



## OCCUPATIONAL HYGIENE MATTERS

Welcome to the October 2018 edition of Occupational Hygiene Matters.

A quarterly newsletter from

The Australian Institute of Occupational Hygienists Inc (AIOH).

Australia's premier professional association representing the interests of occupational hygienists and allied professionals.

Our mission is to promote and preserve the health and wellbeing of Australian workers through application of the knowledge, practice and standing of occupational health and occupational hygiene.

## FROM YOUR PRESIDENT



Brian Eva - AIOH President 2018

**AIOH2018:** We are only 6 weeks away from AIOH 2018: Occupational Hygiene Challenges, Opportunities and Solutions. Early Bird registration numbers are strong, so if you have not registered as yet, please register to avoid missing out on a of number limited events.

**Strategic Plan:** In September, Council held a strategic planning day to plan our direction for the period 2018-2022. There were a number of critical issues identified which directly relate to the sustainability of the Institute and the need for diversification. The Plan will be presented with six themes:

Theme 1: Business Minded Approach

Theme 2 Professionalism

Theme 3 Enhanced Profile

Theme 5 Advocacy and Influence

Theme 6 Improve AIOH Operating Efficiencies

This document will be made available through the website when finalised.

**AIOH House:** Settlement on our new office is one month away. Council is currently working with a designer for a fit out that will suit our operating requirements. Settlement will bring to a conclusion a search for a home (and financial stability) that commenced almost three years ago. We are planning for a seamless office transition.

**Position Papers:** All members will have received a member only draft of the Position Papers on RCS and Lead. Both of these documents have been under review by the Exposure Standards Committee for a lengthy period this year and Council thanks them for their work on these documents. Please ensure that any comments that you may have are received within the nominated period to ensure that we can publish these revised documents with minimal delay.

**MOU Signing with NZOHS:** It was with great pleasure that the MOU between the NZOHS and AIOH was signed at the conclusion of the IOHA Board meeting held in Washington on 23 September 2018. This MOU further strengthens the bond that our associations have and offers opportunities for members of both

organisations. NZOHS is one of the key organisations that worked to develop the HASANZ Register of OHS Professionals that was launched in New Zealand last month. The HASANZ Register is a one stop shop for businesses to find reliable, quality health and safety advice and services. Follow the link below for more information:

<https://www.hasanz.org.nz/page/hasanz-register/> (<https://www.hasanz.org.nz/page/hasanz-register/>)



**AIOH President Brian Eva and NZOHS President Derek Miller**



**Signing of the MOU at the IOHA Board Meeting Washington DC**



### **NARC Chair Bengt Stahlbom stepped down as Chair, with Philip Hibbs being elected as the new NARC chair for a 3 year period**

**NAR Committee Chair Appointment:** The NAR Committee met on 22 September 2018 in Washington DC. The AIOH was represented by Sharann Johnson AIOH Certification Board NARC Representative, Philip Hibbs AIOH IOHA Board member and Brian Eva (Observer / Advisor). At the conclusion of the meeting, NARC Chair Bengt Stahlbom stepped down as Chair, with Philip Hibbs being elected as the new NARC chair for a 3 year period. There was the obligatory handing over of "the Google Drive"!

**IOHA 2018 Washington:** The IOHA 2018 Conference was a great success with over 12 Australian delegates in attendance. One of the key themes of the conference was the consequences of globalisation on worker health & safety in developing countries. Nancy Leppink from the ILO set the scene with her opening keynote developed across plenary and workshop sessions over the 3 day conference, culminating in the IOHA Global Collaboration Award being presented to the group collaboration for work in the Protection of Workers Health in Brick Kilns. This work centred around the elimination of children from the workplace and the establishment of improved exposure controls.

An IOHA position was also developed for presentation to the World Health Organisation

**FIRST WHO GLOBAL CONFERENCE ON AIR POLLUTION AND HEALTH** to be held in Geneva from 30 October – 1 November 2018.

The conference will discuss health effects and the protection from occupational exposure to air pollution among outdoor workers, such as those engaged in construction, public and municipal works, public transport and traffic regulation, street vendors etc.

A preconference workshop to discuss the actions to address occupational exposure to outdoor and workplace air pollution is to be conducted where the IOHA position will be outlined. Following the outcomes of the Workshop and Conference, it is likely that a joint IOHA / ICOH statement will be prepared for presentation to the WHO.

A full conference report is provided separately in this newsletter.

I look forward to meeting you all in Melbourne for AIOH 2018!!

Regards

Brian Eva

President

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NVMS Solutions provides training in Occupational Noise, Environmental Noise and Noise Dosimetry including accredited courses.

Our Noise Officer Course for workplace noise assessors includes all subject areas required by DMIRS and AS/NZS 1269:2005.

The course also attracts COH Maintenance Points (core 5 points).

Visit us at AIOH 2018, stand 50 and receive 10% off bookings to attend upcoming Noise Officer Courses.

Course Dates:

February 4th – 8th 2019

March 18th – 22nd 2019

For more information please contact David Warrington - [David.Warrington@nvms.com.au](mailto:David.Warrington@nvms.com.au)  
(<mailto:David.Warrington@nvms.com.au>)

# NATIONAL UPDATE

Australian Land and Groundwater Association (ALGA)  
Ecoforum



AIOH members attended the Australian Land and Groundwater Association (ALGA) Ecoforum Conference recently in Sydney. Occupational hygienists, representatives from laboratories and supplier companies contributed to the success of the conference. Amongst the plethora of papers on everything environmental including PFAS, there was a forum to discuss the ongoing problem of assessing and managing legacy asbestos contamination in soil. As Occupational Hygienists we are often called in to assist our environmental colleagues to provide risk assessments and management plans, carry out various sampling and to interpret laboratory analysis results. ALGA has prepared a draft paper to address some of the inconsistencies in the management of asbestos in soils (ASBINS) in Australia. It is envisaged the position paper will help provide a more consistent and sustainable management of ASBINS throughout Australia. AIOH members are encouraged to provide feedback and comments. The paper is available at: <https://landandgroundwater.com/page/asbestos-interest-group> (https://landandgroundwater.com/page/asbestos-interest-group) . The AIOH will be providing comments

on the ALGA paper. AIOH members can either submit their comments directly to ALGA, or to Samantha O'Callaghan (samantha.ocallaghan@hibbs.com.au (mailto:samantha.ocallaghan@hibbs.com.au)), who will be coordinating the AIOH submission. The period for consultation closes Friday 26 October 2018.

The issue of communicating risks are important for Occupational Hygienists and Environmental consultants, and AIOH member Linda Apthorpe chaired the session on Communication of Risk. To set the scene, Linda delivered the opening paper for the session titled '*Hazards and Risk: Miss-Communication*'.

The conference and exhibition was well attended and a positive meeting/networking opportunity for all.

By Linda Apthorpe

## IMPORTANT NOTICE: To users of the SKC Ltd Plastic Higgins-Dewell-style Cyclone (Cat. No. 225-69, all models):

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A recent research study performed by the UK's Health and Safety Laboratory (HSL) indicates that the performance of the SKC Ltd Plastic Cyclone operated at 3.0 L/min conforms to the BS EN 481, which is the same as the ISO/CEN convention. The cyclone oversamples relative to the criteria at the originally specified flow rate of 2.2 L/min. Click here (<https://www.aioh.org.au/static/uploads/files/skc-ltd-plastic-cyclone-notice-august-2018-wfqqqgmjyphe.pdf>) for a copy of the notice that provides more detail or email [skctech@skcinc.com](mailto:skctech@skcinc.com) (mailto:skctech@skcinc.com). The SKC Aluminum and GS cyclones, commonly used in the U.S., are NOT affected; continue to use them as specified.

