2014 Officers

President – Aaron Chen CIH  
President-Elect – Joseph Miller CIH  
Secretary – Don Wolski CIH  
Treasurer – Norman Henry CIH

2014 Meeting Schedule

November 13, 2014 – We will have basically the same schedule and time table as prior meetings. More information will follow later.  
February 11, 2015  
April 16, 2014

2014 Officers and Others

Outreach Committee – Sharon Rosen CIH  
Program Committee Director – Janice Connell CIH  
Past President & Nominating Committee Director – Geoff Silverberg, Esq. CIH  
Communications Director/Newsletter Editor – Richard Wolf CIH, CSP

Here’s your brain Tease for this issue:

1. Workers with noise-induced hearing loss may be at higher risk of injury in the workplace? T F

2. Those who use a cell phone while driving are not focused on driving. They are inattentive? T F

3. Multi-person rail or even airline crews reduce the risk of incidents caused by human error. T F

4. College students who frequently consume energy drinks are more likely to illicitly use a prescription stimulant? T F

5. Most obese people have less endurance than those who weigh less? T F

See answers at end.

1 The Prez Says

2014 has been a fantastic breakout year and a year of tremendous contribution from our local section members. We need to begin with the board members. Everyone on the team has stepped up to the plate and we have had some exceptional meeting venues and speakers. We could not have asked for more. Give a great big thank you to our executive committee. We specially owe Geoff Silverberg a big round of applause for getting our local re-started with renewed energy and conviction. When you see our executive committee members at our next meeting, please thank each and every one of them.

Next year looks to be even better as we continue moving forward with our renewed sense of purpose and dedication to our profession and members.

We have had a great year of meetings and sponsors so far. We have to also thank our sponsors for showing a willingness to assist our local by providing sponsorships of all of our meetings and social. You may have noticed that the fees for dinner meeting and the Blue Rocks game were unbelievably low. This happened because we have such great sponsors. When you get the chance please thank each sponsoring organization and let them know how much their sponsorship has meant to our fledgling local section.

Our local section continues to grow and thrive. After our last meeting in September, which was sponsored by Colden Corporation, I received a request from Chris Wesley, our sponsor from Colden to join our local section. That speaks volumes, knowing that one of the staff at Colden wants to join our local. I have seen many new OH&S professionals coming to our meetings multiple times. I have seen our membership increase over the last year. It is great to see new, young, energetic professionals deciding to take a defined interest in their careers, knowing that networking at least once a quarter with the many folks in our group, will enhance their careers.
We are a fantastic group of Occupational Health and Safety professionals. Considering our size we do a lot of great things for our profession and the community. Let’s plan to continue on, by moving forward proactively as we move to the end of this year and into 2015 and beyond. We are getting better and better and it shows.

Thanks to all the membership and those who have taken the time out of their day to attend our meetings. I salute you because you are what make this local worth belonging to.

Aaron Chen, CIH, DE AIHA President

2 Membership Notes

If you wish to join our local section (still only $20 for the year), but not AIHA National, write a check made payable to DELAWARE Section AIHA and send to:

Mr. Norm Henry
AIHA Delaware Section
129 Ballantrae Drive
Elkton, MD 21921

3 November Meeting

SKC is sponsoring our meeting with Bernadette Pogozelski agreeing to speak on New Worker Orientation. She has a lot of training experience in pharma and the chemical industry.

Put this date (11/13/14) on your calendar.

Also, the DE AIHA Section wishes to thank SKC for their support of our Section via an ad on our website and within our newsletters. SKC is also sponsoring the last meeting of the 2014 calendar year. We thank SKC for their strong commitment to AIHA local sections. – From Aaron Chen and Richard Wolf and we know we speak also for our section members.

4 Health Bite by Richard Wolf

I hate to bring this up, and it is not my fault, but cold weather and winter is approaching. With this change in seasons will be changes in activities. Some people will hibernate and do nothing. Others will change from sports like “beach book reading” (aka sun bathing) to sports or activities such as skiing.

Skiing brings a whole raft of challenges and exposures, including just standing up. Whether a snow boarder or a skier, one has to dress for the weather and conditions (which differ from the east to the west), and practice “safe” skiing.

The following are some statistics on skiing and snowboarding injuries.

