

AIHA POTOMAC LOCAL SECTION 2022 SUMMER NEWSLETTER

From the President's Desk

"I Love IH"



We Need You!

I welcome you to the 2022 – 2023 Potomac Local Section Calendar Year and invite you to join other similar-minded exposure scientists to share information, insights, and opportunities as members of the Potomac Local Section of AIHA. Together we grow as individuals and as a professional society with increasing influence and impact beyond the traditional workplace perimeter, literally and figuratively.

Many of you have volunteered in support of AIHA either locally and/or nationally for years. For that, we commend you. If you haven't been engaged at the local level recently, we encourage you to do so. My hope is that you take full advantage of the opportunity that being

a Potomac Local Section member provides. Attend as many local section meetings as you possibly can, volunteer for our local science fair judging in the Spring, open your doors to a technical tour for the local section, let us know if someone in the Potomac Local Section should be nominated for an AIHA National Award or simply provide feedback or submit ideas to improve our local section.

Job Shadowing

I'd also like to create a roster of members who would be willing to allow a student or early career professional to come visit them at work for a few hours so they can see what a professional industrial hygienist does on the job. You won't be committing to anything other than being on a call list. If the time is right, and you have the time and can work out the logistics and any requisite security clearances, you just might inspire a future CIH to enter this rewarding career. Now that's impact!

Priorities for the Local Section

Our top priorities for this year are the following:

- Offering technical meetings and PDS's featuring distinguished presenters and topics of interest to our members
- Identifying ways to increase the number of members for the sustainability of our local section
- Determining how to increase member engagement
- Benchmarking other local sections to see if we can increase the value of membership. What are we doing well? What can we improve upon? Are there things we aren't doing that we should be?

COVID-19 Pandemic: In my opinion, we need to do more to discuss risk perception and tolerance, which can vary greatly depending on several factors. These are mindsets that have personal implications, but also potential impact to the public. Although we would all love to put COVID-19 behind us, we still need to maintain awareness for the situation around us. To that end, we plan to offer a variety of in-person and virtual technical meetings. If it makes sense and is technically feasible, we might offer a hybrid option as well. Please be understanding and patient with the board as we consider all variables that go into planning our events for the year.

Who doesn't love IH?

Recently, I've been fortunate to have been able to contribute articles to the AIHA Synergist on technical topics like respiratory protection and other subjects exploring empathy, mindfulness, and emotional intelligence. I'm fascinated by neuroscience, especially the way our brains/thinking have so much control over our emotions, actions, and reactions.

I'm currently reading *Love 2.0*, by Dr. Barbara Frederickson, a social psychologist who conducts research in emotions and positive psychology. Before you read any further, I just ask that you keep an open mind about your traditional definition of love. According to Frederickson, "love is the essential nutrient that our cells crave – true positivity-charged connections with other living things." ¹ She goes beyond the notion of romantic love you have with a spouse or partner, but rather defines love much more broadly.

The interfacing of three momentary events define love:

- a sharing of one or more positive emotions
- a synchronizing between your and another's biochemistry and behaviors, and
- a motive to invest in each other's well-being that brings mutual care

Dr. Frederickson uses the term *positivity resonance* to describe that moment when you synchronize your brain and oxytocin waves with those of another. Love is that moment of warmth and connection that you share with another living being – it could be just about anyone you walk past and greet with a smile or a stranger you chat with on a commercial flight. Her experimentation shows that when you feel good, you set aside self-interest and become more aware of those around you, focusing on their needs, wants, and concerns.

Love comes with care and concern and often drives us to attend more closely to the needs of others and so that we can better protect them from harm. Sound familiar? I suppose that through love, we become a better version of ourselves and perhaps better industrial hygienists. This positivity resonance between brains requires only a connection and not the intimacy that comes with a strong social bond of a family member or dear friend.

There are two classic songs I recently heard that really seem to key in on this concept of love as Dr. Frederickson has proposed. [What a Wonderful World](#) was first recorded by Louis Armstrong and released in 1967 as a single. The lyrics include the line: I see friends shaking hands, saying, "How do you do?" They're really saying, "I love you." Another one, [Revival \(Love Is Everywhere\)](#) is a song from the Allman Brothers Band with the lyrics repeating over and over "People can you feel it? Love is everywhere". These are feel-good songs that appear to align nicely with the principles Dr. Frederickson has put forth about love. No need to add "vagal nerve" or "oxytocin" to the lyrics!