## Technical Update : SKC plastic conductive cyclone

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By Dusty Bennett (MAIOH, COH)

On the 20 August 2018 SKC Ltd released a letter (<https://www.aioh.org.au/static/uploads/files/skc-ltd-plastic-cyclone-notice-august-2018-wfqqqgmjyphe.pdf>) notifying select stakeholders in Australia of an issue with the 225-69 (25mm and 37mm cassette) plastic cyclone used for respirable dust sampling. It concluded that when used at the SKC Ltd specified flow rate of 2200 ml/min the cyclone can sample up to 30% above the reference curve, resulting in oversampling. To meet the reference curve, the OEM Operating Instructions (version F ([https://www.skcltd.com/images/pdfs/007-04-001\\_Issue\\_F\\_Cyclone\\_Sampler\\_Instructions.pdf](https://www.skcltd.com/images/pdfs/007-04-001_Issue_F_Cyclone_Sampler_Instructions.pdf))) were updated on SKC Ltd's website with a specified flow rate change to 3000 ml/min.

Given the widespread use of this size selective sampling device within Australia, news that the cyclone had been significantly over sampling rocked the Occupational Hygiene community, catching many unaware. The news travelled fast and was widely shared and/or discussed in open forums by Regulators, Industry Associations, Unions and Researchers. Following this, concerns were expressed regarding the validity of all respirable dust sample results. Some Regulators (i.e. QLD DNRME and WA DMP) have released communications to clarify their positions.

### **Recent history of respirable dust sampling in Australia**

The 2004 and 2009 versions of AS 2985 reference the 'Higgins & Dewell' and 'SIMPEDS' cyclones with a flow rate of 2200 ml/min. These versions also specify that size selective samplers, such as the SKC Ltd plastic cyclone, must conform to the *ISO 7708* sampling curve. However, *AS 2985:1987* previously specified the 'BMRC' sampling curve. The effective change of the 50% (D) cut in efficiency of collection changed the median aerodynamic diameter to 4.25  $\mu\text{m}$  (from 5.0  $\mu\text{m}$ ). For the SKC Ltd plastic cyclone, this meant a change of the specified flow rate in 2004 from a historical 1900 ml/min to 2200 ml/min.

Conference proceedings and other industry reports at the time of the change concluded that significantly lower reportable concentrations were experienced when increasing the flow rate to 2200 ml/min. Based on the cyclone performance, it was found that particle size distribution and density within each individual air sample could heavily influence the extent of that variation. Although it was widely accepted that measured exposures were lower when using *AS 2985:2004/9* in comparison to *AS 2985:1987*, the relevant NOHSC (now Safe Work Australia) occupational exposure standards were unchanged. These remain unchanged today, but are currently under review by Safe Work Australia.

### **Revised SKC Operating Instructions**

Arguably, questions regarding the validity of the SKC plastic cyclone have been tabled for more than 5 years. Conference proceedings internationally as well as numerous peer reviewed literature have concluded that the SKC device has a positive bias (at 2200 ml/min) in comparison to other ISO conforming sampling devices during field testing. Following mounting pressure by various stakeholders, SKC Ltd undertook an internal review of their conformance evidence. The Health Safety Laboratory (HSL) of the UK Health Safety Executive (HSE) was engaged by SKC Ltd to independently test the sampling device performance against *BS EN 481*. SKC report that the HSL analysis was in accordance with the performance testing methodology in *EN 13205-2:2014*. This is a specialised laboratory technique which results in the production of a bias map, as opposed to field based comparative evaluations.

Although the HSL report is not publicly available, SKC Ltd report a positive bias of up to 30% when sampling at 2200 ml/min. SKC also advised that when sampling at 3000 ml/min, the sampling device meets *BS EN 481:1993*, conforming to *ISO 7708:1995* and therefore *AS 2985:2009*.

### Responding to the situation

Two questions consistently come to the fore when discussing this issue with AIOH members:

1. Can I downwardly adjust any SKC 225-69 sample results by 30% (when sampled at 2200 ml/min)?
2. What flow rate do I use?

Firstly, no known reputable parties are currently advocating the downward adjustment of historical sample results. For some applications, there may be value in performing a comparative evaluation, similar to that specified in *EN 13205-5:2014*, to estimate and document the likely impact of the change in flow rate (or use of an alternate cyclone). In recognising that the 'dust fingerprint' for each sample is unique, it is not considered appropriate to amend historical sample results.

Some Australian jurisdictional Regulators have recommended that the manufacturer instructions are followed for size selective sampling devices, therefore adopting 3000 ml/min for the SKC 225-69 sampling device. It is worth noting that there may be challenges in sampling at 3000 ml/min for some sampling pumps, potentially resulting in a significant increase in invalid samples. Critically, any change in flow rate and/or sampling device should be recorded.

In closing, it would be remiss of us not to learn from this episode and challenge the adequacy of any instruments that we choose to use in our profession, and the accompanying procedures for systemic approaches to occupational hygiene management.

## SAFE WORK AUSTRALIA'S FOCUS ON SILICA DUST IN INFRASTRUCTURE

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by Kate Cole

Safe Work Australia's Virtual Seminar Series on silica dust, known as the **#silicaseries** was published in July 2018. As many AIOH members would be aware, the construction industry presents many inherent work health and safety risks, and historically has contributed to a high number of work-related injuries and illnesses.

Construction is a priority industry for improved work health and safety performance, with a specific focus needed on improving controls which prevent or reduce exposure to hazards which cause occupational illness.

Exposure to respirable crystalline silica or "*silica dust*" continues to remain a challenge in the construction sector. Over exposure to silica dust is known to cause incurable chronic diseases including silicosis, kidney disease and lung cancer.

The **#silicaseries** featured six leaders representing different key stakeholders sharing their insights into managing the risk of silica dust exposure:- (*Pictured above: L-R*) Keith Bannerman ATS, Daniel Beavon SafeWork NSW, Kate Cole Sydney Metro, Kurt Warren Laing O'Rourke, Christian D'Hondt John Holland, CPB Contractors, Ghella JV, Stephen Jones Sydney Metro.

The aim of this seminar series was to:

- Raise awareness of silica dust as a key risk to health in construction
- Explain the work of SafeWork NSW in addressing this issue
- Outline the important role that clients have in delivering positive health and safety outcomes
- Provide information on international best practice in illness and disease prevention
- Highlight the work performed by leading contractors on silica dust control; and
- Provide information on how industry is working collaboratively to proactively address silica dust exposure.

You can watch all the presentations here: <https://www.safeworkaustralia.gov.au/virtual-seminar-series>  
(<https://www.safeworkaustralia.gov.au/virtual-seminar-series>)

## RESEARCH BITES

by Sharyn Gaskin



A few AIOH members (e.g. Deb Glass, Sharyn Gaskin) were recently spotted at the 9th International Conference on the Science of Exposure Assessment, held in Manchester, UK 24-26 September 2018. The organising committee chairs were Kate Jones (HSL) and Martie van Tongren (University of Manchester), and the conference brought together an excellent mix of those who measure stuff (hygienists), those who model stuff (e.g. epidemiologists) and those who look at health endpoints. Some sessions of interest to members included: Sampling Methods; Dermal; Biomonitoring; Nano; Biological Agents and many more. The presentations are freely available and can be accessed on the conference website <https://www.x2018.org/x2018-presentations/> (<https://www.x2018.org/x2018-presentations/>). Happy reading!

## AIOH draft Position Papers

# Open for member comment until Friday the 19th of October 2018

Inorganic Lead is now OPEN for AIOH Member comment

[Download here \(/secure/aiohpositionpaper-lead-draft-version-2-september2018-final-draft-unmarked.pdf\)](/secure/aiohpositionpaper-lead-draft-version-2-september2018-final-draft-unmarked.pdf)

Respirable Crystalline Silica is now OPEN for AIOH member comment

[Download here \(/secure/aioh-position-paper-rcs-update-sep2018-final-unmarked-draft.pdf\)](/secure/aioh-position-paper-rcs-update-sep2018-final-unmarked-draft.pdf)

### Instructions:

Steps on how you can submit your comments

#### **Step 1**

download the draft position paper - click on the button/s above

#### **Step 2**

read and review paper

#### **Step 3**

provide comments via email to [admin@aioh.org.au](mailto:admin@aioh.org.au) (<mailto:admin@aioh.org.au>?  
subject=I%27d%20like%20to%20submit%20my%20comments%20on%20the%20AIOH%20Draft%20Position%20Paper%20on%20Inorganic%20Lead%205pm, Friday the 19th of October 2018. No extensions beyond this date are possible.

