



Pacific Northwest
LOCAL SECTION

Northwest Occupational Health Conference

October 6 - 8, 2025

Bremerton, WA

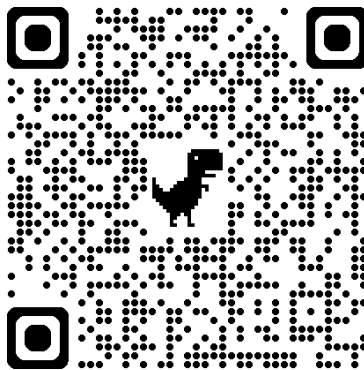
For over 50 years, we've established the NOHC as a high quality, multi-disciplinary conference, one of the best offered by a local section of AIHA. We're proud of that reputation, and we believe this year's NOHC will meet those expectations!

AIHF Scholarships

PNS-AIHA has a rich history of providing scholarships to students of Industrial Hygiene. We know that it is important to support the next generation of Industrial Hygienists. The high cost of tuition is a major distraction from a person's studies and can prevent some students from continuing their education, which is a loss to all of us. Any amount you give will be greatly appreciated by the students you are helping.

Click the blue hyperlink or use the QR code to donate!

[We are all in this together and your donation is appreciated by one and all.](#)
[Thank you in advance for your generous support.](#)



Special Thanks!

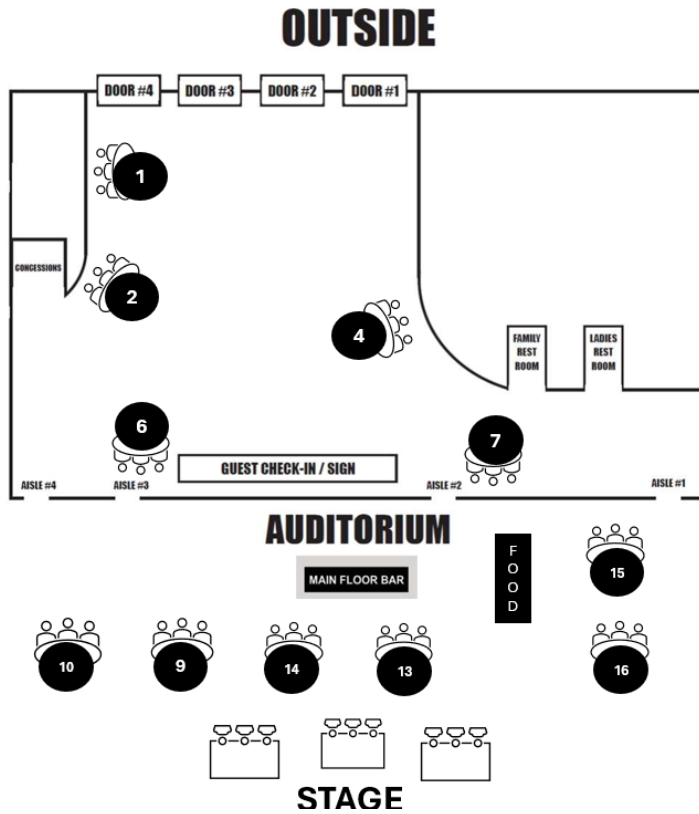
We would like to thank NVL and WSP for making this year's 2025 Northwest Occupational Health Conference a success!



**NORTHWEST CENTER
FOR OCCUPATIONAL
HEALTH AND SAFETY**

UNIVERSITY of WASHINGTON

Exhibitor Booth Layout



11 Exhibit Tables

#	
1	SKC West
2	SGS Galson
4	The Modal Shop
6	WSP USA Inc.
7	NVL
9	Life Safety Corp.
10	BSI Group
13	Eurofins
14	UW DEOHS
15	ALS Global
16	Raeco Rents
TBD	Author: DeDe Montgomery, CIH (Tuesday)

2025 Planning Committee

Conference Chair

Jennifer Dobb
President-Elect, PNS AIHA
EHS Consultant, BSI

Conference Committee

Erin Walker, MS
NOHC Planning Officer (2nd Year)
Sr. EHS Professional, Siemens
Healthineers

Amy Ray, MS, CIH, CSP
NOHC Planning Officer (1st Year)
OHS Program Manager, SGS

Stephanie Carter, PhD, CIH, Industrial
Hygienist, iWorkwise & UW OSHCE
Instructor

Certificates & Name Tags

Rami Atallah, CIH
Assistant Vice President, WSP

Exhibit Coordinator

Scarlett Walden, CIH
Lead Consultant, Environmental Sciences

Event Sponsors

NVL Laboratories
WSP
UW Occupational Safety and Health
Continuing Education Programs

Welcome!

