



Your Essential Connection

Sacramento Valley Section

Established in 1980

October 7, 2003

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Message from "Acting President"

The last board meeting was held on September 26, 2003. We covered a number of issues. Among them were budget, discussion of recent volunteers for leadership of the Section, some minor changes in by laws, including a \$5.00 dues increase (to \$30.00/year) and upcoming seminars or training programs.

New Volunteers for SVS/AIHA Board are as follows:

Past President - Bill Collier (Volunteer Position)

President - Maurice Oberg

Treasurer - Steve Smith

Secretary - Mike Tischer

Board Member 1 - Bruce Zike

Board Member 2 - Joanne Myers

Board Member 3 - Craig Burnett

CIHC - Robert Stepp

CIHC - Joanne Myers

We still need a newsletter volunteer - call Morie at 510-614-2655.

SEE ATTACHED BALLOT

TO PAY DUES FOR 2003. SEE WEB SITE OR CONTACT MARK CAMERON FOR DETAILS. mcamero1@lanset.com

A large number of members still have not paid their dues for 2003.

BUDGET

Currently we have \$2999.21 in the bank. We have paid CIHC for the year. We are hoping to make a little money from the Fine Particles and the World Trade Center by Dr. Tom Cahill of UC Davis on October 30, 2003 at Luau Gardens on Arden Way in Sacramento.

Upcoming Seminars

10/30/03, Fine particle and the world Trade Center, Tom Cahill, at Luau Gardens - Arden Way, 0.5 CM point, Approval #03-2260
See Attached Flyer

11/13/03, Laser Safety in General Industry, Construction and the Health Professions, 0.5 CM point, Approval # 03-2261

1/15/04, Building Systems and Mold Investigation, 0.5 CM point, Approval # 03-2262

Certification Maintenance Points

See AIHA/SVS website for points.



Please send any address and e-mail updates to:
rockyone@pacbell.net

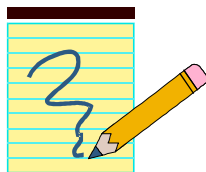
NOTE: We are going to an all electronic-newsletter distribution. Please provide us with your current e-mail address so we can keep you informed. There are a large number of Ex-members and would be members who are missing out because their information is not current.

OCCUPATIONAL HEALTH AND SAFETY DEGREE PROGRAM

California State University, Sacramento's Occupational Health and Safety program has been revised and expanded, effective Fall of 2002. In addition to offering a Bachelor of Science degree, the program will offer interested student the opportunity to obtain a minor in Occupational Health and Safety. The minor was developed for students interested in expanding their knowledge in the field of OH&S while completing an undergraduate degree in a related science or management related program.

Please contact Michael E. Nave at menave@csus.edu or (916) 278-6306 if your organization is interested in obtaining additional information on:

- The Bachelor of Science or minor degree programs,
- Providing student internship opportunities within your organization, (there are about 7 or 8 possible individuals as of March 1, 2002) or
- Providing a student the opportunity to observe industrial hygiene personnel at work.



SOME INDUSTRIAL HYGIENE NOTES from Steve Smith

West Nile Virus is now in California. With some infected mosquitoes showing up in southeastern California last month, you maybe getting some requests for information about the West Nile Virus. Here is a link to the CDC webpage for the West Nile Virus where you can access the latest information on the disease, recommendations for protection, common symptoms, and methods of treatment. Any complaints involving suspected cases should be referred to local public health officials for reporting to CDC and investigation.

<http://www.cdc.gov/ncidod/dvbid/westnile/index.htm>

Respirator medical questionnaires are now required by the Lead and other substance specific health standards. Effective 8/30/03, section 1532.1, Lead and several other substance specific health standards were revised to require employees to be given the respirator medical questionnaire per section 5144(e) before they are given fit tests and required to wear a respirator. This revision was prompted by a Cal/OSHA 9 from Region 3 compliance staff pointing out that respirator medicals required by section 5144 must be performed before employees wear a respirator to protect themselves from most every substance except Lead and some of the regulated carcinogens. Before this revision, the Lead standard and several other substance specific standards required a

comprehensive medical exam only after 30 days of exposure and references within those sections to complying with section 5144 for respiratory protection did not include a reference to the medical required by subsection 5144(e). Here is a link to the final proposal that was adopted by the Standards Board earlier this year. If you have any questions on this revision contact Bob Nakamura at 415-703-5160.