### **Helpful hints:**

- You will need to log onto the AIOH Member Centre to view the draft position paper.

- This draft position paper is open for **AIOH MEMBER COMMENT ONLY**

***If you are not a member of the AIOH you are unable to provide comment***

- You will notice that each line in the draft has a number in the left hand column.
- When you submit your comments please use the number in the left hand column to clearly indicate where your comment starts and finishes.

Need further help?

Please call the AIOH on 03 9338 1635 (tel:+61393381635) during business hours.

## IMA2018



The 22 meeting of the International Mineralogical Association (IMA) was hosted by the Geological Society of Australia at Melbourne Convention and Exhibition Centre, between 13–17 of August, 2018. The meeting featured plenary lectures by eminent speakers and parallel sessions of shorter oral presentations spanning a diverse range of mineralogical topics. One of the parallel sessions discussed “*Mineral-hazards: The Environmental and Human Health Problem Represented by Raw and Man-processed Mineral Phases with Special Attention to Asbestos Minerals*”. This session was chaired by Professor Alessandro Gualtieri Head of the Mineralogy at the Chemical and Earth Sciences Department at the University of Modena and Reggio Emilia (Italy) and Philip Hibbs representing the AIOH. The session was well attended by AIOH members and included papers by:

- Linda Apthorpe: Issues with the identification, exposure monitoring and assessment of health risks associated with trace levels of elongate and fibrous minerals present in quarried serpentine; and
- Dr Laurie Glossop: Fibrous minerals in the banded iron formations of the Hammersley Group of Western Australia.

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## INTERNATIONAL UPDATE

# International Occupational Hygiene Association (IOHA)

## IOHA Member Associations

Member organisations are highlighted in dark blue



The AIOH is a founding member of the International Occupational Hygiene Association (IOHA). Pamela de Silva (a founding member of the AIOH) was a prime mover to establish IOHA as a global community of occupational hygienists. Pamela de Silva and Garry Gately were present at the inaugural meeting IOHA in 1987, and were signatories to the documents that established IOHA.

IOHA was formed as an association of national occupational hygiene associations. There are currently 35 member organisations representing 32 countries and over 20,000 occupational hygienists and related professionals worldwide. IOHA provides the occupational hygiene profession with an international voice through its recognition as a non-governmental organisation by the International Labour Organisation (ILO) and the World Health Organisation (WHO). IOHA cooperates with other international organisations such as the International Commission on Occupational Health (ICOH), the International Society for Respiratory Protection (ISRP), and the International Ergonomics Association (IEA).

IOHA was established to improve, promote and develop occupational hygiene worldwide through its member organisations, and to improve and maintain a safe and healthy working environment for all. News about IOHA, its member associations and the international occupational hygiene community is published in IOHA's newsletter, Global Exposure Manager, available on the IOHA website: [www.ioha.net](http://www.ioha.net) (<http://www.ioha.net>).

Since the early days of IOHA, AIOH members have had a significant involvement in the leadership of the organisation. AIOH members have held the position of IOHA President on several occasions:

- Pamela de Silva 1989
- Brian Davies 1999

# ROGER ALESBURY – RECIPIENT OF IOHA LIFETIME ACHIEVEMENT AWARD



Mr Roger Alesbury MSc, Dip OH, CFFOH was the recipient of the 2018 IOHA Lifetime Achievement Award. The prestigious award was conferred during the 11th IOHA International Scientific Conference in Washington, DC in September 2018.

The IOHA Lifetime Achievement Award honours individuals who have made significant contributions to the promotion and development of occupational hygiene practice that improve the health and welfare of working men and women. Roger is well known in the global occupational hygiene community as a champion of worker health protection, particularly in the field of training and education as a founding director of the Occupational Hygiene Training Association (OHTA).

Roger was nominated by the American Industrial Hygiene Association (AIHA) with support from the Australian Institute of Occupational Hygienists (AIOH), the New Zealand Occupational Hygiene Society (NZOHS) and the Occupational Hygiene Training Association (OHTA). All four organisations have affirmed his remarkable leadership and tireless commitment to the occupational hygiene profession across a career of more than 40 years.

Roger has held senior management positions with global responsibilities in a number of multinational corporations, most notably BP where his 27 year career included 11 years as Director of Industrial Hygiene. He led these organisations in the successful local development of

IH capability and programs, engaging with business leaders, mentoring early career professionals and developing common strategies and goals in improving health risk management.

In the early 2000s, looking to address the challenges facing occupational hygiene resources across the world, Roger and a small group of occupational hygienists began to develop the OHTA international training scheme and qualifications framework. This non-profit scheme enables trainees across the globe to develop transferable, practical skills in a consistent way using freely available training materials. The scheme has enjoyed considerable success, particularly helping to grow professionals in developing economies. To date more than 8000 exams have been taken for OHTA courses in 50 countries. Roger's enthusiasm and support have helped many countries adopt the system, with the OHTA concept now endorsed by 25 member associations (of which 24 are national occupational hygiene organisations). Roger was Chair of the Board of Directors when OHTA became a UK charity in 2016, and he continues to contribute his time and expertise as an adviser to the current Board.

Roger is a Past President of the British Occupational Hygiene Society; the Chairman of the Chemical Industries Association Health Advisory Group; and Member of the European Commission Advisory Committee on Safety Hygiene and Health Protection at Work. In 2011 he received the ACGIH William Steiger Memorial Award; and in 2016 he was corecipient of the AIHA William P. Yant Award.

Roger delivered a lecture at the IOHA 2018 conference on 25 September. Entitled "*Capability in Occupational Hygiene*", the session provided examples of developing programmes in parts of the world where there are few or no occupational hygiene resources and the focus is on finding or developing skilled people, equipment, and basic facilities. Roger shared his thoughts and reflections based on a lifetime in occupational hygiene practice, and examined what it takes to build capability and grow occupational hygiene.

In conferring the award, Andrea Hiddinga-Schipper, President of IOHA 2017-18, said: "Through the creation and development of OHTA, Roger Alesbury has established a remarkable legacy, and his accomplishments align very closely with IOHA's objectives. Throughout his career he has dedicated himself to building occupational hygiene capability and he continues to support the next generation of occupational hygiene professionals. We are honoured that he will be joining us at the IOHA 2018 conference."

The following AIOH members have been recipients of the IOHA Lifetime Achievement Award on several occasions:

- Brian Davies 2010
- Noel Tresider 2015

# IOHA National Accreditation Recognition Scheme - Mutual Recognition and Reciprocity - October 2018

This report was originally proposed for the June 2018 Newsletter following the May 2018 IOHA Board Meeting in Dublin, where the AIOH was asked to lead the discussion on mutual recognition and reciprocity of certification programmes accredited under the IOHA National Accreditation Recognition Scheme. The AIOH was asked again to lead this discussion at the National Accreditation Recognition Committee (NARC) Meeting held at the IOHA 2018 Conference in Washington DC.

Our presentations are summarised below.

The NAR Scheme has been around for roughly 20 years and there are currently fifteen (15) IOHA member societies with certification programmes accredited under NAR. The Mission in the IOHA NAR Committee Charter, dated 31 May 2009 states:

"To promote global respect for, and recognition of, Occupational Hygiene Certification Programmes that meet or exceed the "IOHA Model Certification Programme" developed at the 1999 IOHA workshop on Certification/Registration and approved by the IOHA Board of Directors on 8 July 2000 and revised in 2007 and 2008."

The primary purpose of the NAR Scheme is to establish a benchmark or agreed baseline professional standard against which the certification programmes of participating IOHA members can be assessed. Those certification programmes that have been assessed as meeting the NAR Scheme requirements are permitted to use the IOHA logo in conjunction with the wording "IOHA Recognised Certification Scheme" on its literature and certificates.