Dear Attendees,

Welcome to the Northwest Occupational Health Conference 2025! As the President-Elect of the Pacific Northwest Section of AIHA and Chair of this year's conference, I am thrilled to have you join us at the historical Admiral Theatre in this maritime city of Bremerton, WA.

This year's short course centers around a very pertinent issue impacting our post-pandemic workforce: mental health. The technical sessions on Tuesday and Wednesday highlight work environments in the Pacific Northwest, including case studies, lessons learned, partnering with AI and methods for improving the workplace safety culture. You will experience thought-provoking sessions, expert speakers, and interactive workshops, where we aim to equip you with the tools and insights needed to navigate the evolving challenges of our field. The wonderful Welcome Party will help you forge new and strengthen old relationships. Enjoy and have fun!

Thank you to our planning committee, sponsors, and exhibitors for their tireless efforts and support in making this event possible. Together, we are building a safer, healthier, and more resilient future for all workers.

I look forward to engaging with you throughout the conference!

Best regards,

Jennifer Dobb
President-Elect, PNS AIHA

Conference Overview

Monday, October 6, 2025

**8:00AM to 5:00PM in the Main Auditorium
& The Source**

Registration

8:00AM to 8:30AM in the Main Auditorium

Breakfast Provided

9:00AM to 5:00PM in the Main Auditorium

**Short Course: Mental Health First Aid
Certification Training**

Lunch & Snacks Provided

8:00AM to 5:00PM Admiral Lobby and Main Auditorium

Exhibitors

6:00PM to 8:00PM in the Main Auditorium

Welcome Reception, sponsored by NVL Laboratories and WSP

Hors d'oeuvres Provided, No Host Beer & Wine with tickets

Conference Overview

Tuesday, October 7, 2025

**8:00AM to 5:00PM in the Main Auditorium
& The Source**

Registration

8:00AM to 8:30AM in the Main Auditorium

Breakfast Provided

8:30AM to 5:00PM in the Main Auditorium

Keynote Presentation, Two Concurrent Sessions

Lunch - on your own in the lovely city of Bremerton

8:00AM to 5:00PM Admiral Lobby and Main Auditorium

Exhibitors

5:30PM to 7:30PM Trivia Night in Main Auditorium

Fancy Snacks Provided, Cash Bar

Conference Overview

Wednesday, October 8, 2025

7:00AM to 8:30AM in the Main Auditorium

Breakfast Provided

8:00AM to 12:00PM in the Main Auditorium

PNS AIHA Annual Business Meeting

Snacks Provided

2025 Northwest Occupational Health Conference

October 6-8, 2025

Admiral Theatre

2343 California Ave SW
Bremerton, Washington

General Information

Accreditation

Attending the Short Course Program held on October 6, 2025, represents

7.5 contact hours

1.25 BGC Certificate Maintenance points

Attending the General Sessions held on October 7 and 8, 2025, represents

9 contact hours

1.5 BGC Certificate Maintenance points

Attending the Short Course Program held on October 6, 2025, and the General Sessions held on October 7 and 8, 2025, represents

16.5 contact hours

2.75 BGC Certificate Maintenance points

Certificates can be picked up at the registration desk in the Lobby

General Information

Restaurants

(downtown Bremerton within walking distance of the Admiral Theatre)

Fritz Fry House
435 Pacific Ave.
(Burgers & Fries)

El Balcon / Brem Burgers
326 Pacific Ave.
(Mexican & Salvadoran / Burgers & Fries)

Axe & Arrow Gastropub
232 4th St.
(PNW-inspired Upscale Pub)

Horse & Cow | Bar & Grill
536 4th St.
(Pub Food)

Remedy Speakeasy
602 4th St.
(Prohibition-Inspired Upscale Bar Food)

Yoko Yoko Ramen & Izakaya
315 Pacific Ave.
(Upscale gastropub)

Mezcalitos
190 Pacific Ave.
(Mexican)

Chung's Express
242 1st St.
(Filipino / Vietnamese)

Poke and Prep
214 1st St.
(Poke and Boba / Vegan Friendly)

LoCo Pizza
208 1st St.
(Slices / Pies)