The first person I remember promoting the "I ♥ IH" t-shirt was my good friend, Michael Larrañaga, PhD, PE, CIH, FAIHA at the 2012 AIHA Fall Conference. Mike's presentation, High Consequence Events, and the Fallacy of Randomness, focused on learning more about why catastrophic events occur and how cause-and-effect preventive measures are not always the best solutions to complex problems. During his keynote presentation, Mike threw out "I ♥ IH" t-shirts into the audience.

It turns out there may be a neuroscience-based reason why we, IH practitioners, all love industrial hygiene and much more to the story than just a snazzy t-shirt slogan. Blame it all on your brain, oxytocin, and your vagal nerve. Now, I'm wondering if Mike has any of those t-shirts left in his basement. And remember, love is everywhere!



¹ Fredrickson, Barbara. *Love 2.0* (p. 17). Penguin Publishing Group. Kindle Edition.



Planned Calendar 2022 – 2023

2022 – 2023 Schedule - AIHA Potomac Local Section

September 13	Depression, Anxiety, and Burnout Speaker: Dr. Megan Corley; FEMA Psychologist Location: Virtual (Zoom)
September 27	Topic: Heat Stress PDC (in collaboration with the American Chemistry Council) Speaker: TBD Location: The American Chemistry Council
October 11	Marijuana in the Workplace Speaker: Adele Abrams Location: Virtual (Zoom)
November	Topic: The Noise Manual, 6th Edition Speaker: TBD Location: TBD
December 6	Topic: AIHA Government Affairs Update & Defining the Science/Big Data Initiatives Toys for Tots Speaker: Mark Ames; AIHA Director of Government Affairs and Paul Wambach Location: AIHA Headquarters, Fairfax VA
January	Topic: NIOSH...History, Present and Future Speaker: Frank Hearl Location: TBD
February	PDC with AHMP or The Challenge with Real-time Detection Systems Speaker: TBD Location: TBD
March	Topics: David Michaels, Former head of OSHA (Proposed, not confirmed) Speaker: David Michaels Location: TBD Don't forget to volunteer for the Science Fairs!
April	Regional PDC with Chesapeake AIHA and Chesapeake ASSP or Psychology Part II Speakers: TBD Location: Johns Hopkins - ERC
April 6	Topic: Joint Event with the Washington Conservation Guild (WCG) Speaker: TBD Location: TBD
May	Technical Tour: Covanta Waste-to-Energy Facility Host: Don Cammarata Location: Alexandria, VA
June	Annual Meeting - Social/Networking Meeting Location: TBD

Visit www.potomacaiha.org to see the most current updated list of events and to register. We expect to see you there online or in person!



Year in Review

Thanks to Past President David Hicks and everyone else who worked to make 2021-2022 a success. All meetings and science fairs were virtual except for the June Social.

- **September** – *Legionella in Building Water Systems* (Jack Springston)
- **October** – *The Safety and Cultural Heritage Summit* was held with attendees from around the world (several members helped organize or gave presentations)
- **November** - *Delivering an Effective IH Report that Your Client Will Pay For: From Contract Execution to Final Report* (Brian Yellin)
- **December** - *AIHA Government Relations and Public Relations – Working Together to Fill the OEHS Pipeline* (Sue Marchese)

- **January** - *Habits of Highly Effective Safety and Health Professionals* (Jason Kunz)
- **February** – Professional Development Seminar (Joint with Potomac AIHA and the National Capital Chapter of AHMP)
- **March** – Science Fairs
- **March** – *FEMA Roundtable* (Steven Goldstein, Tim Paz, Megan Corley)
- **April** - *The Benefits to Networking between Regional Conservation Groups and Industrial Hygiene Local Sections* (Jeff Sotek and Haddon Dine) Joint meeting with Washington Conservation Guild (WCG)
- **May** – *RF Exposure: What are All those Antennas Anyway?* (Matthew J Butcher)
- **June** – Potomac Local Section Social/Networking Meeting at Caboose Commons in Fairfax, VA!