For the avoidance of any doubt, the IOHA policy is not mere acknowledgement of other certification programmes. The policy recognises all certification programmes accredited under the IOHA National Accreditation Recognition Scheme as being equivalent (with respect to meeting the required professional standard), with the view to granting reciprocal cross border rights.

Heather Jackson delivered a presentation at an IOHA meeting some years back entitled "*Recognition of Competence in Occupational Hygiene Practice at a Global Level – the IOHA Programme*". In that presentation, Dr Jackson outlined the goals of the IOHA programme, but then went on to state: "*Operating organisations will recognise people certified under other IOHA recognised schemes*".

From our enquiries with those AIOH representatives involved with developing the NAR Scheme, it was the intention of NAR to establish core equivalency between certification programmes, and facilitate mutual recognition of, and reciprocity between, the certification programmes. However, it would seem that many schemes have become parochial and this important attribute of a mature NAR Scheme, as it was originally envisaged, has been largely overlooked in the recent past.

As a result of globalisation, occupational hygienists are increasingly required to work across national borders in a variety of different countries and jurisdictions. One of the goals of NAR is recognition of certification programmes across national borders. Accordingly, the refocussing of AIOH policy seeks to ensure our obligations under NAR are met, and encourage not just mutual recognition, but reciprocal rights between NAR Accredited certification programmes. The world is moving on and the AIOH must embrace a global view on certification, or risk having the Certified Occupational Hygienist (COH)® programme marginalised.

This concept is not unique. For example, recognised international certification is available for Auditors of Quality, OHS, and environmental Management System through organisations such as Exemplar Global. Through such arrangements, Certified Auditors move seamlessly through jurisdictions across the globe, and there are many other examples.

Globally there is something in the order of 7600 Certified Hygienists. Of these, some 6500 are Certified Industrial Hygienists under the ABIH scheme. The remaining 1100 Certified Hygienists are split across the other 14 certification programmes. Australia has something in the order of 135 Certified Occupational Hygienists (COH)®. The ABIH scheme is vastly bigger than all the other schemes combined. While not wanting to in anyway offend our colleagues from the USA, if we do not support each other through mutual recognition and reciprocity, the smaller schemes will come under increasing pressure and risk of failure. If that occurs, we will find ourselves sitting the ABIH exams. That will call into question the raison d'être of NAR, and consequently one of the primary reasons for the existence of IOHA.

Collaborating and co-operating with kindred OH societies through the mutual recognition of, and reciprocity for, all NAR accredited certification programmes will develop a truly global network of certified hygienists. This will enhance and promote the practice of occupational hygiene and achieve better health and safety outcomes for all workers across the globe. It is also consistent with the need to supply occupational hygiene professionals that are able to work across national borders with globalisation of industry and markets.

## AIOH Policy

The 2017 AIOH Council implemented a policy to recognise all certification programmes accredited under the IOHA NAR scheme as meeting the technical and ethical provisions of; and being equivalent to, the AIOH Certified Occupational Hygienist (COH) programme. No further technical assessment will be required for admission to the AIOH Certified Occupational Hygienist (COH) programme for applicants certified with an IOHA NAR accredited scheme. This policy was endorsed by the 2018 AIOH at its August 2018 Council Meeting.

The objective of this policy, in addition to honouring our obligations under the NAR Charter, is to promote cooperation between kindred societies and allow certified hygienists to operate seamlessly between international borders.

Applicants for admission to the AIOH Certified Occupational Hygienist (COH) programme that are certified with an IOHA NAR accredited scheme, will first be required to apply and be admitted as a Full Member of the AIOH. After admission as a Full Member, they must apply for Certification,

which will be granted without further assessment. To remain an AIOH Certified Occupational Hygienist (COH), members entering via this route will be required to:

1. maintain their accreditation through their original NAR accredited scheme; or
2. comply with the AIOH certification maintenance requirements; and
3. comply with the requirements of the AIOH Rules and Statement of Purpose and the AIOH Code of Ethics.

#### IOHA Policy and Procedure

A procedure outlining the policy of mutual recognition and reciprocity of certification programmes accredited under the IOHA National Accreditation Recognition Scheme was prepared by Peter John (Jakes) Jacobs (then IOHA President-elect) for consideration at the IOHA meetings in Washington. This procedure adopted almost identical wording to that of the AIOH Policy. The NAR Committee meeting in Washington (Saturday 22 September 2018) considered and voted (unopposed) to recommend to the IOHA Board the procedure be adopted.

The report and recommendation of the NAR Committee was received without amendment by the IOHA Board Meeting in Washington on Sunday 23 September 2018.

By Philip Hibbs  
October 2018

## MIHA INTERNATIONAL CONFERENCE & EXHIBITION 2018



The growth of Industrial Hygiene across the globe, in particular, Asia, has been very encouraging in the recent years. Research and advancement in the study of exposure science and the increasing trend of occupational diseases across the globe has called for various actions. The theme “Mainstreaming Industrial Hygiene”, is chosen to strengthen the focus of occupational hygienists and ensure the incorporation of occupational health as a crucial element in all business activities.

The primary venue for the MIHA ICE 2018 is:

Hotel Istana Kuala Lumpur,  
73, Jalan Raja Chulan,  
Kuala Lumpur 50200 Malaysia

MIHA International Conference and Exhibition 2018 and associated Professional Development Courses will be run in Kuala Lumpur on 22nd – 25th October 2018.

AIOH members are encouraged to support ANOH-CON 2018. Further details for MIHA ICE 2018 can be found at <https://mihaice.miha2u.org/> (<https://mihaice.miha2u.org/>)

By Philip Hibbs

# IOHA 2018 CONFERENCE



**The 11th International Occupational Hygiene Association (IOHA)  
International Scientific Conference**

September 24-26, 2018 | Washington, DC, USA | #IOHA2018USA



The IOHA 2018 conference, hosted by the AIHA, was held in Washington DC over the period 22-27 September 2018. As always, the truly international flavour of the IOHA Conference was apparent with presentations or workshops by participants from all parts of the globe.

The keynote speaker was Ms Nancy Leppink, the ILO Chief of the Labour Inspection Occupational Health & Safety Branch. Nancy spoke on the consequences of globalization on worker health & safety in developing countries, in particular the hazardous sectors of construction, agriculture, global supply chains and protection for child labourer's. This was a thought provoking presentation which set the tone for many other presentations over the remainder of the conference.

The conference also had sessions relating to asbestos health risk and silica exposures in India and Nepal. Another topical subject was the concept of "Total Worker (exposure) Health" which captures workplace, environmental and lifestyle exposures to the individual using advances in science, technology and informatics. So lets introduce the concept of "large data"; using large datasets to assess and manage risk.



I was fortunate enough to be invited to co-chair “Lets talk to the world about the World of OHS”. This was a discussion / brainstorming round table session with four themes:

1. Retaining emeritus members of associations;
2. Addressing the shortage of IH/OH/OESH capability and capacity in specific regions;
3. Providing IH/OH/OESH training to specific categories of workers (teenagers, Gig workers etc); and
4. Bringing more young people into the IH/OH/OESH professions.

This was an enlightening session with some “out of the box” thinking. A white paper will be developed with a plan to move forward.

It was also pleasing to see Ross Di Corleto presenting a Professional Development Course on Practical Heat Stress Assessment Utilising a Rational Index.

Over 12 Australian delegates attended the conference, with four Aussies invited to attend the exclusive Futures Leaders program conducted prior to the Conference.

Coupled with the IOHA NARC meeting, IOHA Board Meeting, IOHA AGM, OHTA and WHWB meetings, it was a busy week!

Book your place for the 12 IOHA Conference – Daegu Korea – October 16-22 2020.

