

## Current Executive

### President

Diane Radnoff  
780.415.0600

### President-Elect

Moira Botham  
403.766.3294

### Past President

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### Treasurer

Shamini Samuel  
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### Secretary

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### Education

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### Membership

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780.378.5024

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Restita Espiritu  
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### Webmaster

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778.320.0236

### Newsletter Editor

Angela Bianco  
403.246.3686

## President's Message ... from the desk of Diane Radnoff

Yet another newsletter and a lot has been happening.

I hope everyone has marked our PDC and AGM on their calendars for March 10 and 11 in Calgary.

We have a few executive slots opening up so please consider becoming involved. Nomination forms have been circulated and are also available on our website.

I would also like to thank Moira Botham and Margaret Hogarth for all their great work in putting the MSDS course together this past December.

My little rant for this newsletter is something I have been noticing more and more lately. What ever happened to the "health" in "health and safety"? Everyone talks about "safety professionals", "safety programs", cost of safety, etc. when really what they mean is "health and safety". I am beginning to think that people are forgetting about this side of the profession and the importance it plays in the workplace. I also think that part of this is our fault for letting people call us safety professionals. Do employers in Alberta really understand what Industrial Hygienists or Occupational Hygienists do? So remember to keep health and safety together when we talk about the work we do—we want everyone to go home both healthy and safe.

## Spring PDC & AGM

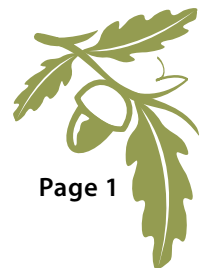
Overload - What Is It and What Can I Do About It?  
Unsolved IH Mysteries

The Economic Burden of Occupational Cancers in Alberta  
Can Noise Cause Heart Attacks?

**Executive Royal Inn, Calgary**  
**March 10 & 11, 2011**

See brochure attached and register online.

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



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## Calendar of Events 2010 - 2011

March 10

Professional Development Conference, Calgary

March 11

Alberta AIHA Annual General Meeting, Calgary

March 18

BC Yukon AIHA IH Conference & AGM, Burnaby

May 14 - 19

AIHce 2011, Portland, OR

October 24 - 26

Alberta H&S Conference and Trade Fair, Calgary

November 5 - 8

PCIH 2011, Baltimore, MD

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<http://cihc.info>



### From the Editor's Quill:

Happy New Year and welcome to 2011.

Have you ever found yourself needing to change a behaviour as much as your worker population does?

Standing up in front of each new batch of police recruits to explain what the Service has to offer regarding health and safety, I have felt more motivated to regain that college physique (as well as the occasional need to catch a rogue 4-year old).

In this case, the work culture is ahead of me but not for long. Wish me luck and join me in making this year one for the record books.

~ Angela Bianco

## Past President Submission

AIHA Alberta members,

Since this will likely be my last note as part of your Local Section Executive, I wanted to thank everyone on the current and past executives for their hard work, dedication and camaraderie. It has been an interesting and rewarding past three years and I would like to encourage everyone who reads this (and I hope some of you do!) to consider becoming a part of the Local Section Executive. We have a number of positions that will be opening up in the Spring 2011 Annual General Meeting. I'm confident that you will not regret stepping forward to help your Local Section; I know I didn't! We need your fresh ideas and suggestions to keep the Local Section efficient, effective and fun! The nomination form is quick and easy and you can nominate yourself!

If you would like to recognize someone, take the time to fill out a nomination form for the "Award of Recognition". It doesn't take much time and I'm sure the nominee would appreciate the honor!

Thank you all and I look forward to seeing you at our future social events and AGMs.

I'll leave you with a quote that should be meaningful for the Local Section membership – "Individual commitment to a group effort - that is what makes a team work, a company work, a society work, a civilization work." - Vince Lombardi

Ryan



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## CM Program Changes Coming in 2011-12

ABIH has recently completed an equity analysis across the entire Certification Maintenance (CM) program. As a result, several changes will be implemented over the next two years in various stages. Changes were mostly made to increase consistency, reduce costs, enhance revenue, and position ABIH as a top quartile professional certification firm. Here's a brief listing of the changes. Some of these will be discussed in more detail when the changes are implemented.

