees!

As a note to the membership – most of the presentations given at the PDC and AGM are available on the website in the "Resources" tab under "Library".

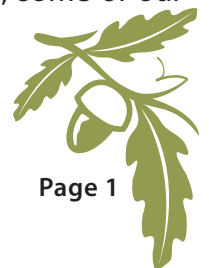
[www.aiha-ab.com/library.php](http://www.aiha-ab.com/library.php)

Remember to update your links to the new website!! It is [www.aiha-ab.com](http://www.aiha-ab.com)

Last, but certainly not least, I would like to thank all of the executive members who were involved in the planning and execution of the PDC and AGM! It is a great team to work with!

We are continuing to update and improve our new website – contact Victor Leung at [vlfun@shaw.ca](mailto:vlfun@shaw.ca) if you have any recommendations for improvement!

Did you know that EHS Partnerships is hosting periodic brown bag (lunchtime) webinars that are free for Local Section members? The first webinar was held on June 17th at the EHS Partnerships Ltd office in Calgary. The topic was "Demonstrating the Value of Your EH&S Program In Tough Economic Times". Thank you for EHS Partnerships for offering to do this. Hopefully, some of our members were able to take advantage of this opportunity. We will continue to let our members know of upcoming events and webinars as they arise. (cont. on Page 3)



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## Calendar of Events 2009

October 1 – 6

PCIH 2009 and Exposure Assessment Symposium, Vancouver, BC

October 7

AIHA Alberta Local Section Social - Edmonton

October 27

AIHA Alberta Local Section Social - Calgary

October 26 - 29

8th Annual Alberta Health and Safety Conference and Trade Fair, Calgary

## FREE AIHA TELEWEB

### Professional Ethics:

### Doing What is Right in the Practice of Industrial Hygiene

**August 4, 2009 12 to 2:30 PM**  
**4303 11 Street SE, Calgary, AB T2G 4X1**

EHS Partnerships has kindly extended an offer to the local AIHA Membership – free teleweb at their office in Calgary on August 4th. Snacks & beverages will be provided but please bring your own lunch. If you wish to obtain points, the cost will be \$25 to the ACGIH for the exam.

Please call EHS Partnerships at 403 243 0700 to register.

Visit

[www.aiha.org/Content/CE/DL/telewebs.htm](http://www.aiha.org/Content/CE/DL/telewebs.htm)  
For More Info on the Teleweb



### From the Editor's Quill:

Three cheers for AIHce 2009, and any conference held under the combined pressure of these economic times, Avian Flu warnings, and crossing international borders.

Attendance was noticeably affected in Toronto; however, many reported that the quality of the event did not falter. The opening sessions sparked discussions that continued throughout the conference. Bagpipes at the opening ceremonies made for proud Canadian moment. Personally, I was excited to see many of my colleagues presenting and look forward to more of the same at future conferences.

~ Angela Bianco

## VISIT THE NEW AIHA-ALBERTA WEBSITE

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

The AIHA Alberta Local Section website seeks to provide information on a variety of issues for both the membership and the public at large.

### 2009 AGM Presentations

With permissions from our presenters, the 2009 AGM/PDC materials are now available for direct download at our website Library section.

## SUSTAINABILITY & THE AIHA-ALBERTA NEWSLETTER

Look for an electronic (pdf) version of the next newsletter in your email inbox. As always, you can find the current and past newsletters on the website.

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

## President's Message (cont.)

Here are some upcoming events/activities that the executive is working on:

-8th Annual Alberta Health & Safety Conference and Trade Fair being held at the Round-Up Centre in Calgary on October 26-29th. The Local Section will be sponsoring a session on Working in the Cold. More information to come. See <http://www.hsconference.com/CONFERENCE-Intro.html> for a brochure.

-In August or September, EHS Partnerships may be hosting another brown bag (lunchtime) webinar. Details to come soon via e-mail and our website. Contact Leanne Varkonyi ([lvarkonyi@hydrasolutions.ca](mailto:lvarkonyi@hydrasolutions.ca)) or Richard Krentz ([RKrentz@ehsp.ca](mailto:RKrentz@ehsp.ca)) for more details.