Brian Eva

President 2018

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# PROFESSIONAL DEVELOPMENT

## University Update

### News from Edith Cowan University



Dr Barry Chesson AM receiving the hard copy of his PhD from Professor Joe Luca, Dean, Graduate Research School

ECU was also successful in gaining a major research project with Safe Work Australia titled *“Classification according to the Globally Harmonised System of Classification and Labelling of Chemicals (GHS)”* which is focused on:

- respirable coal dust,
- non-asbestiform fibres (those not meeting the definition of a countable asbestos fibre) and elongated mineral particles associated with the asbestiform minerals; and
- welding fume

During September ECU hosted:

- Professor Erik Hollangel, Professor from the University of Southern Denmark, and Senior Professor at Jönköping Academy, Sweden – Who gave a 2 day Master Class on the FRAM (Functional Resonance Analysis Method) and an evening lecture on Resilience Engineering

- SIA WA state conference which focused on OHS in the youth at which there was 100 participants.

ECU is this year hosting several OHS and Occupational Hygiene alumni events the first in Perth was on the 27 September. The next will be in Melbourne in conjunction with the AIOH2018 conference on the 1 of December at which all ECU graduates and students are invited. Further information can be obtained from Sue Reed.

The quality of our students is highlighted in that 4 are presenting at the AIOH2018 conference on the outcomes from their research projects that they completed as part of the Master of Occupational Hygiene and Toxicology.

ECU staff will be presenting 4 papers at the Malaysian Industrial Hygiene Association conference in October this year.

We are proud to inform you that ECU continues to be the top public university in Australia for student satisfaction and has received 5-star rating for teaching quality for the 12 year in row.

More information about studying occupational hygiene at ECU can be found at:

<http://www.ecu.edu.au/degrees/courses/master-of-occupational-hygiene-and-toxicology> (<http://www.ecu.edu.au/degrees/courses/master-of-occupational-hygiene-and-toxicology>), or by contacting A/Prof Sue Reed ([s.reed@ecu.edu.au](mailto:s.reed@ecu.edu.au) (<mailto:s.reed@ecu.edu.au>)) or at 08 6304 2243.

## The University of Wollongong Update



**Impacting Worker Health**

*By Jane Whitelaw*

## **1. Course Review**

We have just completed a Course Review of our Masters WHS Occupational Hygiene (and other specialisations) as part of a 3 year continuous improvement cycle. A big thankyou to students, alumni, industry partners and employers who gave us constructive and valuable feedback. Watch this space, email me or talk with us at AIOH2018 to see what new innovations we have planned to make our course even better to equip our graduates to make a difference #impact .

## **2. Future Leaders Institute 2018**

A big congratulations to 5 inspired UOW Alumni and Future Leaders of AIOH:

Naree Carton, Marcella Donnellan, Holly Fletcher, Mitchell Thompson, and Kristy Thornton who recently attended the AIHA Future Leaders Institute (FLI) Program prior to the IOHA Conference in Washington, DC.

## **3. Research News**

The 19 International Society for Respiratory Protection (ISRP) Conference was held in Denver last week and I attended to present on “Breathing rates of Respirator wearers in industry” and also to exhibit a poster on “DPM filtration efficiency of PAPRs” based on work completed for a Coal Services Grant. Top International researchers and manufacturers were in attendance; and we were thrilled to take out the “Best Poster Award.” Get the full story at AIOH2018 on Wednesday morning’s aerosols session.

## **4. It's time to enrol for 2019**

New to the field?

Want to give your knowledge and professional practice a boost?

Looking to become a Full Member then COH?

Or just want to experience a great network of occupational hygienists?

*Wollongong Strong. Once you've found it you'll take it with you - wherever you go.*

**Enrol now for 2019.**

<https://coursefinder.uow.edu.au/information/index.html?course=master-of-work-health-safety-occupational-hygiene> (<https://coursefinder.uow.edu.au/information/index.html?course=master-of-work-health-safety-occupational-hygiene>)

Please contact [jane\\_whitelaw@uow.edu.au](mailto:jane_whitelaw@uow.edu.au) ([mailto:jane\\_whitelaw@uow.edu.au](mailto:jane_whitelaw@uow.edu.au)) for more information on our UOW study and research programs.

# DRÄGER YOUNG HYGIENIST AWARD REPORT



*By Kristy Thornton*

What a year! The Dräger award has always been a goal of mine and to see that come to fruition at the AIOH conference in 2017 was a dream come true. The proceeding trip and opportunities so generously sponsored by Dräger far exceeded all my expectations.

Planning my travel to Europe was daunting. How was I going to fit everything in and absorb as much as I possibly could from all these amazing opportunities? Dräger market themselves as “*technology for life*”, well my experience truly changed my life, the whole experience 100% reinforced their slogan.



### **Dräger – Lübeck**

I started my trip with a visit to the Dräger facility in Lübeck, I arrived in Lübeck on the Easter long weekend and was feeling a little deflated that I was not able to spend Easter with my family, but upon arrival at my hotel I was greeted with some chocolates and a welcome note. This was the start of my dream experience.

I was told by past award recipients that the Dräger tour would be a highlight, but I don't think I understood just how amazing this facility would be. The minute I arrived I was made to feel like a Rockstar, my name was even displayed on the welcome board (Rockstar moment #1). I was greeted by Heiko who proceeded to take me on a tour of the onsite facilities. Heiko was such a knowledgeable man and I really wanted to package him up and bring him home as my "go to guy". During the tour I laid under a large boulder, saw the progression of the self-rescuer over the years and stood in awe at the huge array of products Dräger has developed to improve international health and safety outcomes.

The facility in Lübeck is hard to describe. The work place had a great sense of pride and community, with workers all mingling together in the food hall at lunch, I even had my own reserved table in the lunch hall (Rockstar moment #2). Travelling between the two factories I was lucky enough to be offered a ride in Stefan Dräger's Tesla (Rockstar moment #3). This was the icing on the cake and I think the driver knew I was overly excited for this experience when he insisted on showing me the car's acceleration, needless to say we both had a great trip.

Touring the factory, I came to appreciate the intricacies of hand crafting those little sensors in all the gas detectors and the work involved in assembling RPE cartridges. The team were so friendly, answering all my questions and smiling and waving as I walked through the facility. This may have been due to the lovely gentleman taking me on the tour, rather than my own celebrity status, but I still loved every minute of it.

I then had the opportunity to sit down with Ulf and Mirco from Dräger and chat about new products, including a benzene prototype due for release on the market in 2019, this was exciting for me with my background in gasworks remediation, so I cannot wait to see this unit in use on a

project soon. The day was finished up with a lovely tour of Lübeck under lights and a fantastic dinner and conversation at an old restaurant in Lübeck with Ulf. An experience for which I am forever grateful and indebted to both Dräger and the AIOH.



### **BAM – The Hague**

I then headed to The Hague for a visit with Victor Ramon from BAM.

The project team work under a *“stronger as a group”* catch phrase and are working towards a proactive rather than reactive approach regarding health and wellbeing, with a fascinating wellbeing program implemented on all sites. The team participates in a refugee program which places refugees in the workplace and provides them with training and resources needed to thrive in the Netherlands. The focus on well-being on a construction site was refreshing to witness and I hope to share some of these learning with members of the AIOH. During the day I was also able to meet up with Andrea Hiddinga (IOHA president) who afforded me her company over lunch in The Hague and even invited me to dinner with her family in her home town which was a lovely way to spend a rest day in a beautiful town surrounded by windmills and friendly faces. My Facebook profile must precede me as Andrea had even organised a lovely walk in the sand hills, so I could get some exercise and fresh air.

### **Thames Tideaway - London**

After another short flight I headed to the ‘sunny’ UK and central London to visit the Thames Tideaway tunnel. This project involves a sewerage tunnel along the river Thames in London. It was a typical dreary day in London during my visit but the warm welcome I received in the project office was all I needed to put a smile on my face. The Park Health & Safety Occupational Health and Hygiene (OHH) team at Thames Tideaway have worked closely with the design team for the project and have developed a range of reference documents to assist designers in understanding the implication of design aspects on workers’ health in the tunnel construction environment. OHH team members sit in on design meetings and are an integral part of the project team. The project

structure is unique in that OHH is embedded in the project and the OHH team is able to constantly challenge designers to think outside the box when it comes to potential solutions to OHH hazards on the project. The tunnelling is yet to commence on this project but the behind the scenes work of all involved in this project is a tribute to the team's preparation for this large project in the centre of London.