<http://www.dir.ca.gov/OSHSB/medicalevaluations0.html>

Section 5164, Storage of Hazardous Substances was also revised last month in response to a Region 3 Cal/OSHA 9. The incompatible storage requirements were clarified and updated in response to enforcement concerns. The following link to the Standards Board final proposal and supporting documents is available and you can contact Rod Repke at 415-703-5168 if you have any questions on the new requirements.

http://www.dir.ca.gov/OSHSB/hazardoussubstance_s0.html

Log 300 Hearing Loss Column. A new column to record hearing loss will be added to the Log 300 form in 2004. The current Log 300 requirements are available on the CAL/OSHA recordkeeping website. The website includes Employer Records of Occupational Injury and Illness forms, FAQs, features, and recent regulatory changes. To access this site, go to www.californiaosha.info. The R&S Health Unit contact for questions about the Hearing Loss additions to the Log 300 requirements for 2004 is Bob Nakamura (415-703-5160)

HESIS has issued a new hazard alert for 1-bromopropane. Here is a link to an online version that is on the HESIS website and can also be obtained from a link put in the Featured Items box of the Division website.

<http://www.dhs.ca.gov/ohb/HESIS/bpropane.pdf>

Note From Mark Cameron

Sacramento County Environmental Management Division has released a document describing how to go about remediating a house contaminated from a meth lab. Entitled "Criteria for the Assessment and Remediation of Clandestine Methamphetamine Laboratories", the document describes how an assessor (a CIH or a PE with remediation experience) would sample a residence in the process of preparing a workplan to be submitted to

Sac county for approval. The document is dated May, 2003, and is a PDF file. It may be found at <http://www.emd.saccounty.net> under publications.

The Industrial Hygiene Gold Team

Noise Control-2 featured an industrial hygiene gold team composed of representatives from industry, human resources, environmental health and safety, consultants, CAL/OSHA enforcement and CAL/OSHA consultation.

Our main objective was to make recommendations to further improve the noise environment at the Sacramento Recycling Center. The group determined that the noise from the hydraulic pumps on the cardboard baler, glass bottle chutes, pneumatic conveying system for plastic bottles and aluminum cans could be further improved using readily available recycled materials at minimal cost.

Recommendations of the group included enclosing the hydraulic pumps on the cardboard baler using 2 layers of a 1-inch thick rigid duct liner made of fiberglass. The rigid duct liner could be mechanically fastened to the inside of a plywood or metal enclosure. Removable side panels allows for easy access to the equipment and spaced at a 1-foot distance allows for cooling of the electric motors.

Glass chutes could be lined with recycled rubber conveyor belting glued to the chute using contact cement and bolted to a "U" -shaped channel to the top of the chute. A second layer of rubber conveyor belting could cover the exposed bolt heads.

The pneumatic conveying system was observed to transmit vibration to the West Sorting Line. In addition to creating noise, the vibration could affect the blood circulation of the lower legs of workers causing additional tiredness. The fans could be isolated from the metal framework by installing vibration mounts and the isolated from the ductwork with a flexible connector.

Wire cages to the pneumatic conveying system for plastic bottles and aluminum cans could have inclined backstops to reduce impact noise. The cages could be reshaped to provide an inclined surface.

Our thanks and appreciation to the Sacramento Recycling Center for making their facility available for this practical instructional forum.

By Morie Oberg

Seminars that teach !

Many judged the seminar by the view (Tahoe) and the lunch (professionally catered). Noise Control-2 was a seminar that had so much going on that there was no time to look at the view. There in the back of the speaker was the full shift, full production, sorting line and a mountain view of a trash mountain.

The meeting room for the seminar was a showplace for the Sacramento transfer station perched at the top floor of the facility for viewing the work. Fortunately for the speaker the rooms windows blocked much of the noise. Yet, the low frequency rumble was perceptible through bone conduction as high priced consultants demonstrated state of the art noise measuring "meters" costing \$12000. If that wasn't enough for entertainment, CIH point credit at the standard rate was available for the asking. If you are in the CIH point trap, any seminar as dull as ditch water is still worth the effort. Noise Control-2 moved right along with three main speakers and several contributors. I believe the host Mario should be congratulated for the excellent catered lunch and open minded approach to all the well meaning advice he received. The ideas included a practical use for old conveyor belts for sound reduction and new gooey material for lining steel structures that kill noise by dampening the steel. New replacements for the octave band analyzer divide the bands into ever smaller regions allowing the exact frequency in a noise to be isolated. The consultants were able to relate the frequency to a particular shaft or fan just by knowing the rotation speed. The noise control expert can now find the bearing or blade that may be mediated with significant overall noise reduction. New types of motor mounts and sound absorbing materials were discussed. The noise consultants allowed us to graph the spectrum of the tools in your

garage such as 1/4 inch drill and the hand held jig saw. It became obvious knowing the rpm and using the graph which part of the drill or saw contributed to most of the noise. AIHA/SVS did well by combining corporate, government, and private sectors.

By Warren Manchester

SPECIAL REQUEST

My name is Jude Palank and I am with Safety Center Incorporated in Sacramento. Safety Center is a private nonprofit organization whose mission is to provide quality current safety education and training in order to reduce injuries and save lives. One of our board members suggested I contact you about possibly obtaining a speaker for our 9th Annual Occupational & Regulatory Symposium on Safety and Health, January 27, 2004, at the Red Lion - Sacramento Inn. We would like to present as one of our break out sessions the topic of Indoor Air Quality in the Workplace.