-In September, the Local Section will be hosting our annual "Social" which is an opportunity for Local Section members to relax and socialize in a non-work environment. They are currently in the planning phases and will be held both in Edmonton & Calgary. Contact Roy Clough ([Roy.Clough@gov.ab.ca](mailto:Roy.Clough@gov.ab.ca)) or Lisa Chen ([lisa.chen@gov.ab.ca](mailto:lisa.chen@gov.ab.ca)) for more information. We will update the membership when all the details are finalized!

I'd like to welcome the newest members of our executive - Diane Radnoff (President Elect), Shamini Samuel (Treasurer), Stacy Richardson (Secretary) and Victor Leung (Webmaster). I'd like to additionally thank Rick Adams, Roy Clough and Nasrin Dhanani for all of their efforts in their respective roles on the executive! It is the efforts of volunteers like these that allow our local section to be so successful!! Thank you!

Well, that's my first update. I hope it finds you in good health and spirits and that you get the opportunity to take some summer holidays (if the weather will cooperate...) before my next update!

Ryan



# Membership Director's Update

By Jodi Howick

The membership of the AIHA Alberta Section is currently 228 with 5 retired for a total of 233 members. Thank you to all of you for getting your dues in and responding to the reminders! We certainly don't like to drop members from the list.

If you move or change jobs, please ensure that you forward your up-to-date contact information to me as soon as possible. The information is for AIHA use only for our newsletters, e-mail distributions as well as the annual Membership Directory.

With this newsletter you will also be receiving the 2009 Directory, please ensure that your contact information is correct any corrections can be forwarded to membership@aiha-ab.com.

I have a number of "Lost Sheep"; if you are on this list or know the whereabouts of someone who is please let me know so I can get them back into the flock.

Lost Sheep: Dave Howey, Frank Comerford

Hoping you're enjoying your summer!

Jodi



## The Alberta OH&S Code Has Been Updated

Public consultation leads to improved worksite safety rules. Employers have three months to phase in changes.

The Alberta Occupational Health and Safety (OHS) Code has been updated to keep workplace health and safety rules current and relevant. Alberta employers have until July 1 to comply with the updates.

The Occupational Health and Safety Council recommended changes to the code after extensive public consultation.

Updates to the OHS Code include the following:

- new requirements for lift calculations, tag lines and personnel baskets
- healthcare requirements specific to patient/client/resident handling
- new requirements for medical sharps
- distinguishing between 'confined' and 'restricted' spaces for entry permit systems
- requirements applicable to respiratory protection against airborne bio-hazardous material
- mobile equipment requirements specifically for concrete pump trucks
- new, specific safety factors for rigging components
- updates to better reflect current mining practices

The 2009 OHS Code can be found online at:  
<http://employment.alberta.ca/whs-ohs>

Annual  
Alberta  
AIHA Social

**CELEBRATING 25 YEARS**

Come One ,  
Come All  
Come out  
and help us  
celebrate!

5 - 8PM

October 7

Edmonton

Suede Lounge  
11806 Jasper Ave

<http://www.suedelounge.ca/>

and/or

October 27

Calgary

Location To Be  
Determined

Check the  
Website  
or  
Find Us  
at the  
Health & Safety  
Conference  
and Trade Fair

# Annual Alberta Health & Safety Conference Update

by Michael Lawrence

Our 2009 Alberta Health and Safety Conference is shaping up to be another great success again this year with lots of interesting and informative topics on the agenda and lots of great speakers to present them. The Conference combines educational sessions, professional development courses and one of the largest industry trade fairs in Alberta. We set a record with over 1000 attendees at our conference last year in Edmonton and this year we hope to break that record!

We will be offering more than 30 educational sessions ranging from general interest to industry specific topics so you're always bound to find something that interests you. Register for one of our Professional Development Courses offered before and after the Conference. Come early on the first day and find out about the changes planned for Albert's OHS Code. Hear Gerry Madigan, our opening Keynote Speaker talk about "Leadership in a New Economy". Join colleagues for the Welcome Reception the first evening of the Conference and see the latest technologies displayed in the Trade Fair area.

This year's conference will offer a series of sessions on the selection and use of the various types of personal protective equipment, a topic that is common to many Alberta industries and particularly to the practice of occupational hygiene.