The use of technology including apps with access to inspections, observations, health assessment bookings with an onsite nurse has allowed the OHH and project teams access to a viable network of information sharing between each project site. In addition to the onsite innovation a researcher from Loughborough University has also been permitted to research OHH outcomes over the course of the construction project and investigate health in design. I look forward to following this research and learning the outcomes in due course.



### **Tideaway – Head Office**

The Tideaway corporate team is based in a beautiful office on the River Thames in central London where I was lucky enough to meet with Steve Hails and absorb some of his knowledge. The project strives to educate contractors and increase awareness of health and safety topics. They have worked closely with the BOHS and send several supervisors to BOHS courses to raise their OHH awareness. The vibe is health focused and Steve agreed this project has focused more on health in the last two years than he has seen on any prior project. In a recent employee health and wellbeing survey health was shown as a “*shining light*” on the project. There is always room for improvement but the learnings and insight into this project and its health programs were immeasurable.

In addition to meeting the team I was invited to attend the “EPIC” induction for this project. This immersive experience was definitely a first for me. The induction involves a full day workshop and is attended by anyone required to work on the project for any longer than 3 days. The day was surreal and emotional for me with a “day in the life” scenario on a construction site during a fatal incident. The process was unique in its approach and speaking to others on the course gave me further insight into the benefits of this style of training. I look forward to seeing the application of this training style in Australia soon.



## **HSE - Buxton**

It was then time to jump on a train and travel through the countryside to the HSE in Buxton. I have always wanted to visit the HSE. What happens behind those walls up on that hill in Buxton has always remained a mystery to me. I met with Clare Forshaw who is head of the Centre for Health. Clare and her team have undertaken a lot of research into mental health in the workplace. This aspect of health has always fascinated me, in particular in relation to the construction industry and male dominated workplaces. The focus of the guidance material issued by HSE was to increase line manager understanding of mental health and to focus management attention on the positives, rather than the negatives in relation to presenteeism, rather than measuring sickness or absence rates.

Stress is a major cause of sickness absence in the workplace and costs over £5 billion a year in Great Britain. It affects individuals, their families and colleagues by impacting on their health but it also impacts on employers with costs relating to sickness absence, replacement staff, lost production and increased accidents. Mental health and psychosocial factors have been a focus area for Clare and her team for some time with additional research coming out of Norway in relation to fatigue, including a fatigue risk index. The HSE has developed a range of documents available to assist clients and have developed an audit tool in response to union requests and demonstrate clearer guidance in the stress/mental health space. Such guidance includes a management standard for work-related stress. (<http://www.hse.gov.uk/stress/standards/> (<http://www.hse.gov.uk/stress/standards/>)).

Research has found that peer support is often greater than management support when it comes to mental health in the workplace. So, the question really is how does an organisation approach mental health and wellbeing? Is it best to develop a program based on preventing stress, or

focusing on well-being, I think this is an aspect to watch closely.

With all this new-found information I decided to take a walk in the peak district, enjoy the scenery and really absorb my learnings.



### **BOHS conference – Stratford Upon Avon**

I was then back on the train, headed to Stratford-Upon Avon for the BOHS conference. I was really looking forward to the conference and it lived up to all my expectations. What an amazing opportunity to mingle with likeminded people and develop personal and professional contacts that will last a lifetime. The conference began with the Warner lecture with Simon Harmer who was injured in an explosion whilst serving in Afghanistan in 2017. Simon's story was something I will treasure, and I admire his courage to "try to live his life as a thank you". From there it just got better with a huge variety of speakers and concurrent session on robots, including a 3D printed heart which was incredibly realistic.

An interesting session I attended talked about improving the use of RPE and identified that recent research indicates up to 50% of all RPE used does not offer the wearer the level of protection assumed and one of the major reasons is that it simply does not fit! Yet, under the UK regulations RPE must be correctly selected and this includes, for many types of RPE, a face piece Fit Test conducted by a competent person. So how can you be sure the person conducting the fit test is competent? Well the HSE have developed a competency scheme to solve this issue ([www.fit2fit.org](http://www.fit2fit.org) (<http://www.fit2fit.org>)). Discussion was robust throughout this session and a similar discussion would be great to see at AIOH.

Now I couldn't travel half way around the world and not have something to say about it, so I managed to get some stage time and presented an Ignite session titled "Diary of a wimpy school kid". I was nervous before this, but the crowd was very supportive, and my fellow presenters were funny and witty, so I knew I was going to have a good time. I would encourage everyone to give this a go at least once, it's terrifying and exhilarating all in the same breath.

To top the whole experience off I had dinner with new and old friends and managed to drag myself out of bed for a fun run with incoming AIOH president Julia Norris and incoming BOHS present Neil Grace, leaving the rest of us for dead as they ran off for a 'casual' morning run.

I cannot thank Dräger and the AIOH enough for this experience and I would encourage all 'young' hygienists to apply for this award. The experience, professional contacts and new friends are just part of this life changing opportunity.



**meet up with Andrea Hiddinga (IOHA president)**



**a 3D printed heart which was incredibly realistic.**



**managed to drag myself out of bed for a fun run**



## Regional Update

### Queensland South Update



Pete Aspinall and friends at the August meeting

*By Mark Russell*

August 29 saw thirty-three people attend the Queensland South presentation on "*The Science and Fit of Protection*" given by Mr. Mark Reggers, Occupational Hygienist and Senior Application Engineer from 3M Australia's Personal Safety Division. Mark had presented earlier that day at the SafetyConnect2018 event at the Brisbane Convention and Exhibition Centre and was kind enough to deliver his encore performance for us. It was great to see that non-member registrations made up just under half of the total for this event.

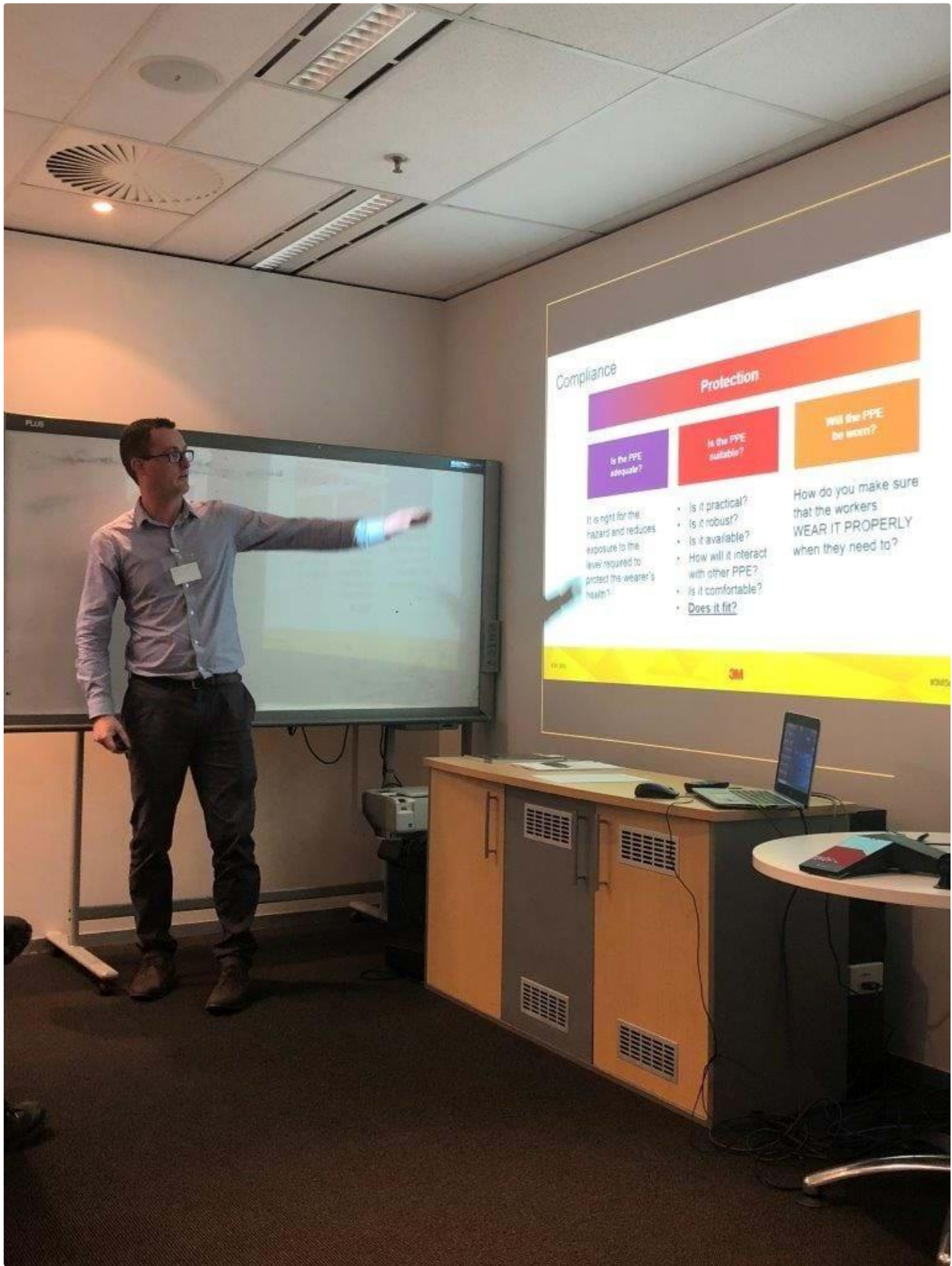
Following a starting networking session and brief AIOH News segment, there was some interesting discussion on the recent SKC cyclone flow rate changes and the increased speed and volumes of communication shared through social media following the formal announcement. As extra value on the night – Peter Aspinall arranged an additional guest presentation by anthropologist, Kevin Porter from Anthropogenesis who set the PPE discussion by describing how PPE is trialed and tested by soldiers in the British army and how anthropology assists occupational hygienists with understanding workers and their response to change.