Umami Kitchen
200 1st St.
(Poke / Sushi / Korean BBQ)

Island Cuisine
109 Washington Ave.
(Filipino)

The Curry
221 Washington Ave.
(Indian Cuisine & Lounge)

Anthony's at Sinclair Inlet
20 Washington Ave.
(PNW Seafood / Burgers / Salads)

Evergreen Pizza Co.
1223 McKenzie Ave.
(Specialty Pizza & Craft Cocktails)
*Open 4-9 PM

Boat Shed | Restaurant & Bar
101 Shore Dr. (Just across Manette Bridge)
(PNW Seafood / Comfort Food)

Khao Soi | Thai Restaurant
2003 E 11th St. (Just across Manette Bridge)
(Thai / Curry)

General Information

Parking

The Fairfield and Hampton offer daily parking for \$12/night with the room stay.

Parking Rates

All city garages and lots are managed by Impark. Call 360-616-4808 for more information. New rates are effective January 1, 2025 and are subject to change.

**Free On-street Parking Downtown after 5 p.m.*

City Lot 95

4th Street and Park Avenue

Number of Spaces: 54

Number of Hours	Rates
0 - 10 Hours	\$15.00
10 - 24 Hours	\$16.00
Motorcycle	\$4.00

City Lot 96

Burwell Street and Warren Avenue

Number of Spaces: 15

Number of Hours	Rates
10 Hours	\$13.00

City Lot 97

Chester Avenue and Gregory Way

Number of Spaces: 15

Number of Hours	Rates
10 Hours - Automobiles	\$16.00

Number of Hours	Rates
10 Hours - Motorcycles	\$5.00

City Lot 98

800 5th Street

Number of Spaces: 17

Number of Hours	Rates
0 - 10 Hours	\$12.00
10 - 24 Hours	\$14.00

City Lot 99

Veneta Avenue and 4th Street

Number of Spaces: 12

Number of Hours	Rates
0-10 Hours	\$9.00

City Lot 100/89

4th Street and High Avenue

Number of Spaces: 24

Number of Hours	Rates
0-6 Hours	\$8.00
6-12 Hours	\$10.00

On-Street Parking

Between Park Avenue and Warren Avenue

Number of Spaces: 50

Location & Number of Hours	Rates
4th Street for 0-10 Hours	\$13.00
5th Street for 0-10 Hours	\$12.00

Short Course

Mental Health First Aid Training

Instructor: Heather Newcomer - Olympic College

Monday, October 6, 2025

9:00AM to 5:00PM in the Main Auditorium

Mental Health First Aid (MHFA) training is an internationally recognized, skills-based course that teaches people how to identify, understand, and respond to someone experiencing a mental health challenge or crisis. The training provides a 5-step action plan, known as ALGEE, which includes assessing for risk, non-judgmental listening, providing support and information, encouraging professional help, and encouraging self-help and support strategies.

[Research](#) has shown that stress is a risk factor in the workplace with two in three employees naming work as a significant source of stress in their lives. Building resiliency, or how people manage and recover from difficult situations is a crucial skill for improving mental health and well-being in the workplace, while increasing productivity and maintaining employee engagement.

“[The Great Gloom](#)” is a new term coined that describes an old trend: simply put, employees seem unhappier than ever. After “[the Great Resignation](#)” of 2021, a focus on wellbeing in the workplace has grown as employers are starting to recognize the importance of mental health and how it impacts personal and organizational success.

To drive employee satisfaction and success, regardless of the latest terminology, employers and businesses need to prioritize the employee experience in a meaningful way, including creating a culture that embraces the wellbeing of all employees. When employees feel that their employers care about their overall wellbeing, they are three times more likely to be engaged at work.

As a leader, business owner, human resource professional or people manager, you can use these five tips as a starting point to help build a more resilient workforce:

- 1. Normalize the conversation around mental health:** Foster a work environment where employees feel comfortable discussing their challenges and needs through an open dialogue. As a leader, you can encourage honest conversations about mental health and help break down stigmas by sharing your own experiences, if you feel comfortable doing so. You can also share your self-care strategies and what has worked for you to relieve stress such as exercise and meditation, prioritizing adequate sleep or journaling.
- 2. Remove stigmatizing words and phrases from vocabulary:** Mental Health First Aid (MHFA) describes stigma as negative attitudes (prejudice) and negative behaviors (discrimination). Language is powerful, and your choice of words can either break down misconceptions and stereotypes or feed into them. Using [person-first language](#) such as “person living with depression” instead of “depressed” leads to more inclusive discussions about mental wellbeing at work.
- 3. Integrate mental health training and awareness into the workplace:** By investing in [skills-based mental health training](#) for your workforce, you can help increase employee productivity, morale and retention by cultivating a supportive team culture. You’ll also equip employees at all levels with the skills to recognize and respond appropriately to a colleague who may be experiencing a mental health or substance use challenge in the workplace.
- 4. Conduct annual reviews of your company’s wellbeing initiatives:** Simply rolling out a mental health program or training in the workplace without monitoring progress is not an effective solution. Through pulse checks, employee surveys and other opportunities to provide anonymous feedback, you can better identify what is working well and areas for continued improvement to meet the needs of your employees.
- 5. Proactively support employee’s overall wellbeing:** Such support can include encouraging and reminding employees to take their vacation days, making mental health days available when needed and creating opportunities for employees to recharge during the day through dedicated no-meeting or “focus hours.” As a leader, one of the best ways to encourage your team to use their PTO is by taking your own time off, signaling that you personally prioritize vacation time and understand the importance of it.

Day 1 - General Session 1

Location: Main Auditorium

Moderators: Kodie Hoagland, Cooper Hooper, Daniel Kaeden, Morgan McCleran, Marissa McDaniel, Juliana Moreno, Nick Nelson, Josh Neil, Ashley Vega, Liam Villasenor

Tuesday, October 7, 2025

- **8:00 - 8:30: BREAKFAST**
- **8:30 - 9:15: KEYNOTE SPEAKER** - Navigating Growth and Balance in Industrial Hygiene: Exploring the Role of Well-Being (Dede Montgomery - Workplace Safety, Health and Well-Being Consultant, Collaborator and Connector)
- **9:20 - 10:10: The SITE Method: A Framework for Safer Workplaces** (Nathaniel Winkelmann - Hartung Glass Industries)
- **10:10 - 10:30: Networking/Exhibitor Break**
- **10:30 - 11:20: Characterizing overexposures to respirable crystalline silica using low silica garnet abrasive blasting media** (Julie Hart - Montana Technological University)
- **11:20 - 12:50: LUNCH (on your own in Bremerton)**
- **12:50 - 1:40: Journaling for Personal Growth and Well-Being** (Dede Montgomery - Workplace Safety, Health and Well-Being Consultant, Collaborator and Connector)
- **1:45 - 2:35: Partnering with AI: Lessons Learned from a Year of Collaborating with ChatGPT in Industrial Hygiene Practice** (Kyle DeHart - SAIF Corporation)
- **2:35 - 3:05: Networking/Exhibitor Break**
- **3:10 - 4:00: Evaluating Degreaser VOC Exposure in Auto Shops Using Air Sampling and Biomarkers** (Molly Sneller - Public Health - Seattle & King County)
- **4:05 - 4:55: Biological Site Safety in Emergency Response** (David P. Gilkey - Montana Technological University)

Day 1 - General Session 2

Location: The Source

Moderators: Kodie Hoagland, Cooper Hooper, Daniel Kaeden, Morgan McCleran, Marissa McDaniel, Juliana Moreno, Nick Nelson, Josh Neil, Ashley Vega, Liamm Villasenor

Tuesday, October 7, 2025

- **8:00 - 8:30: BREAKFAST (Main Auditorium)**
- **9:20 - 10:10: Lipstick, Ladder Safety & Work-Life Integration: Real Talk for Women Leading in Industrial Hygiene (J. Kanani Patricio-Young - NV5)**
- **10:10 - 10:30: Networking/Exhibitor Break**
- **10:30 - 11:20: Isocyanate Spray Foam Insulation Applications in the Built Environment: Installation and Removal Hazards and Indoor Air Quality Considerations (Michelle L. David - WSP USA)**
- **11:20 - 12:50: LUNCH (on your own in Bremerton)**
- **12:50 - 1:40: Comprehensive Evaluation of Job Rotation (Ryan Bellacov - Student - Montana Technological University)**
- **1:45 - 2:35: Protecting Cannabis Workers: Tailoring WISHA10 to Enhance Occupational Training (Juliana Moreno - Student - University of Washington)**
- **2:35 - 3:05: Networking/Exhibitor Break**
- **3:10 - 4:00: Lessons to inform the future: Inhalation injury from disinfectants aerosolized by fog or electrostatic spray application during the COVID-19 pandemic (Carolyn Reeb-Whitaker - Safety & Health Assessment & Research for Prevention (SHARP) Program - WA State Department of Labor & Industries)**
- **4:05 - 4:55: Personal Monitoring and SGS SmartSense - IoT in EHS Application and the Future of EHS Monitoring and Testing (Ron McMahan - SGS Galson)**