- Eliminating the 'Fundamental' CM point category. In the future, these courses will be awarded "IH" CM points. The cap of 5 "Fundamental" points per five year CM cycle will also be eliminated.
- Establishing a cap of 5 'IH Ethics' points per five year CM cycle.
- Establishing a Leave of Absence Policy that would allow a Diplomate to take time off (e.g. up to 2 years) due to extraordinary circumstances.
- Transitioning some Diplomates to a different 5 year calendar for their CM cycle, e.g., July 1 Year 1 to June 30 Year 5 instead of the current January 1, Year 1 to December 31, Year 5.
- Providing a CM approval number for all Category 4 – Education events thus making all the events searchable in the online ABIH Category 4 database. This change will include the AIHce, PCIH, their associated PDCs, "BlanketApproved" events and Academic courses.
- Offering an expedited CM point review (2 business day turnaround for \$50).
- Revising the Category 7 – Other program by adding new ways to earn CM points and eliminating some ways that are no longer compatible with the CM program.
- Implementing a new penalty loss of certification after 2.5 years of nonpayment of the annual fees. (Note: Payment of annual fees is a condition of maintaining certification yet some Diplomates go 2, 3, and even 4 years without paying).
- Changing the penalties for late CM Worksheets (submitted > Feb 1 st) , e.g. increased fees and increased audit probability.



VISIT THE  
AIHA-  
ALBERTA  
WEBSITE

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

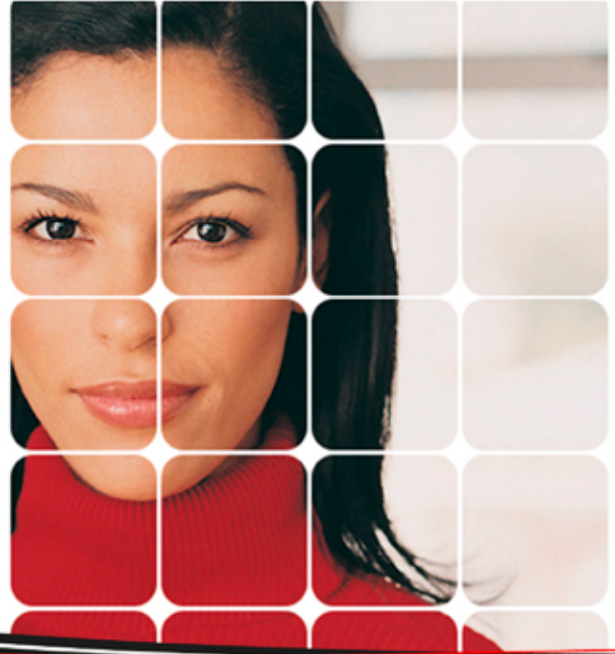
The AIHA Alberta  
Local Section web-  
site  
seeks to provide  
information on a  
variety of issues  
for both the mem-







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### What's Your Poison?

The conventional relationship (more exposure equals higher risk) has been challenged in the study of:

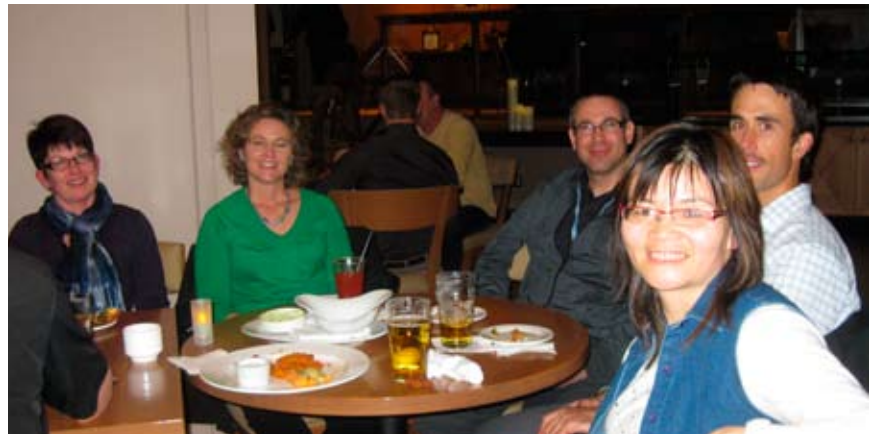
- DDT
- Bisphenol A
- Endocrine disruptor
- Polychlorinated biphenyl

The genetic variability of this liver component makes the toxicity of many compounds differ between one individual and the next.

- Enzyme
- Enzyme inhibitor
- Protein
- Cofactor

The major metabolite of marijuana is:

- heroine
- benzoylecgonine
- 9 delta THC
- phencyclidine



Wood alcohol (methanol) is chemically converted in the liver to formic acid and

- Sucralose
- Formaldehyde
- Melamine
- 3-MCPD

# Membership Director's Update

By Jodi Howick

The current membership of the AIHA Alberta Section is 208 plus 5 retired for a total of 213 members.