Mark Reggers never fails to exceed expectations with his engaging presentation on the science of fit and why fit testing is required in the workplace. Initial concerns that he would be preaching to the converted were shelved with a high number of non-hygiene persons attending. Great to see that social media marketing and promotion of the event has reached beyond the traditional Queensland hygienists. It is important that these events add value to industry groups and that hygienists continue to share knowledge and experience. Questions after Mark's presentation indicated there is still some room for improving the promotion of the benefits of hygiene assessments and fit testing to general industry.

This meeting was also Skyped to include the more rural and remote Qld members. While the presentation slides worked well and were easily visible, the audio results were not as good. This is work in progress to be addressed next time.

Thank you to Mark Reggers, 3M Australia and WSP for supporting this event and to our event attendees for their participation and questions. If you haven't done so already, make sure you download the Science of Safety podcasts that Mark has been producing.

Special mention goes to Mr. Peter Aspinall, Principal Occupational Hygienist WSP for not only providing the venue, logistical support and additional ginger beers, but also being our guest host at short notice. Thanks also to Monique Camden from Resile for suggesting respiratory protection as a topic for this chapter meeting. If you would like to see (or present on a particular subject) covered at an upcoming Queensland meeting, please let me know - [mark.russell2@ge.com](mailto:mark.russell2@ge.com) (mailto:[mark.russell2@ge.com](mailto:mark.russell2@ge.com)) or 0435 385 709 for suggestions on the next Queensland South Sundowner.



Mark Reggers on the Science & Fit of Protection

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# NSW Update



Mitchell Thompson (COH), Dr Armand Casolin Dr Armand Casolin ATM Organising Committee, NSW Training Program Director, Carmen Smith (SLO, COH)

May proved to be a busy month with not one but two Sundowner NSW Chapter meetings and some collaborative activities with the Australasian Faculty of Occupational and Environmental Medicine (AFOEM). The AFOEM plan its Annual Training Meeting (ATM) in conjunction with the RACP Congress each year. Trainees of the Faculty come together to learn, share, and network. The ATM provides trainees with invaluable experience and knowledge, and held across several days. The ATM is an integral part of the AFOEM training program with breakout sessions at this year's ATM tailored to all stages of training. As part of this program participants attended a tour at the Australian Nuclear Science Technology Organisation on the 11 May. The following day Mitchell Thompson (COH) and Carmen Smith (SLO, COH) co-presented at the ATM to provide an overview in the basics of occupational hygiene. Judging from the feedback that we have received from those who attended the presentation was very informative.



ANSTO Site Visit

*By Carmen Smith*

Mark Reggers, 3M Occupational Hygienist has been hosting 3M Science of Safety podcasts. It is a podcast curious about the science and systems of all things Work Health & Safety that keep workers safe and protect their health. It's a fantastic podcast and has had some great topics discussing the serious things like the issue of silica in the workplace, guest speaker Kate Cole, Respiratory Protective Equipment Selection by guest speaker and Certified Occupational Hygienist Terry Gorman, Hearing Protection Device Selection guest speaker Luciana Macedo, Occupational Hygienist. CHECK IT OUT!

[https://www.3m.com.au/3M/en\\_AU/safety-au/stories/](https://www.3m.com.au/3M/en_AU/safety-au/stories/)  
([https://www.3m.com.au/3M/en\\_AU/safety-au/stories/](https://www.3m.com.au/3M/en_AU/safety-au/stories/))

In addition, a big congratulations to Sydney Metro's Kate Cole, one of Australia's 100 women of influence as recognised by the Australian Financial Review. Kate, our occupational health and hygiene manager, has worked tirelessly to make construction sites safer places through her

industry-leading work in addressing the issue of silica dust exposure. Her commitment and passion has driven change to work practices across the country.

We also have an upcoming chapter meeting planned for October, 17. Envirolab will cover the problems the sample caused, the clean-up, the monitoring, the mistakes made and importantly the actions taken to ensure this can never happen again. This will be followed by a laboratory tour of Envirolab, with emphasis on sections relevant to occupational hygiene.

Looking forward to seeing everyone there!

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## Western Australia Update



From left – Presenters Kingsley Flett & Dr Nick Mabott with WA SLO, Dr Barry Chesson

*By Janine McClements*

The WA Chapter welcomed a crowd of almost 40 to the ChemCentre rooms at Curtin Uni for its most recent Sundowner event on August 27. The drawcard was an opportunity to learn more

most recent sundowner event on August 27. The drawcard was an opportunity to learn more about fatigue management. Presenters Dr Nick Mabbott and Kingsley Flett made that happen in a unique way, sharing content that included a review of sleep architecture through to the impacts of stress and anxiety on sleep, and supplemented with practical tips and audience participation.

Kingsley, from the Strong Spine System led with a short posture and stretching session as he talked the group through the concept of stress and anxiety contributing to muscle tightness. Nick, fatigue risk management specialist from Beyond Midnight Consulting, is a return presenter and delivered his messages about the importance of sleep clearly and effectively as we've come to expect. As they continued, both presenters neatly worked their material together linking stress, anxiety, muscle tightness and poor sleep and highlighting the impact that can have on people at work.

Nick then offered a range of practical tips for improving sleep quality and quantity. These included simple things that help as part of a bedtime routine, timing things right and setting up the bedroom as a "sanctuary" conducive to sleep. While some discipline is required to apply these tips and to make time for the amount of sleep you need, the outcome is worth it. Kingsley followed that with another interactive human movement exercise for the audience, this time teaching some basic separation movements to promote relaxation.



the audience enjoyed taking part

The WA Chapter extends its thanks to Mr Flett and Dr Mabbott for their educational and enjoyable presentation that left attendees both informed ... and very relaxed. We also gratefully acknowledge the contributions from the ChemCentre and use of their facilities that make these events possible. Finally, thanks to Daniel Cronje for manning the registration desk and recording the session and to SLO Dr Barry Chesson for organising the evening and providing an update of Council activities and Institute events.