This is an annual, all day, educational event for safety professionals, human resource persons, risk control managers and safety consultants. These folks represent a large variety of entities, both large and small, in the business and public sectors which include human service and health care providers, manufacturing industries, schools, universities, consultants, and city and county governments.

We would appreciate a referral for someone to join us for this event and speak for about an hour and fifteen minutes during one of our sessions. Ms. Carol Barake's name was mentioned as a possible contact. As a struggling nonprofit, we can not pay our speakers for this event, but we provide access to any/all of our educational sessions, lunch, an exhibit table and signage for any products or information you may want to display, and the opportunity for you to network with safety and health professionals from all of California.

If this is something the AIHA could help us with as a referral, please contact me at your earliest convenience.

Thanks so much for any information you might provide.

Sincerely,
Jude Palank
Safety Center Incorporated
800.825.7262 ext. 218
jude@safetycenter.org
<mailto:jude@safetycenter.org>

Happenings from the Hill
By Aaron Trippler
AIHA Director of Government Affairs
October 5, 2003

SPECIAL REPORT – ERGONOMICS UPDATE

The Occupational Safety and Health Administration (OSHA) continues to move forward with numerous activities associated with ergonomics. This Special Report will focus on what is currently taking place on the issue.

NATIONAL ADVISORY COMMITTEE ON ERGONOMICS

On September 24, the National Advisory Committee on Ergonomics (NACE) held its third meeting. In addition to reports presented from the working groups (guidelines, outreach and assistance, and research), OSHA Administrator John Henshaw provided the group with thoughts from the Agency about existing and future efforts on ergonomics.

The most important action item from the meeting was a call for additional research on the issue. To accomplish this, the Committee decided to move ahead with an ergonomics symposium aimed at filling in research gaps related to ergonomics. The symposium will be held in conjunction with the NACE public meeting on January 27, 2004. OSHA has distributed a press release seeking abstracts from researchers interested in presenting at the symposium.

The Committee also recommended that five industries be targeted for future ergonomics guidelines: air transport, hospitals, trucking and courier services, grocery wholesale products and motor vehicle equipment. This would be in addition to the existing guidelines for nursing homes and the proposed guidelines for retail grocers and poultry processing. Guidelines for shipyards are expected early next year. John Henshaw also stated the Agency is considering guidelines for plastics, furniture and the printing profession.

In discussing additional agency efforts, Mr. Henshaw mentioned an existing effort on defining upper extremity ergonomics injuries being undertaken by the American College of

Occupational and Environmental Medicine and AIHA. The Committee was also updated on outreach and assistance efforts involving 13 strategic partnerships and 16 alliances – all focused on ergonomics efforts.

One issue that Mr. Henshaw wanted to clarify to the Committee was ongoing discussions among many stakeholders who accuse the agency of using ergonomics guidelines for enforcement. Mr. Henshaw made it perfectly clear that the agency is not using ergo guidelines in the enforcement process.

PUBLIC HEARING ON RETAIL GROCERY GUIDELINES

On October 2, OSHA held a public stakeholder meeting on its draft retail grocery guidelines. This meeting had been rescheduled from an earlier date and has forced the agency to reschedule its public meeting on the draft poultry processing guidelines.

OSHA announced that it hoped to finalize the grocery guidelines by the end of the year and again clarified that these guidelines would not be used for enforcement purposes. OSHA personnel also clarified to all stakeholders that these are guidelines and that not every grocery store will find everything works in their operation as well as the fact that not everything is addressed in these guidelines.

On concern about not everything being addressed in these guidelines, several speakers (including AIHA) requested that OSHA include separate recommendations for deli and dairy departments within grocery stores.

STATE ACTIVITY

The most important issue taking place in the States is the upcoming referendum in the state of Washington. Initiative 841 will be on the November ballot asking the question of whether or not the citizens of Washington wish to overthrow the existing ergonomics standard.

When this standard was adopted, there was an effort to have the legislature repeal the standard, but this effort failed. Now, the referendum has been called and the citizens will decide.

AIHA BALLOT FOR OFFICERS, BOARD MEMBERS AND BYLAW CHANGES:

PLEASE FAX YOUR BALLOTS TO 707-447-6385 BY October 25, 2003

President - Maurice Oberg
YES ___
NO ___

Treasurer - Steve Smith
YES ___
NO ___

Secretary - Mike Tischer
YES ___
NO ___

Board Member 1 - Bruce Zike
YES ___
NO ___

Board Member 2 - Joanne Myers
YES ___
NO ___

Board Member 3 - Craig Burnett YES ___
NO ___

BYLAW CHANGES

Increasing dues to \$30.00, a \$5.00 year increase over current dues
YES ___
NO ___

Allow individuals with an interest in either the AIHA or ASSE from any county in California to be a member in the Sacramento Valley Section
YES ___
NO ___

The Bylaws changes and officer change will become effective on January 1, 2004.