Join us for a Blockbuster session on Confined Space Entry presented by our very own President-elect, Dianne Radnoff, Senior Occupational Hygienist for the province of Alberta, as she reviews how changes to the legislation will likely affect the way you address this issue. Our Keynote Panel Discussion will address "Health and Safety 24/7" and the Keynote Address at our Closing Ceremonies will be delivered by Ron McLean of Hockey Night in Canada. Our Keynote Panel Discussion will address "Health and Safety 24/7" and the Keynote Address at our Closing Ceremonies will be delivered by Ron McLean of Hockey Night in Canada.

This year's conference will be held in Calgary from October 26 - 28 at the Round Up Center on the Stampede grounds. Make your plans now to attend the premier health and safety conference in western Canada. Registration will begin in late May. Visit our website at [www.hsconference.com](http://www.hsconference.com) for details.

Maintenance points towards various professional certifications will be available.



## What's Your Poison?

Name two leading characters from Shakespeare's works who met their untimely deaths by poison.

According to Norse mythology, the god Baldur was killed by a poison dart made from what toxic plant?

A number of food borne epidemics have occurred following the ingestion of bread made from rye contaminated by the fungus *Claviceps purpurea*. What is the toxin?

In 1990, there was a 120 country recall of some 160 million bottles of Perrier(R) water due to contamination. What was the contaminant?

Food borne illness from eating "spoiled" food is always a possibility. There is one food that does not spoil with time. Name this food item.

## Canadian Council of Occupational Hygiene (CCOH/CCHT)

The Canadian Council of Occupational Hygiene (CCOH/CCHT) is a not-for-profit organization that has been established to provide a formal, coordinated, perspective on Occupational Hygiene amongst Canadian Occupational Hygiene Associations. All members of provincial associations are automatically members of CCOH. Each provincial association or geographic area is represented by a director and associate director at the meetings of the council.

The official languages of the Council are French and English

<http://ccohs.org/ccohs.html>

# Occupational Hygiene at NAIT

by Tarn Dhesi, OH&S Student

The Occupational Health and Safety (OH&S) diploma program at Northern Alberta Institute of Technology (NAIT) prepares students for work in a wide variety of OH&S positions in government and private industry.

With an emphasis on problem solving, the diploma program combines safety, science, communications and practical hands-on projects. Extensive application of both federal and provincial legislation gives graduates a solid foundation of knowledge to offer prospective employers. Graduates have the knowledge, skills and confidence to compete successfully in the current job market.

The reason why NAIT's OH&S program peaked my interest in hygiene is because the program provided occupational hygiene courses that have given me the foundation to develop myself for a successful career as an Occupational Hygienist. In addition, the courses and experienced instructors gave me an idea of what the goal of the occupational hygienist is. It is to keep workers, their families, and the community healthy and safe. They play a vital part in ensuring that federal, provincial/territorial, and local laws and regulations are followed in the work environment.

As well, the typical roles of the occupational hygienist added to my growing interest to pursue it as a career. For example, some roles that caught my interest include:

- Investigating and examining the workplace for hazards and potential dangers
- Making recommendations on improving the safety of workers and the surrounding community
- Conducting scientific research to provide data on possible harmful conditions in the workplace
- Developing techniques to anticipate and control potentially dangerous situations in the workplace and the community
- Training and educating the community about job-related risks
- Advising government officials and participating in the development of regulations to ensure the health and safety of workers and their families
- Ensuring that workers are properly following health and safety procedures

The knowledge and hands-on experience the courses gave me regarding the roles and responsibilities of an Occupational Hygienist is the main reason why the OH&S Diploma program at NAIT peaked my interest in a career as an Occupational Hygienist.



## Sun Safety

SLIP On a T-shirt

SLOP On the Sunscreen

SLAP On a Hat!

## BBQ Safety

Isolate

Stabilize

Check for Leaks

Clean off Gunk

Extinguisher Handy

Turn Off Gas at Tank

Grill Outside Only

## Water Safety

Don't Drink and Boat

Supervise Kids Closely

Wear PFDs

Swimming, CPR & First Aid Training



## Parting Words ... from Past President, Roy Clough

It is hard to believe that the year has come and gone so quickly. I thoroughly enjoyed being your President this past year and encourage those of you that have not been on past executive committees and have some spare time to volunteer in the future for these committees. Please come forward this coming year and let your names stand for these upcoming positions so as to help keep a strong local section. You will find the experience well worth your while, as well as being a great networking opportunity. Some people on our committee, Rick Adams for example, have enjoyed the experience so much they have been members for 10 or more years!