2011 membership dues are now due. 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.

Our membership numbers have started to recover but I'm always looking for ideas on how to improve 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 all members are 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. The information is for AIHA use only (e.g., newsletters, e-mail distributions, the annual Membership Directory).

Best wishes to you and yours for 2011,

Jodi



## Review of the Fall Symposium

The Fall Symposium "MSDSs - More Than Just Pretty Pieces of Paper" was a great success.

Both Diane Radnoff and Margaret Hogarth were able to share valuable insights into the interpretation and development of these vital documents. Great information, humorous conversations and tasty food - who could ask for anything more?

We are looking forward to our next PDC and symposium (March 10/11) that will provide more opportunity for learning, more conversation with fellow occupational hygienists...and of course, great food.

## Looking For Answers?

Endocrine disruptor/Enzyme/9 delta THC/Formaldehyde

# Thank You Members

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



**We are looking forward to some new board members.**

**Please consider taking a role on the board at the upcoming AGM.**



Margaret Hogarth (left) accepting a thank you from our President-Elect.

**MARCH 10, 2011 - PROFESSIONAL DEVELOPMENT COURSE**

**OVERLOAD – WHAT IS IT AND WHAT CAN I DO ABOUT IT?**

*Presented by* Melanie Walls – Human Factors, Safety and Usability

Overload is increasingly an issue in modern commercial settings. The economic downturn has led to reductions in staffing levels and to a situation where many individuals are attempting to fill job roles that were previously distributed between multiple employees. On a personal level, this can lead to stress and longer working hours. On a broader level, overload may be impacting safety and performance throughout the organization.

This training course will provide attendees with a starting point to begin addressing overload within their organizations and their own working lives, to ensure it is managed safely and effectively.

**MARCH 11, 2011 - SPRING SYMPOSIUM AND LOCAL SECTION  
2011 ANNUAL GENERAL MEETING**

**UNSOLVED INDUSTRIAL HYGIENE MYSTERIES**

*Facilitated by* Mr. Rob MacLeod, CIH, CRSP, CSP, CCEP – Celtic Exploration

**THE ECONOMIC BURDEN OF OCCUPATIONAL CANCERS IN ALBERTA**

*Presented by* Mr. Patrick Curley, BSc, MPH – Alberta Health Services

**CAN NOISE CAUSE HEART ATTACKS? IF SO, CAN HEARING CONSERVATION PROGRAMS PREVENT THEM?**

*Presented by* Dr. Hugh Davies, PhD, CIH - University of British Columbia School of Environmental Health

**Executive Royal Inn Calgary  
Calgary, Alberta  
March 10<sup>th</sup> and 11<sup>th</sup>, 2011**

***Symposium/AGM Attendees will have the opportunity to win a number of great prizes\*.***

*\*Winner must be in attendance during draw in order to receive prize.*



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# DAY 1 – PROFESSIONAL DEVELOPMENT COURSE

Thursday March 10, 2011

## Overload – What Is It and What Can I Do About It?

### **ABOUT THE COURSE**

This course will increase awareness of overload and how it can impact performance and safety and provide attendees with practical tools and techniques that they can apply in their day to day working lives. Topics include:

- Understanding mental workload
- The impact of fatigue on human error and cognition
- An overview of techniques for measuring workload
- Incidents and accidents – discussion of case study examples where overload played a part
- Overload and resourcing – evaluating the safety impact of downsizing
- Strategies for managing workload in environments with uneven workload (peaks and troughs)
- Workload impact on hazard mitigation – how to assess whether your risk controls are working in practice
- Managing your own workload – negotiation techniques and boundary setting

### **ABOUT THE INSTRUCTOR**

Melanie Walls, MA, MSc

Ms Walls has over a decade of experience applying Human Factors to improve safety and performance. When presenting, she is able to draw on lessons learned from different types of projects in a wide range of settings, including forestry, rail, naval ships, helicopters, air traffic control centres, airport control towers, First Nations, medical devices, equipment control rooms, and army intelligence.

Ms Walls received formal training in the psychology of people at work, with a Master of Arts in Psychology, Philosophy and Physiology from Oxford University, and a Master of Science in Occupational Psychology from Sheffield University; however, she blends an academic foundation with a pragmatic approach that is based on solving problems in real world settings, where resources are limited and options are constrained.

Melanie ensures her presentations are interactive and enjoyable. She firmly believes that: 'If there isn't something useful you can take away and use next week in your job, then training is just an expensive way to eat donuts.'

