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THE EXPOSURE

Summer 2019

President's Message - Mwangi Ndonga

If you are passionate about what you do and why you do it, then you should share it! I welcome you to submit an abstract for the Fall Tech Conference. Don Archibald and team are lining up to very interesting keynote speakers. However, we need YOU to consider speaking so that this year's FTC is the best yet. Come share your stories and share your knowledge.

Please peruse the rest of the newsletter to see the great things that are happening because of RMSers like you.



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Fall Technical Conference - ACT NOW!

We need abstracts for the FTC!!! Please consider submitting an abstract - the submission [form](#) is live. The deadline to submit an abstract to present at the AIHA-RMS/ASSP Colorado Chapter Fall Technical Conference is Friday June 28th. Speakers that are selected can attend the conference free of charge on the day that they are presenting.

Many of you have information that would make for a great presentation!!! While the planning committee has identified three focus areas (energy, healthcare, and EH&S), any and all topics will be considered. Additionally, our keynote speakers Kathy Makos and Eva Glosson will be highlighting health and safety hazards in museums and the death industry, respectively.

Some potential material you could present on might include:

- Case study using a problem-solving approach in a specific situation, perhaps related to a new methodology or equipment
- Scientific research – understanding mechanisms of physical, chemical or biological agents; data review and analysis
- Professional practice topics

An example abstract will be posted online for your reference. Presentations have typically been 35-40 minutes.

Member's Corner

Member's Corner

This quarter we are highlighting member Ryan Hellman, MS.

Q: How were you introduced to the field of industrial hygiene?

A: I was first exposed to Industrial Hygiene during the boom in asbestos removal in the 1980s. I spent my summers working for my dad's company, removing asbestos from many Denver public school buildings. I ran a team of high school buddies and it was hard work; real construction work. We had to scrape it, bag it, and drum it. I became interested in the challenges of keeping the staff safe, researching and enforcing precautionary measures like respiratory protection, personal protective equipment, and limiting asbestos exposure.

After two years as a business major, I took a year off of college and went back to work for my dad's company doing Industrial Hygiene work. I realized I found it much more challenging and rewarding than my business studies, so I enrolled in CSU's Environmental Health program.

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A: My area of expertise is with relationship building and problem solving EHS business challenges. I love the technical side of Industrial Hygiene as well but leveraging these skills helped me found Hellman & Associates over 20 years ago and with a little luck and hard work, today we supports over 300 businesses and contributing to the safety of more than 65,000 employees annually.

Q: Tell us about the most gratifying moment in your career so far?

A: The most gratifying part of my career is mentoring and teaching EHS professionals. I have supported the mentoring of 16 interns from the CSU Environmental Health program, six of whom have joined H&A as full-time employees. My daily engagement and participating in the success of others through my mentoring and coaching provides the greatest reward in my career.

Q: Give us one piece of advice you would give to new/young/fresh IH professionals?

A: Technical skills develop quickly in the early years of your career. My advice is to focus on your relationship skills that include building balanced confidence to earn respect, conversational tools to support delivery of technical information and a strong aptitude to listen, Strengthening these areas of your professional tool kit will propel you further in your career.

COMMITTEE UPDATES

Programs - Charles Koch

For our Wyoming members (or Colorado members who don't mind a short drive) visit the AIHA-RMS booth at the [Wyoming 2019 Safety and Workforce Summit](#) on July 9, 2019.

Outreach - Alex Spratt

The Outreach committee is looking for opportunities! If you know of any job fair or career fair events, please let us know by contacting Alex at: outreach@aiha-rms.org

Legislative - Kristen Hill

The June 2019 Legislative Update can be found through the following link [Legislative Update - June 2019](#). All new information added within the regulatory and legislative sections since the last quarterly letter (March 2019) is highlighted in red.

Membership - Alejandra Ramirez-Cardenas

Welcome to several new members who joined AIHA-RMS this quarter:

Reed Aivazian
Kevin Carling
James Casciano
Christopher Ellis
Justin Stewart
Shannon Walsh

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