2022 – 2023 Board of Directors – Potomac LS AIHA

Your Current Board Members

Tim Paz
David Hicks
Brent Sharrer
Kathy Makos
Effy Castaneda
Janice Ruggles
Thalia Garcia
Kay Dietrich
Joyce Brewer
Christie DeVito
Joy Erdman
Lauren Kessler

President
Past President
President Elect
Secretary
Secretary Elect
Treasurer
At-Large Director Web Admin
At-Large Director
At-Large Director
At-Large Director
At-Large Director
At-Large Director



Announcements



Future (and recently recorded) Webinars

In February 2022, the National Academies of Sciences, Engineering, and Medicine released [a report](#) on respiratory protection for the public and workers who are not currently part of a Respiratory Protection Program. This report provides recommendations from an expert committee to improve respiratory protection practices and systems to better protect workers and the public.

On July 20 and July 28, 2022, the National Academies of Sciences, Engineering, and Medicine will host two public webinars discussing the respiratory protection needs of workers who are not covered by Respiratory Protection Programs and the respiratory protection needs of the public. NIOSH Director Dr. John Howard will join other federal and public health experts as a panelist on the two upcoming webinars. [Learn more](#) and register for the two webinars below.

Respiratory Protection for Workers Without Respiratory Protection Programs

Wednesday July 20, 2022 at 1:30-4:00 p.m. ET

Webinar Registration: [Webinar on Respiratory Protection for Workers without RPPs Tickets, Wed, Jul 20, 2022 at 1:30 PM | Eventbrite](#)

Respiratory Protection for the Public

Thursday July 28, 2022 at 1:00-3:30 p.m. ET

Webinar Registration: [Webinar on Respiratory Protection for the Public Tickets, Thu, Jul 28, 2022 at 1:00 PM | Eventbrite](#)

If you miss the live events, there will be a recording made available.

The Many Aspects of Occupational Risk Assessment: Understanding Differing Approaches and Goals

Free Workshop 1 - AIHA University

August 25, 2022; 1:00 p.m.-3:00 p.m. EST

This workshop session will highlight the key differences in terminology, objectives, and methods among occupational risk assessment methods used for different purposes. Presentations and discussions will focus on baseline occupational and environmental health information and safety data collection and assessment processes, and look at common scenarios from different contexts such as TSCA occupational risk evaluations, health and safety compliance, research, and product stewardship programs. [Learn more....](#)

Equitable Personal Protective Equipment (PPE) Protections Workshop

November 8th & 9th 2022, 10am-2pm (EST)

Workshop Description:

The NIOSH Personal Protective Technology Program will host a two-day virtual workshop to highlight ongoing activities and discuss prominent issues regarding the equitable PPE protections of all United States workers. The workshop will address issues pertinent to underserved PPE user groups related to the equitable PPE use, availability, accessibility, acceptability, or knowledge. Underserved PPE user groups may include workers who are of an atypical size; members of a gender, racial, ethnic, or linguistic minority group; perform nontraditional worker activities; or are



members of subdisciplines that are not the primary focus of the current PPE activities within their larger field.

Workshop Goals:

- Announce NIOSH's commitment to a National Strategy for Equitable PPE Protections for all United States workers
- Share information to confirm and identify underserved PPE user populations and associated gaps/challenges to equitable PPE protections across various industry sectors
- Discuss and identify policy, market dynamic, and research gaps related to equitable PPE protections for United States workers
- Announce future partnership opportunities

Venue/Format:

This will be a 100% virtual workshop using the Zoom meeting platform. Presentations will highlight pertinent issues, ongoing advocacy efforts, research, and knowledge gaps in this area. Additionally, facilitated discussions will be held throughout the workshop to advance the understanding of the most important issues in the field.

Registration:

Please pre-register for each day individually on the [workshop homepage](#) or by using the registration links below:

[Register for Day 1 - November 8th \(10am-2pm EST\)](#)

[Register for Day 2 - November 9th \(10am-2pm EST\)](#)

Contact:

For more information visit the [workshop homepage](#) or contact the organizers at PPEConcerns@cdc.gov.



IH Equipment & IH Textbooks

Member Bill McArthur has some industrial hygiene equipment and some older IH textbook Bill at drbillmc@verizon.net or (240) 483-6818 to find out more information. First come, first served.





