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# THE EXPOSURE

Winter 2019



## AIHA RMS Holiday Party

Save the date: Wednesday January 8th from 6-8 pm at School House Kitchen and Libations (5660 Wadsworth Blvd, Arvada, CO). Come celebrate surviving the holiday season and the announcement of the RMS IH of the Year!

## President's Message - Mwangi Ndonga

Are you familiar with the "Man in the Arena" passage from a Theodore Roosevelt speech delivers in 1910? Well, here it is anyway:

"It is not the critic who counts; not the man who points out how the strong man stumbles, or where the doer of deeds could have done them better.

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comes short again and again, because there is no effort without error and shortcoming; but who does actually strive to do the deeds; who knows great enthusiasms, the great devotions; who spends himself in a worthy cause; who at best knows in the end the triumph of high achievement, and who at the worst, if he fails, at least fails while daring greatly...”

The successful safety and health professionals are those that are mutually marred by dust and sweat along with the workers they are charged with protecting. Ours is a profession that cannot stand without striving to, despite the trials, achieve the healthiest workplaces.

In 2019, our RMS members have been in the arena. We have connected with teenagers to talk about workplace safety and worker rights (Safety Matters), represented the profession at school career fairs (Outreach), established connections with undergraduate and graduate students (Outreach), continue to push the profession through a variety of educational and social events (Education and Programs), distributed our knowledge on a local and national scale (FTC and AIHce), and done much much more. I encourage you to step in the arena and dare greatly with us.

Mwangi

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## Member's Corner

### Welcome New Members

Kalie Boot  
Iolanthe Culjak  
Thom Le  
Paulette Reading  
Scott Stiles  
Carrie Wyse  
Kari Yenter

Special welcome to our new student members: Kyndal Greenlee, Monica Ortiz, Jacob Pollema, Stanton Rubio, Karthik Seshadri, and Zhiyun Wang from the CSU Environmental Health Student Association. For more on the EHSA student group at CSU, see our profile and photo of some of them at the FTC, below.

### Member's Corner

For our member's corner this quarter we are profiling Gary Ticker, CIH, CSP - founder of the consulting company OccuSafe Industrial Hygiene & Safety.

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

A: I went to the University of Arizona in the late 70s and received an MS degree in Safety Management through a program funded by NIOSH. I took a course in Toxicology and Instrumentation where I received my first exposure to IH. I later worked at an auto battery manufacturing facility in Dallas, TX for two years. Because of employee exposures to lead and acids I was able to run a lead compliance program and develop my IH skills that I learned in college.

Q: What are your main areas of expertise and what do you spend most of your time doing?

A: I'm a generalist. I've had safety jobs in insurance, manufacturing, retail grocery, oil and gas, aviation,

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management, and environmental. 14 years ago, I was laid off so I decided to create my own consulting company, OccuSafe. I quickly discovered that clients didn't want me to use my expertise in general safety, or environmental, just IH. I'm now semi-retired. Clients keep calling me in Texas, so I fly to Dallas once or twice a month and conduct IH evaluations. My wife says it keeps me out of trouble.

Q: Tell us about a time you made a significant impact to improve workplace health and safety conditions.

A: Starting safety programs from the ground up has been most impactful and with the commitment of management I've been able to change the safety culture of companies and reduce injuries. At one company I created emergency response teams. We were able save lives and protect the employees. I once used a defibrillator that I just purchased on a 40 year old employee. He lived and eventually went back to work.

Q: What is one piece of advice you have for young IH professionals?

A: My advice to young IH professionals is to develop as many skills in as many safety and environmental related fields as possible. I don't want to sound cynical, but when the next layoff comes, and it will come, you want to be more valuable to your employer than the next guy.



## COMMITTEE UPDATES

### Special Update - Safety Matters

In 2019, the AIHA-RMS membership partnered with the Colorado Department of Public Health and Environment to educate Colorado's youth on worker health and safety. The pilot project was funded by a grant from the Mountains and Plains Education and Resource Center and many AIHA-RMS and Colorado ASSP members contributed their time to the project - thank you!!! A summary of the project was recently

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## Fall Technical Conference - Donald Archibald

Thanks to all who attended, presented, and volunteered at the FTC (several of our volunteers are pictured above putting together conference materials!). We also really appreciate the support of our sponsors and exhibitors. It was another great conference and we are already looking ahead to next year!

## Outreach - Alex Spratt

Roberta Smith and Alex Spratt attended the DPS 8th Grade Career Fair. They spoke to kids about hazards in whatever career they intend to pursue, and also discussed HSE/IH work as a potential career. The kids tried on PPE and everyone had a great time!

Through this career fair, AIHA RMS was approached with a couple of new opportunities!

- The Xplore Industry Exploration Program
- The Emily Griffith Technical College Career Fair April 23, 2020

## Membership - Alejandra Ramirez-Cardenas

This quarter we wanted to include an update on the Environmental Health Student Association (EHSA) at CSU; student members of the EHSA typically attend the FTC and are always eager to hear from RMS members about career opportunities. EHSA's president, Stan Rubio, provided this summary: the EHSA works hard every year to provide students with professional development opportunities. Often this involves local facility tours with local professionals, social meet-and-greets, and guest speakers. We would love to hear from AIHA RMS members who are interested in providing students with experiences such as job shadows, internships, or events for CSU students. One of our main goals for next year is to raise enough money to bring back the EHSA scholarship to support students who are interested in environmental health, and to continue to connect students to working professionals.

## Legislative - Kristen Hill

The December Legislative Update can be found through the following link [Legislative Update - December 2019](#). All new information added within the regulatory and legislative sections since the last quarterly letter (September 2019) is highlighted in red. Also, please be sure to email your legislative committee member, Kristen Hill ([hill@pinyon-env.com](mailto:hill@pinyon-env.com)), if you have suggestions for the legislative section in the newsletter or hear of any important legislative updates.

## Education - Special Event

There will be a Health and Safety in Healthcare PDC for Western Slope professionals. Stay tuned for dates in late February or early March! This will be a 4-6 hour PDC to serve Healthcare and H&S professionals in the central mountain area. The PDC will be in conjunction with the annual AIHA-RMS Ski Day!



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