Fatalities - According to the National Ski Areas Association (NSAA): During the past 10 years, about 40.6 people have died skiing/snowboarding per year on average. During the 2009/10 season, 38 fatalities occurred out of the 59.8 million skier/snowboarder days reported for the season. Twenty-five of the fatalities were skiers (18 male, 7 female) and 13 of the fatalities were snowboarders, (12 male, 1 female). Among the fatalities, 19 of those involved were reported as wearing a helmet at the time of the incident. The rate of fatality converts to .64 per million skier/snowboarder visits.

Serious Injuries - Serious injuries (paralysis, serious head, and other serious injuries) occur at the rate of about 43 per year, according to the NSAA. In the 2009/10 season, there were 39 serious injuries. Sixteen of these serious injuries were skiers (11 male, 5 female) and 23 were snowboarders, (16 male, 7 female). Among the serious injuries, 18 of those involved were reported as wearing a helmet at the time of the incident. The rate of serious injury in 2009/10 was .65 per million skier/snowboarder visits.

Skiers and snowboarders have a responsibility code (see next page).
Your Slope Responsibility Code

1. Always stay in control.
2. People ahead of you have the right of way. As in driving, if you rear-end another driver, you are usually considered at fault.
3. Stop in a safe place for you and others. Again, don’t park illegally.
4. Whenever starting downhill or merging, look uphill and yield.
5. Use devices to help prevent runaway equipment.
6. Observe signs and warnings, and keep off closed trails. As in diving and many work situations, don’t ski or snowboard alone. Always have a buddy.
7. Know how to use the lifts safely.

I personally don’t downhill ski anymore. I retired after a knee injury in 1984, just after the winter Olympics. I now XC ski and snow shoe. I also know too many people with bad knees now from skiing, so I’m glad I opted away from it. Freezing on lifts and standing in lift lines was also not much fun either. So, if you hit the slopes, follow the code. Be safe, have fun and respect others.

5  September Meeting Synopsis:

The General Section meeting began with a pre-dinner presentation by Chris Wesley of Colden Corporation. Colden is now a corporate sponsor of the Delaware AIHA Section. Chris explained that Colden provides a wide range of Industrial Hygiene, Occupational and Environmental Health, Environmental Compliance and Voluntary Protection Program Support Services. Colden maintains offices in Philadelphia, Erie, Syracuse, Albany and Boston.

Sharon Sperber-Rosen asked if anyone would like to volunteer as a science fair judge at the Charter School of Wilmington. Students create interesting science projects and professionals with a science background are used to evaluate and rank their projects. It is an interesting event and rewarding for all in attendance.

The after dinner presentation was by Norm Henry on Radiological Emergency Preparedness. Norm works in the Office of Radiation Control, in the Division of Public Health.

Norm explained that there are 65 sites in the United States that house a total of 104 nuclear reactors. Nuclear reactors utilize Uranium 235 in a controlled reaction to generate heat. The heat is then used to create steam which is used to drive turbines in much the same way as a fossil fuel plant, without the carbon dioxide emissions. The downside is that when there is an upset, the resultant effects can be devastating. There have been three major nuclear disasters that we are all aware of, Three Mile Island, Chernobyl, and most recently, Fukishima.

Four of four nuclear plant sites are located within 50 miles of Delaware’s borders’, the closest being Salem Hope Creek in New Jersey. Three reactors are located at Salem Hope Creek which is easily seen on the horizon across from the Delaware River from most of the northern parts of the state. This places portions of northern Delaware in the 10 mile Emergency Planning Zone (EPZ). As such, warning sirens can be seen ringing the circumference of the EPZ in Delaware and continuing on the New Jersey side of the state.

Norm works on a TAC Team that analysis date like the size of a release and weather patterns to determine dose to affected populations in downwind locations. Coordinated exercise between multiple government health agencies are conducted at least 4 times a year to plan for such an emergency. Volunteers for the Radiological Response Volunteer Group were solicited at the meeting to assist the Delaware Department of Health in the event of a nuclear emergency.

Brain Tease Answers

* The questions are all True and were determined based on studies somebody paid for or got paid to undertake – Our tax or government dollars at work. Where can I sign up to do something like that?

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WE HOPE YOU ENJOYED READING THIS ISSUE. MORE NEWSLETTERS WILL FOLLOW. IF ANYBODY WOULD LIKE TO CONTRIBUTE AN ARTICLE OR INFORMATION OR PICTURE FOR FUTURE NEWSLETTERS, ALL OR ANY SUBMISSIONS ARE WELCOME.
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