## **DAY 1– PDC**

**Thursday March 10, 2011(7:30 – 4:30)**

7:30 am – 8:00 am	Continental Breakfast and Registration
8:00 am – 8:10 am	Welcome and Opening Remarks
8:10 am – 10:30 am	<b>Overload – What is it and what can I do about it? (part 1)</b>
10:30 am - 10:45 am	<b>Morning Break</b>
10:45 am – 12:00 am	<b>Overload (part 2)</b>
12:00 pm – 1:00 pm	<b>Lunch</b>
1:00 pm – 2:30 pm	<b>Overload (part 3)</b>
2:30 pm – 2:45 pm	<b>Afternoon Break</b>
2:45 pm – 4:30 pm	<b>Overload (part 4)</b>

***Certification Maintenance Points are pending approval.***



## **DAY 2 – Symposium Topics**

### **Friday March 11, 2011**

#### ***UNSOLVED INDUSTRIAL HYGIENE MYSTERIES***

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This workshop is intended to engage and challenge HSE Professionals of all backgrounds. The target audience will be comprised of individuals with an inquisitive mind and a general HSE knowledge base. This interactive session will prompt participants to put on their thinking cap! Actual case studies of Industrial Hygiene (IH) field work will be presented.

Participants will have all the data; they know all the players; they will understand all the circumstances. But they will not have the final outcomes. Working with colleagues, participants will discuss the cases and potential remedies, and as a group they will present their results. The facilitator will explain, at the end, what actually occurred.

#### ***ABOUT THE FACILITATOR***

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Rob MacLeod, CIH, CRSP, CSP, COEP – Mr. MacLeod is currently the HSE&R Coordinator for Celtic Exploration. In his ten year pursuit of HSE&R career development and professionalism, Rob has worked in the Oil and Gas, Aluminum, Forest Products, and Manufacturing industries

#### ***THE ECONOMIC BURDEN OF OCCUPATIONAL CANCERS IN ALBERTA***

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Occupational cancer refers to cancer cases that would be eliminated if exposures to carcinogens in the workplace were completely removed. Estimates from studies worldwide suggest that between three per cent and 11 per cent of all cancer deaths, and a higher proportion of cancer cases, may be caused by occupational exposure to carcinogens. Occupational cancers are largely preventable and increasingly costly. Few studies that have been undertaken on the numbers or costs of occupational cancers are directly applicable to Alberta. The overall aim of this novel study was to generate an estimate of the economic burden of occupational cancers in Alberta. Cost information is also crucial to justifying, developing and carrying out effective prevention strategies.

#### ***ABOUT THE INSTRUCTOR***

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**Patrick Curley, B.Sc, M.P.H – Mr. Curley works at Alberta Health Services. His professional and academic background includes expertise in occupational and environmental health, quantitative and qualitative applied research, statistical analysis and project management. Specific content areas related include: cancer and chronic disease prevention, occupational and environmental carcinogens, endocrine disrupters, occupational health and safety, risk assessment and nutrition.**

#### ***CAN NOISE CAUSE HEART ATTACKS? IF SO, CAN HEARING CONSERVATION PROGRAMS PREVENT THEM?***

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Research evidence suggests noise is a potent stressor, and is associated with chronic health effects other than hearing loss - including cardiovascular disease. In this talk Dr. Davies will review the evidence for the “non-auditory effects” of noise, including work at the University of British Columbia in a cohort of 27,000 sawmill workers among whom there was an increased relative risk of hypertension of 30%- and an increase of 50% for heart attacks. Comparing non-auditory health effects with noise-induced hearing loss we then ask the question – are hearing conservation programs also helping heart health? The answer is perhaps – and only if we’re sure such programs are effective.

#### ***ABOUT THE INSTRUCTOR***

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**Dr Hugh Davies, PhD, CIH - Dr Davies is an Associate Professor in the University of British Columbia School of Environmental Health, and a certified industrial hygienist. At UBC he teaches graduate courses in hazard assessment, occupational hygiene practice, exposure assessment and research development. His research is principally in occupational epidemiology. In addition to his work on the non-auditory effects of noise he has been involved in studies of occupational disease among tree-planters, paramedics, firefighters, and ship-breakers in Bangladesh. He is currently President of the BC Occupational and Environmental Health Research Network, and Team Leader (Physiological Effects of Noise) for the International Congress on the Biological Effects of Noise.**

