



2020 #0

IH HEROES™

OEHS Scientists in Action

Unsung Heroes, Uncommon Pathways





What is industrial hygiene?

Hint: It doesn't involve dentistry! **Industrial hygiene** is a science and art devoted to keeping workplaces safer for people. Industrial hygienists (IH) and occupational and environmental health and safety (OEHS) science professionals come from all walks of life and pathways with a commitment to protecting people where they work and live. You can find these professionals in nearly every industry and community.

IHs are silent heroes, because it's from their efforts that your parents, family members, friends, and others make it home safely every night. We'd like to introduce you to eight of these IHHeroes™ so you can see how exciting and rewarding their jobs really are!



HEALTHIER WORKPLACES | A HEALTHIER WORLD



STUDENT

Most students indirectly enter the IH career path. Often, they have a degree in engineering, mathematics, or one of the natural or physical sciences. It's not the degree that matters, however. Scientific curiosity and the want to do something for the greater good is what drives them.

The core of IH is founded in science, technology, engineering, and math. But there are other important skills needed too, like organizing and communicating.

Most students find IH after they enter the workforce. If science and the thought of helping others has appeal, consider finding a job giving you those opportunities. Chances are, it's a pathway into industrial hygiene.



JORDAN

Student

Hometown

St. Louis, Missouri

Alma Mater

University of Illinois (BA)

Certifications

First Aid/CPR/AED, OSHA 10

Interests

Writing, traveling, and photography

ABOUT

Jordan supported her family in East St. Louis from an early age. She started as a dishwasher for a local restaurant. After taking the NIOSH Safety Matters program, she wanted to help keep coworkers safe.

She is a gifted writer. After college, she took a job as a reporter for several regional magazines. Jordan wrote comprehensive and award-winning articles on workplace safety and labor laws. She later joined a construction firm's corporate safety department to help workers.

Jordan is exploring options for postgraduate education in safety or law. She is proud of her recent certifications and is aiming for more.



JAMES

Student

Hometown

Cincinnati, Ohio

Alma Mater

University of Louisiana (BS)

Certifications

None

Interests

Basketball, bowling, and scuba diving

ABOUT

James grew up playing basketball. He received a full scholarship to the University of Louisiana. In his studies, he discovered a knack for chemistry. After graduation, he went to work for a gas refinery. He then volunteered to help with the cleanup of a large oil spill in the Gulf of Mexico.

That experience changed his life. Several volunteers shared about their work as industrial hygienists. James entered graduate school to follow their footsteps. He is interning with a large oil company as he finishes his degree.

Passionate about the environment, James now focuses on preventing environmental and worker accidents.





HAVE YOU READ OUR TALES FROM THE FIELD COMIC SERIES?

Read them online or request a print copy for free at IHHeroes.org.



Wondering what it's like to be an IH Hero? Step alongside one of our heroes and see if you can save the refinery from destruction! Download the game at IHHeroes.org.



EARLY CAREER PROFESSIONAL

An Early Career Professional (ECP) is an industrial hygienist who has been in the field for less than 10 years. They actively apply their new knowledge and skills while mastering the fundamentals. Most ECPs work with tools and technology on an active job site.

ECPs can be part of a team or an independent field operative, depending on the size and industry of their employer. Continuing education is a must to remain at the cutting edge of science and technology in their field.

A solid network of peers is critical to help with problem solving, research, or locating opportunities for advancement.

MARCUS

Early Career Professional

Hometown

Seattle, Washington

Alma Maters

University of Illinois, Chicago (BS);
University of Illinois, Chicago (MS, PhD)

Certifications

OHST

Interests

Hiking, drone racing, actively involved in local school board and PTA



ABOUT

Marcus aspired to a career in public safety after his grandfather died from asbestos. He graduated with a BS in biology. After working in the safety office of a large construction firm, he decided he wanted more, investigating occupational and environmental health and safety (OEHS). Marcus pursued a MS and PhD through UIC's OEHS Education and Research Center. After graduating, he found a position at the U.S. Environmental Protection Agency.

In his spare time, Marcus organizes virtual workshops on current safety topics. He found he is an excellent drone racer and tinkers with drone designs on the weekend. He is in the midst of acquiring his CIH and is looking for more leadership opportunities.

MELINDA

Early Career Professional

Hometown

Pittsburgh, Pennsylvania

Alma Maters

University of Pittsburgh (BS);
University of Tennessee (MPH)

Certifications

ASP, STS, First Aid/CPR/AED

Interests

Hockey, photography, and gardening



ABOUT

Melinda grew up working in one of Pittsburgh's last remaining steel mills. She went to college as a pre-med student on a union-offered scholarship, but quickly found it was not for her. She changed to a BS in health services and graduated with honors. Melinda was recruited shortly after by a Tennessee-based consulting firm.

She attained her MPH and is now part of construction advisory team. Melinda loves working at the Department of Energy's large containment site. Monitoring safety practices is fulfilling but she is already preparing for the future. She is studying for her CIH and was recently elected as secretary of her AIHA Local Section.