The past year has been very busy for executive with ten (10) business meetings held during the year. A new web page has been developed and its content continues to grow as new data is entered. I hope you like it and find it easy to use as a lot of work by our web people have gone into this re-creation. Please forward info to us to add to our website or for our latest newsletter that you believe would be of interest to our members. In addition there have been 3 newsletters this past year and this fourth one to start the new year off.

Finally, please note that our association again has a mailing address which is now in Edmonton:

Suite 111, 10654-82 Ave., Edmonton, AB T6E 2A7. Please contact us at any time!

Cheers and good luck to all of you!

Roy



## IOHA 2010 - Roma - International Occupational Hygiene Association

IOHA is pleased to announce its 8th International Congress to be held in Roma in 2010 on 28 September to 2 October 2010 at Università Urbaniana, Via Urbano VIII, 16 Roma (Italy).

The event is organised by AIDII, the Italian Association of Industrial Hygienists on behalf of IOHA and, as co-organisers, INAIL and ISPESL, the two Italian institutions responsible for the prevention and insurance of occupational hazards.

The Congress will bring together an international panel of experts to discuss social responsibility strategies for the decade of 2010-2020, to define occupational hygiene methods and tools needed in countries with different levels of industrial development, and to discuss current occupational hazards related to new emerging technologies and social scenarios.

Roma 2010 represents a fundamental step towards ensuring that industrial hygienists play a leading role in the new integrated markets of Environment, Health & Safety, adapting their professional profile to new requests emerging with Social Responsibility, Sustainable Development and the increasing complexity of a multidisciplinary scenario.

**Deadline for the submission of abstracts: 1 December 2009.**

Visit the website at <http://ioha2010.org>

# AIHA-Alberta Symposium Review

by Ryan Campbell, Golder Associates

Desk too high? Reaching for that tool again? These are common complaints throughout many workplaces. At the American Industrial Hygiene Association, Alberta Section's recent symposium, Ms. Deborah Redden, a certified ergonomist, presented an engaging talk on the importance of design in preventing occupational illness and injury. From her experience as an ergonomist with Alberta Health Services, Ms. Redden was able to present examples of design features that did not incorporate the end user's physical dimensions, nature of work, or processes and the resulting effect on health and safety.

As an illustration, Ms. Redden spoke of a care facility designed with wide hallways to increase patient and staff mobility. Unfortunately the hallways became restricted and clogged, as they were put into service as makeshift storage areas due to awkward placement of storage rooms at the design/build phase.

Seemingly well thought out tabletop designs do not always meet the needs of the workers who occupy them. For example, offices that were designed to hold one occupant are often pressed into accommodating two or more, leading to space and movement constraints. Ms. Redden stressed the importance of involving all stakeholders at the design phase in order to more accurately translate desktop design into real world health and safety gains. As a cost benefit, changes early in the design/build process are often cheaper than renovations or alterations to the work environment following the actual construction.

Ms. Redden provided several examples where good design has been effective at greatly increasing the overall health and safety of a work environment. One example was an endoscopy unit, where the complete decontamination of medical equipment is essential for patients and staff. Design of the unit incorporated health and safety professionals from a variety of fields. This approach helped to ensure that workers within the unit could effectively use the cleaning equipment, regardless of stature, and to provide appropriate ventilation and movement features to keep contamination limited to the "dirty" room.

A theme throughout Ms. Redden's presentation was that a continuing shift in demographics is taking place throughout the workplace. The mean age of workers continues to increase; foreign workers continue to make up a large percentage of the workforce; and the average size of workers continues to increase. These demographic factors influence how the labour force currently interacts with the designed work environment. They also provide clues about how the interactions will change and develop over time. The forward thinking design of work environments should therefore be a multidisciplinary collaboration, incorporating architects and engineers, ergonomists, safety professionals, hygienists, and workers themselves.



## Looking For Answers?

Romeo and Hamlet / Mistletoe / Ergot / Benzene / Honey



Dr. Seuss

"I have heard there are troubles of more than one kind. Some come from ahead and some come from behind. But I've bought a big bat. I'm all ready you see. Now my troubles are going to have troubles with me!"

Jackie Chan

"American stuntmen are smart - they think about safety. When they do a jump in a car, they calculate everything: the speed, the distance... But in Hong Kong, we don't know how to count. Everything we do is a guess. If you've got the guts, you do it. All of my stuntmen have gotten hurt."