Day 2 - General Session 1

Location: Main Auditorium

Moderators: Kodie Hoagland, Cooper Hooper, Daniel Kaeden, Morgan McCleran, Marissa McDaniel, Juliana Moreno, Nick Nelson, Josh Neil, Ashley Vega, Liam Villaseñor

Wednesday, October 8, 2025

- **8:00 - 8:30: BREAKFAST & PNS AIHA Annual Business Meeting**
- **8:30 - 9:15: Industrial Hygiene Exposure Assessment Strategies - Limitations and Principles of Good Practice (Mike Johnson - WA State DOSH)**
- **9:20 - 10:10: Delivering a Zero Harm Workplace Safety Culture (Rocco Meraglia - BSI)**
- **10:10 - 10:30: Networking/Exhibitor Break**
- **10:30 - 11:20: Characterizing a Campus for PCBs (Ryan Mathews - Fulcrum Environmental Consulting)**
- **11:25 - 12:15: A Summary of Student Occupational Health and Safety Research and Projects at the UW's Department of Environmental and Occupational Health Sciences (Martin Cohen - University of Washington)**
- **12:15 - 1:10: Advancements in Developing a Portable Method for Screening PFAS in Consumer Products (Diana M. Ceballos - University of Washington)**

Day 2 - General Session 2

Location: The Source

Moderators: Kodie Hoagland, Cooper Hooper, Daniel Kaeden, Morgan McCleran, Marissa McDaniel, Juliana Moreno, Nick Nelson, Josh Neil, Ashley Vega, Liam Villaseñor

Wednesday, October 8, 2025

- **8:00 - 8:30: BREAKFAST & PNS AIHA Annual Business Meeting (Main Auditorium)**
- **8:30 - 9:15: Is Your Organization Ready for the Big One? (Kelly Kasper - HT2 Consulting)**
- **9:20 - 10:10: Lessons Learned during Emergency Responses (Steve Eversmeyer - NW Natural)**
- **10:10 - 10:30: Networking/Exhibitor Break**
- **10:30 - 11:20: Measuring Polycyclic Aromatic Hydrocarbons (PAH) exposure to outdoor workers in Washington Wildfire Smoke for future climatic conditions (Brianda Santo & Caitlin Kenney - WA LNI) - 10-20 min**
- **11:25 - 12:15: Slip Resistance in Public Buildings: Old versus New (David P. Gilkey - Montana Technological University)**

PNS AIHA Executive Committee

2024 - 2025

- **President:** Josh Hopp, CIH, CSP
- **Past-President:** Larry Lee, CIH
- **President-Elect:** Jennifer Dobb
- **Executive Secretary:** Luke Najarian
- **Recording Secretary:** Jennene Lyda, MS, CIH, CSP
- **First Year Director:** Scarlett Walden, CIH
- **Second Year Director:** Rami Attalah, CIH
- **NOHC Planning Officer (1st Year):** Eva Glosson, MS
- **NOHC Planning Officer (2nd Year):** Erin Walker, MS
- **Treasurer:** Stephanie Carter, PhD, CIH
- **Seattle - Alaska Local Education Committee:** Karen Michael, MPH, PhD, CIH
- **Tri-Cities Local Education Committee:** Vacant
- **Portland Local Education Committee:** Gretchen Hall-Wunderlich, MS
- **Spokane Local Education Committee:** Kendra Broadwater, MPH, CIH, CSP
- **Montana Local Education Committee:** Lorri Birkenbuel, CIH, CSP, CET
- **Website Committee:** Scott Myers, CIH, CSP, CAC
- **Public Affairs Committee:** Vacant
- **PNS-AIHA Rep to the Governor's Board:** Vacant
- **Government Affairs Committee:** Kat Gregersen, MPH, CIH

MAILING ADDRESS

Pacific Northwest Section - American Industrial Hygiene Association

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E-mail: administrator@pnsaiha.org

Website: <https://ls.aiha.org/pacific-northwest-local-section>