PROFESSIONAL

An IH Professional has been in the career field for more than 10 years. By this time, most have acquired their Certified Industrial Hygiene (CIH) credential. This opens up new paths for advancement and higher salaries. These professionals are often in a management position or oversee many large-scale projects.

These professionals continue developing, implementing, and evaluating IH programs. They do this through research, data, and field testing. IH professionals contribute to educational experiences that help others in their field. Many also explore being a mentor to new IHs entering the career.

Leadership and management skills are important skills for future advancement.

RAMONE

Professional



Hometown

Lubbock, Texas

Alma Maters

Texas State University (BS);
University of Texas at Austin (PhD)

Certifications

CSP, CET, CIH

Interests

Horseback riding, family camping
trips, charity work

ABOUT

Ramone always wanted to be an educator. He started teaching high school science after graduating from Texas State. He also helped the community recover after extensive devastation from Hurricane Katrina. Seeing first-hand the health hazards posed by mass flooding, Ramone changed careers.

He wanted to see safety professionals be better prepared after a natural disaster. Ramone joined a consulting firm that shows IH professionals new and emerging technologies. He now heads their training division, organizing instructors around the southeast. They prep recovery experts with the latest technology and procedures to stay safe.

REBECCA

Professional

Hometown

Winter Park, Florida

Alma Maters

University of Central Florida (BS);
University of South Florida (MPH, PhD)

Certifications

Epidemiology, CIH, CIC

Interests

Community volunteer work, local theater, travel



ABOUT

Rebecca served in the U.S. Army for four years as a corpsman. After leaving, she jumped at the chance to receive a college degree. She then worked for a software developer specializing in health information technology. While there, she made her first forays into epidemiology. Rebecca discovered a knack for data research and a passion for public health. She then received her master's and doctoral degrees in short order.

Rebecca taught future professionals for several years at UCF before leaving academic life. She works for a private consulting firm with the U.S. Department of Health and Human Services. Recently, she returned from a disaster relief trip on a devastated South Pacific island.

SEE SOME REAL-LIFE IHHEROES!

Curious as to what kinds of jobs real IHHeroes have? Watch some episodes of this award-winning webseries and go on-the-job with some real IHS.



Reach out via social media to other IH/OHS science professionals around the world. Talk to them at **#IAmIH** about their jobs and hear their personal stories at **bit.ly/IAmIH-Webseries**

I Am IH™

SENIOR PROFESSIONAL

The Senior Professional (SP) is someone in the IH field for more than 20 years and holds a significant leadership position. They are experts in their field. An SP's decisions and actions often have worldwide impact within their industry.

It is common for an SP to be a mentor to many students, ECPs, and even longtime professional IHS. Innovative and knowledgeable experts, SPs are sought-after speakers for industry events around the world.

SPs form national and global strategy through development of regulations, standards, and guidelines. They are scientifically adept, identifying emerging trends and issues.

SARAH

Senior Professional

Hometown

Norman, Oklahoma

Alma Maters

New York University (BA, BS),
Yale University (MPH, PhD),
University of Oregon (PhD)

Certifications

CIH, CSP

Interests

Gardening, family time, local chamber orchestra



ABOUT

Sarah started out as a gifted violinist, going to college on a full music scholarship. She graduated with two degrees: one in music, the other in biology. Unable to land a job in classical music, she used her biology degree to get a job with an insurance company. Sarah spent the next several years inspecting facilities for compliance violations.

She discovered IH after volunteering in Ground Zero's cleanup efforts after September 11. Sarah completed her postgraduate studies soon after. She landed a leadership role with a scientific research firm for a few years and retired early. Sarah now travels the world as a part-time consultant to international manufacturers. She is also a popular keynote speaker at large science conferences.

EMERITUS PROFESSIONAL

The Emeritus Professional is typically retired but often stays connected to their industry. They devote time to mentoring other IHs with varying levels of experience. Many join volunteer endeavors within their industry experience or work selective consulting jobs. This helps them remain connected to their peers and the passion of their career.

The Emeritus focuses on "passing the torch" to their peers and to the industry. They add their wealth of experience to the collective whole. Their hope is that others can build upon that knowledge in the advancement of keeping workers safe in their workplaces for years to come.

STEPHEN

Emeritus Professional

Hometown

Bozeman, Montana

Alma Mater

Montana Tech (BS, MS)

Certifications

CIH, CSP, CAE, LEED

Interests

Mountain climbing, skiing, hunting



ABOUT

Fascinated with adventure, Stephen grew up climbing mountains with his father. He received a degree in mining engineering and worked in the mines in the northern reaches of Canada. After several years in mining health and safety, he returned to America for postgraduate education.

Stephen joined a regional firm that transformed old mining sites into eco-friendly spaces. He retired as a leading expert in sustainability. From time to time, he serves as a policy consultant for the Canadian and American governments. Stephen now volunteers as a mentor and pitches in with disaster recovery wherever he can.



AIHA[®]



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For more information about IHHeroes™, visit www.ihheroes.org or www.aiha.org

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