**Please make sure to diarise, and invite other interested parties, to our next event and final sundowner for the year on Monday November 19.** In addition to the usual networking

celebration for the year on Monday, November 15. In addition to the usual networking opportunity, drinks and fine food you will hear from DMIRS Special Inspector of Mines, Paul Foley. Paul will be covering the Department's expectations related to Health & Hygiene Management Plans and the integration with the SRS system. Hope to see you there!!

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## Victoria Update



**Theresa Walsh**

Manager, Hazardous Materials & Safety  
2mo



Thanks to all who came along to AIOH Vic 'A day in the life of **Catie Redshaw** @Dulux' last night.

A great opportunity to get a glimpse into the routine and emerging challenges facing our peers in Occupational Hygiene!

Interesting, stimulating and a great chance to network and discuss! I look forward to the next one 🧐 ♂ 🧐 ♀ 🧐 🧐



The 18 July saw Victorian Chapter host their inaugural 'A day in the life of Catie Redshaw' (<https://www.aioh.org.au/email/5ed8d5df-14ab-453b-ac2e-9b3e24cb4eb5/45eecda9-038c-4a96-9ca0-eb4935d405f9>).

Thanks to Catie for showing us around the Dulux powder coatings manufacturing plant! It was a great opportunity to network with our Occupational Hygiene peers, as well as having some spirited debate on new and emerging challenges.

Watch out for upcoming events in October and November including 'A day in the life of a glass manufacturing plant' and 'A day in the life of Australia's first zero carbon office building'.

If you would like to provide your AIOH colleagues with an insight to your workplace and have the collective Hygiene brain muse over your day-to-day challenges, please register your interest to host a 'day in the life of...' with Theresa AIOH State Liaison Officer Vic [Theresa.walsh@rmit.edu.au](mailto:Theresa.walsh@rmit.edu.au) (<mailto:Theresa.walsh@rmit.edu.au>) or 0488 302 161.

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## COMMITTEE UPDATES

### AIOH2018



# AIOH 2018

Occupational Hygiene:  
Challenges, Opportunities  
& Solutions

1-5 December, Crown Melbourne

Dear AIOH Community,

Not long to go until the 36th Annual Conference and Exhibition at Crown Conference Centre in Southgate, Melbourne! The Committee and the Conference & Events Manager have been working diligently for months to bring you a first class scientific and social event for the Occupational Hygiene profession. Please take time to peruse the Conference Programme available from the AIOH website- <https://www.aioh.org.au/aioh2018/program> (<https://www.aioh.org.au/aioh2018/program>).

This year's theme of **"Challenges, Opportunities & Solutions"** has been adequately covered by our Scientific Programme with both international and national speakers presenting on a wide variety of areas impacting on our profession:

- Trending and challenging issues such as: PFAS, Occupational lung disease, Worker emotional and social health;
- Opportunities to make a difference in areas such as: Recycling industries, The changing nature of work and Fatigue management; and
- Technological solutions found in: Emergency response, Visual worker communication, Exposure estimation and Genetic susceptibility.

The Keynote addresses, Continuing Education Sessions, Concurrent Sessions, Posters and Exhibition together with Excite will complement this Conference theme by presenting the many practical aspects of our work as Occupational Hygienists.

The Early Bird Conference Registration ends on 31 October 2018 so please register as soon as possible to secure your attendance at <https://www.aioh.org.au/aioh2018/registration> (<https://www.aioh.org.au/aioh2018/registration>).

I urge you to support our Institute by attending one day or all three days of the Conference and perhaps one or more CES's on the weekend prior. We trust you will be rewarded with plenty of opportunities to learn, challenge yourselves and find those solutions to make our workplaces healthier and safer, interspersed with the prospects of networking, connecting and socialising with peers through the various Social Events.

Come and join us in Melbourne and enjoy the city's hospitality and vibrancy.

See you all in December!

Yanel Lara

Chair

## PD&E

*by Kelly Johnstone*

The Professional Development and Education (PD&E) Committee have recently welcomed four new members: Tegan Dixon, Adelle Liebenberg, David Lowrey, and Ritesh Patel. They have joined the existing members: Susanne Tepe, Jane Whitelaw, Sue Reed and Kelly Johnstone (Chair).

The committee has been meeting on a monthly basis. Our two main focus areas have been: management of the University Accreditation program; and assisting AIOH's Conference & Events Manager, Samira Wadhavkar, in putting together a program of professional development opportunities for members over the coming 18 months, including the one-day seminar series and upcoming webinars co-hosted with Cority.

The committee is also working on a survey we aim to distribute to members later this year to collect information on your professional development and education needs and preferences. When the survey is distributed via email, we hope you will take a few minutes to give us your feedback and suggestions as it

will greatly assist the PD&E committee with future planning.

The committee will meet face-to-face at the annual conference in Melbourne in December and will use this time to plan for the coming 12 months. If you are attending the conference, please feel free to discuss any ideas you have for the PD&E committee with the Chair, Kelly Johnstone, or any of the other attending committee members.

## Mentoring Committee

*by Deborah Glass*

Thank you to those members who have volunteered to join the mentoring committee and to act as mentors, we will be contacting you soon.

We will be holding a lunchtime meeting at the conference in Melbourne. Please contact Deb Glass if you are willing to briefly share your mentoring story, mentors and mentees very welcome.

## Exposure Standards Committee

*by Ian Firth*

**AIOH WES Adjustment Tool:** The Exposure Standards Committee is currently reviewing the IRSST 4th edition changes and 2017 & 2018 Safe Work Australia (SWA) health hazard updates regarding adjustment categories, which will form the basis of the adjustment to be made to an exposure limit.

Hazardous substances with a Workplace Exposure Standard (WES) in the SWA Hazardous Chemical Information System (HCIS) have been tediously reviewed and changes mapped to our WES list with comments and suggested substances amendment changes provided. The assigned category is dependent on an interpretation of the key health effects (irritant, asphyxiant, short-term, long-term, or combination).

These have changed over the years as more research is published on the health effects of hazardous substances. Both the IRSST and AIOH have been updating the adjustment categories periodically, in particular with regard to new hazard classifications under the Globally Harmonised System (GHS) of classification from the European Union. The IRSST last did this in 2015 for their 4th edition version. There have been many changes to hazard classifications since 2015. There will thus be differences between the AIOH and IRSST OEL shift adjustment tools.

**Position Papers:** The lithium paper has been finalised and is with Council for approval, after incorporation of member feedback. Both the respirable crystalline silica (RCS) and lead papers have been updated to reflect more recent peer-reviewed literature on health effects and exposure standards. These will soon be provided to members for comment / feedback.

**Workplace Exposure Standards (WES):** The committee has submitted a response to the Safe Work Australia consultation Regulation Impact Statement (RIS) on WES's. A broadcast email was sent to all members for a coordinated AIOH response. Only 3 responses were received.

**Technical Papers:** The committee is considering a technical paper on airborne contaminant samplers, considering the recent issue with the SKC plastic respirable dust sampling head (cyclone).

## Certification Board

*by Neil Goulding*

**My COH:** With the update to the AIOH Website, we have noticed members can no longer edit/delete submitted entries. We are currently looking at options to address this issue to prevent incorrect data being entered. COH members whose cycle is ending in 2018 should start adding their evidence to their **My COH** when the Audit commences in early 2019. Don't forget that all entries should include evidence to minimise delays in the Audit process.

**Ethics Training Reminder:** From 2019, non-AIOH ethics training will no longer be recognised as part of the ethics training requirement under COH maintenance. Please make sure you sign up for the AIOH-sponsored ethics training during your COH cycle.

**COH Exams 2018:** COH exams will be commencing from Friday midday before the conference. We would encourage any person who wishes to attend additional CES's to consider taking up the Friday option.

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## EDITOR IN CHIEF - OH MATTERS

For questions relating to the Newsletter, or to provide an article for consideration please contact the

Editor Dr Sharyn Gaskin at [sharyn.gaskin@adelaide.edu.au](mailto:sharyn.gaskin@adelaide.edu.au)  
(<mailto:sharyn.gaskin@adelaide.edu.au>)

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