## SYMPOSIUM SCHEDULE

### Friday March 11, 2011 (7:30 – 4:30)

7:30 am – 8:15 am		Continental Breakfast and Registration
8:15 am – 8:30 am	Exhibits Open	Welcome and Opening Remarks
8:30 am – 10:00 am		<b>Occupational Hygiene Mysteries</b>
10:00 am - 10:30 am		Morning Break
10:30 am – 12:00 pm		<b>The Economic Burden of Occupational Cancers in Alberta</b>
12:00 pm – 1:00 pm		Lunch
1:00 pm – 3:00 pm		<b>AGM</b>
3:00 pm – 3:15 pm		Afternoon Break
3:15 pm – 4:15 pm		
4:15 am – 4:30 pm		<b>Closing Comments</b>

*Certification Maintenance Points are pending approval.*

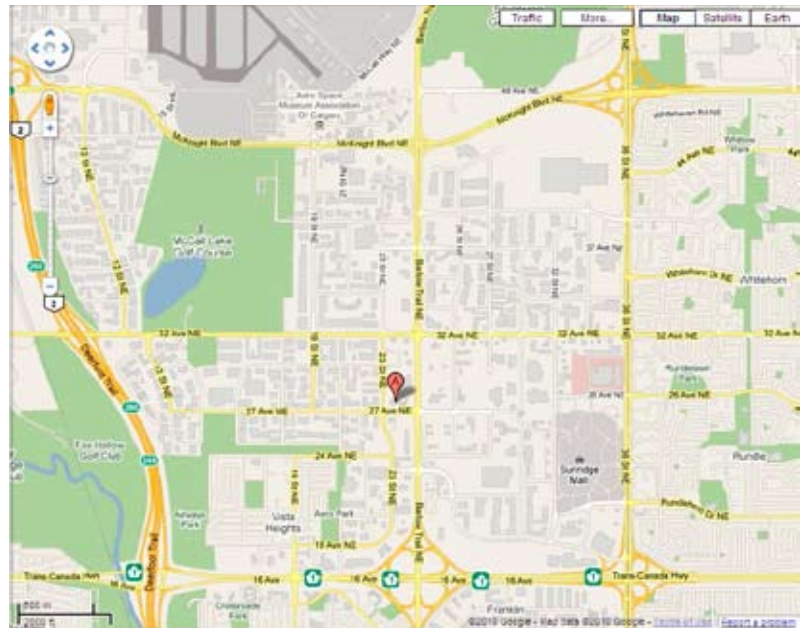
## ***FACILITY AND HOTEL INFORMATION***

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 Calgary, Alberta  
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**1888-388-EXEC(3932) (toll-free)**

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**Please call the hotel directly for room information *Free Shuttle Service Available to hotel from airport.***



Food (breakfast, lunch and snacks) and beverages (coffee, tea, juice, pop) are included in the registration fee.



## 2011 Call for Nominations

Want to get involved with the Alberta Local Section? Want some free professional development opportunities? Here is your opportunity!

The Alberta Local Section of the AIHA is seeking nominations for the following executive positions:

- **President Elect**
  - (1 year term that transitions into the President role. For this role you must be AIHA National member)
- **Treasurer**
  - (2 year term)
- **Newsletter Editor**
  - (2 year term)
- **Webmaster**
  - (2 year term)

These positions will be elected at the 2011 Annual General Meeting (AGM) scheduled for March 11, 2011.

Benefits include CM points for certifications, ability to attend symposiums and education sessions sponsored by the Local Section free of charge. In addition, reasonable travel expenses to attend meetings can be covered.

Any member in good standing interested in serving in one of these positions is asked to complete/submit the Nominee Information Form (below) to Michelle Kutz – Secretary - ([mkutz@golder.com](mailto:mkutz@golder.com)) prior to the AGM. Nomination forms will also be available at the AGM.

Notes:

- You can nominate yourself!
- Contact any past or current executive member for more information.
- More information about the roles and responsibilities are available on the Alberta AIHA Website <http://www.aiha-ab.com/executive-board.php>



Nominee Information Form - Alberta Local Section AIHA  
2011 – 2012 Executive Committee

Executive Committee Position of Interest: \_\_\_\_\_

Name: \_\_\_\_\_

Organization: \_\_\_\_\_

Phone Number: \_\_\_\_\_ E-mail: \_\_\_\_\_

Are you a member of AIHA National?            Yes            No

Other Association Memberships: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

If elected, I will: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Return or e-mail to: Michelle Kutz  
Secretary, Alberta Local Section – AIHA  
Phone: 403-304-7870  
E-mail: [mkutz@golder.com](mailto:mkutz@golder.com)