

# AIHA Prairie Section Newsletter

Industrial Hygiene Practitioners Responsible For Advancing  
Occupational and Environmental Health and Safety



AIHA

Your Essential Connection

The American Industrial Hygiene Association Prairie Section

<http://www.aiha.org/LocalSections>

*November 2005*

A joint AIHA/ASSE meeting was held November 8, 2005, at the Eastland Suites in Bloomington, Illinois.

AIHA Board member present were; Dr. George Byrns, Dave Martin, Phil Miller, Don Bassett, Kevin Marshall and Fritz Bock.

The board discussed the chapter newsletter. Particularly, how to keep it current, interesting and posting it at the AIHA website.

Don Bassett, President wanted to improve and revise the current template then pass it on to someone who would have time to edit it. He talked about the process of creating it in Microsoft word then converting it to a PDF for posting at the AIHA website.

He noted the last time it had been updated was February of 05. Typically the newsletter would be sent to Jennifer Boyer at the national level and she would post it. However, Don preferred it be edited and managed at a local level. The secretary, Dave Martin offered to take a look at the newsletter and see if he could offer some assistance in editing and management of the process. Don agreed to email a copy of it to him.

Dr. Byrns proposed a board meeting for December. Notification of dates and times to be announced.

Discussion continued on selection of a topic for January's meeting. Industry best practices on the chromium standard and welding was discussed. Dr. Byrns suggested someone from CAT could present the industrial perspective. Then possibly someone from OSHA could present the regulatory perspective. Don Bassett thought the topic would make for good discussion as he had received several emails on the topic suggesting it to be of world interest.

Discussion continued to determine if the industrial perspective and regulatory perspective should be split into two topics for separate meetings. Don Bassett thought it could be one meeting. He went on to say it's essential to share what industry is doing to comply with the standards and why.

In summary the board decided the best practices and regulatory standard for Chromium and welding in industry would be January's topic and the harmonized HAZCOM standard would be presented in February.

Fritz Bock closed the meeting. First saying OSHA is proposing a global harmonized HAZCOM standard. It would have a profound impact on industry and would make for good discussion for a future meeting.

In addition he thought it looked promising for him to attend the Leaders Conference March 3 -5 in Falls Church, VA.

## Secretaries notes:



Thanks to all our presenters for making the November 2005, AIHA/ASSE meeting such a success. Brian Bothast (OSHA) It's good to know what OSHA looks for during an inspection. Kathleen Brewer (CAT) the industry perspective on OSHA inspections.

Jennifer Harris (Lincoln Memorial Hospital) "Safety Trumps All", A positive workplace culture has many advantages during regulatory inspections. Jesse Bean (Illinois State Police) Hazardous materials road checks. We're glad someone is watching. A final note, thanks to Fritz Bock for being the Master of Ceremonies.



**Health Beat:**

**Healthy Directions from: from Johns Hopkins Bayview Medical Center**

**Regular activity can help you feel better because it:**

- Boosts energy
- Helps you cope with stress
- Improves self-image
- Helps prevent fatigue
- Helps counter anxiety and depression
- Helps you relax and feel less tense
- Improves your ability to fall asleep and to sleep well

- Provides an easy way to share time with friends or family and to meet new friends

**Regular activity can help you look better because it:**

- Tones muscles
- Burns off calories to help you stay at your desirable weight, or to lose extra pounds
- Helps control your appetite

**Advantages of Walking:**

- no instructions needed
- can be done almost anywhere
- can be done anytime
- it's FREE
- low risk of injury

The following is a walking program that increases your distance as you increase your fitness.

**Week 1**

- Warm-up - 5 minutes
- Exercise - 5 minutes



- Cool-Down - 5 minutes
- Total Time - 15 minutes

**Week 2**

- Warm-up - 5 minutes
- Exercise - 7 minutes
- Cool-Down - 5 minutes
- Total Time - 17 minutes

**Weeks 3-11**

add 2 minutes brisk walking per week

**Week 12**

- Warm-up - 5 minutes
- Exercise - 30 minutes
- Cool-Down - 5 minutes
- Total Time - 40 minutes

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

**Universal Waste by Jeff Camplin, CSP, CPEA, REP Excerpts from an article in the EnviroMentor fall 2005**

Federal universal wastes are:

**Batteries** such as nickel-cadmium and small sealed lead-acid batteries, which are found in many common items in business and home settings, including electronic equipment, mobile phones, portable computers and emergency backup lighting.