IH Book Club

The Potomac Local Section is considering an IH Book Club where members read a publication relevant to industrial hygiene and meet monthly to discuss the chapters they read. First on the list is The Noise Manual, 6th Edition. There are 21 sections to the publication. We can get through the entire book in about 7 months. We will gauge interest to see if this idea is worth pursuing. If you are interested in participating, send an email to potomacaihals@gmail.com to express your desire to participate.



Biden Administration launches Heat.gov with tools for communities facing extreme heat

On July 26th, 2022, the Biden Administration through the interagency National Integrated Heat Health Information System (NIHHIS) launched [Heat.gov](https://www.heat.gov), a new website to provide the public and decision-makers with clear, timely and science-based information to understand and reduce the health risks of extreme heat. Heat.gov will provide a one-stop hub on heat and health for the nation and is a priority of President Biden's National Climate Task Force and its Interagency Working Group on Extreme Heat.

If you have any announcements to share, please send them to potomacaihals@gmail.com



Potomac Local Section Website – Public View

Please let us know what you think and how we can make it into a valuable resource for you and visitors to our site.

- Main Page is an intro that reflects sub-pages and outside accounts (Facebook, LinkedIn)
- About Us – Board and Bylaws
- Events Calendar – check out the calendar view in top right corner.
- Join Us – benefits of membership and sign-up form.
- News & Opportunities – a blog
- Resources – links to other organizations and past meeting presentations.

The whole website project would not have been possible without the patience and hard work of the Web-Admin Director Effy Castaneda who is stepping down to serve as Secretary-Elect. Thank you, Effy!! And a big thank you to Thalia Garcia for stepping in as new Web Administrator!



Application for Membership Renewal

APPLICATION FOR MEMBERSHIP/RENEWAL 2022-2023

If you would like to renew your membership, please visit www.potomacaiha.org and click the “Join Us” link to apply online. Members reside or work in the local section’s geographic area (greater metropolitan DC) and work to promote the objectives of the AIHA. Your membership dues help fund awards for local science fairs, sponsor reduced fees for student attendance at our events, and allow the Potomac Section to provide technical education opportunities at a reasonable cost. You can also participate in elections, committees, and run for local section office! *If you are also a member of AIHA National, you can pay section dues at the same time (not included with National - if you do not see the separate invoice, please request one).*



Website - Member View / Set-Up your Profile

The new website has a member section with a directory, a discussion forum, and a blog where members can post news and opportunities. An email has been sent to you with login instructions.

The screenshot shows the member view of the website. At the top, there is a navigation bar with links for 'Us', 'Resources', 'Members Only', and 'Board Only'. Below this, there are three main sections: 'Workplaces | Health', 'News & Opportunities', and 'Member Directory'. A 'My profile' window is open on the left, showing a 'Details to show' table with columns for 'Anybody', 'Members', and 'No access'. The table lists various profile fields like 'Photo album', 'Send message form', 'Membership level', 'User ID', 'First name', 'Last name', 'Email', 'Phone', 'Avatar', 'Interests', and 'Hidden Local Section Events Attendance'. A 'Discussion Forum' section is visible below the profile, with a 'Welcome to the Member's Pages!' message and a 'Subscribe to forum' button. A 'News & Opportunities' section is on the right, listing several posts with dates and authors. Red arrows point from yellow text boxes to these sections: 'Set your Member Directory Profile' points to the profile window; 'Discussion Forum - this is only on the member page. You can subscribe if you want an email.' points to the forum; and 'Posts of general interest - will appear on Home Page' points to the news and opportunities section.

Set your Member Directory Profile

Discussion Forum - this is only on the member page. You can subscribe if you want an email.

Posts of general interest - will appear on Home Page

	Anybody	Members	No access
Photo album	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Send message form	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Membership level	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
User ID	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
First name	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Last name	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Email	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Phone	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Avatar	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Interests	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Hidden Local Section Events Attendance	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

News & Opportunities

- Virtual Museum Tours
16 May 2021 11:32 AM • Anonymous
- EHSS Advisor for GSK Rockville Center for Vaccines Research
16 May 2021 11:22 AM • Anonymous
- Giant Foods Jessup & Hanover Safety Consultant
16 May 2021 11:20 AM • Anonymous
- Donohoe Safety Manager Position
16 May 2021 11:17 AM • Anonymous