**Agricultural pesticides** that are recalled under certain conditions and unused pesticides which are collected and managed as part of waste pesticide collection program. Pesticides may be unwanted several reasons, such as being banned, obsolete, damaged or no longer



needed due to changes in cropping patterns or other factors.

**Thermostats** that can contain as much as three grams of liquid mercury and are located in almost any building, including commercial, industrial, agricultural, community and household buildings. Lamps include but not limited to, fluorescent lights, high-intensity discharge, neon, mercury vapor, high pressure sodium and metal halide lamps. Many are considered hazardous under RCRA due the prescence of mercury or occasionally lead.

**Mercury-containing equipment** is proposed as new universal waste category. Mercury is used in several typed of instruments,

that are common to electric utilities, municipalities and households. Such as; switches, barometers, meters, temperature gauges, pressure gauges and sprinkler system contacts.

**Employment Opportunity**

Illinois State University  
Department of Health Sciences

Safety Instructional Assistant  
Professor (Position #01418)

Position: Full-time academic year probationary non-tenure track position in the Safety program.

Responsibilities: Primary responsibility is teaching undergraduate courses in

President: Don Bassett \*  
President Elect: Fritz Bock \*\*  
Treasurer: Phillip Miller  
Secretary: Dave Martin

Past President: Dr. George Byrns  
DIOSH Day Rep: Kevin Marshall  
Membership Chair: Chuck Jenkins

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occupational safety and health, and may include general education courses in safety.

Qualifications: Applicants must have earned Master's degree in appropriate discipline. Teaching and/or professional safety experience preferred. Certification as a CSP is desirable.

Salary: Competitive and commensurate with experience and qualifications.

Review of applications will begin February 1, 2006 and continue until the position is filled. Applications: For full consideration, please apply by February 1, 2006.

Illinois State University, founded in 1857, is a student-centered multi-purpose institution of higher education that is dedicated to providing high quality undergraduate education and graduate programs of distinction in targeted areas of study. The College of Applied Science and Technology, one of six colleges, is home to eight departments offering programs that prepare students for technical and professional positions in education, government, business, and industry.

The one hundred twenty-five faculty in the College are dedicated to student-centered preparation activities as well as development of new information and professional practice in their respective areas. The Illinois State University Safety Program has been preparing safety professionals since 1971.

Applications, Letter of application, curriculum vitae, and three references to:

Dr. Beverly Barham, Search  
Chairperson 5220 Department of  
Health Sciences  
Illinois State University  
Normal, IL 61790-5220  
Phone: (309) 438-2177  
FAX: (309) 438-2450  
E-mail: [bjbarha@ilstu.edu](mailto:bjbarha@ilstu.edu)

#### **Holiday Safety:**

**Every year we and our families get caught up in the frantic, exciting celebration of the Holiday Season. Planning the perfect trip to dine with our families or shopping to find that special gift.**

**There is no more special gift than that of friends and family and nothing more precious than the memories we share with them at this time of year. Remember it can't be exchanged or returned.**

**Lets celebrate safely and responsibly to ensure it remains an annual event for all to enjoy got years to come.**

**Always use your seatbelt when traveling. Don't drink and drive. Put up lights and decorations carefully. If you use a ladder don't over extend your reach to place that special light or fixture. Make sure your ladder sits on a solid base and has a one to four lean ratio. Keep it away from power lines.**

**Remember electricity is a double edged sword. It surely makes our holiday bright but it can also be devastating. Use properly grounded drop cords with firm connections and don't use frayed or damaged cords.**

**If you choose to put up a "live" Christmas Tree, keep adequate water levels in the tree stand and don't keep trees around after they dry out.**

**Have a happy and safe holiday season.**

**Dave Martin  
Secretary**

