



**2015 Northeast Regional  
Industrial Hygiene Conference  
and Exposition**



***Total Worker  
Health***

Friday, December 4th, 2015  
Westin Princeton at Forrestal Village

201 Village Boulevard Princeton, NJ

Presented by the Philadelphia Section AIHA

Co-Sponsored by the  
New Jersey and Metro New York Sections AIHA

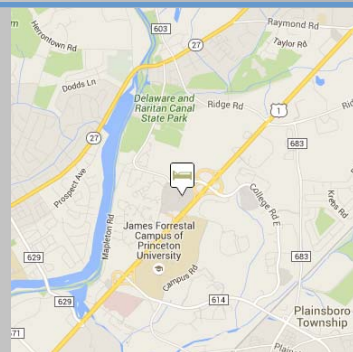
# Conference Agenda

(schedule subject to change)

- 7:15 AM Registration/Networking/Meet The Vendors/Continental Breakfast
- 8:00 AM *Opening Remarks/Acknowledgements*  
Greg Richey  
President, Philadelphia Section AIHA
- 8:10 AM *"NIOSH's Total Worker Health Program: It's All About The Job"*  
Chia-Chia Chang  
National Institute for Occupational Safety and Health
- 9:10 AM *"Culture of Health"*  
Peter Nigro, MD  
Merck & Company
- 10:00 AM Break/Meet The Vendors/Networking Opportunity
- 10:30 AM *"Occupational Athlete Coaching: Improving Worker Readiness One Athlete At A Time"*  
Kris Corbett  
Wellness Coaches USA
- 11:20 AM Break/Meet The Vendors/Networking Opportunity
- 11:50 AM Buffet Lunch/Luncheon  
Presentation: *"The Washington Buzz"*  
Aaron Trippler  
American Industrial Hygiene Association
- 12:45 PM Break/Meet The Vendors/Networking Opportunity
- 1:00 PM *"Personal Ergonomic Success: Improved Body Functionality and Safety"*  
Hoyt Emmons  
Med-Tex Services
- 1:50 PM *"Best Practices in Hearing Conservation"*  
Richard L. Stepkin  
Enviromed Corporation
- 2:40 PM Break/Meet The Vendors/Networking Opportunity
- 3:10 PM *"Total Worker Health: Creating a Safer and Healthier Workplace"*  
Doris diChristina  
William H. Connolly & Co.
- 4:00 PM Door Prize Drawings/Closing Comments
- 4:30 PM Adjournment

# Directions to the Westin Princeton at Forrestal Village

201 Village Boulevard  
Princeton, NJ 08540  
(609) 452-7900



## From East

Take Route 33 West to Route 571 West. Turn right onto Route 1 North. Continue on Route 1 North for 3 miles to the College Road West Exit. Go through the traffic light, and the hotel will be on the left.

## From West

Take Route 1 North to I-95 North into New Jersey. The road turns into I-295 South. Take I-295 South to Exit 67 (Route 1 North). Continue for approximately 6 miles to the College Road West Exit, and the hotel will be on the left.

## From South

Take Interstate 95 North, which turns into Interstate 295 North. Continue on I-295 North to Exit 67 (Route 1 North). Take this towards New Brunswick. Stay on Route 1 North for approximately 6 miles to the College Road West Exit. The hotel will be on your left.

## From North

Take the New Jersey Turnpike South to Exit 9 to Route 18 North for 1/2 mile. Go to Route 1 South for approximately 13 miles to the College Road West Exit. Go through the traffic light, and the hotel will be on your left.

**Parking:** Free

**Refund Policy:** Conference fees will be refunded if requested, via e-mail to [refund@philaaiha.com](mailto:refund@philaaiha.com), on or before **Friday, November 27th, 2015**. No refunds of conference fees can be made if requested after this date regardless of the reason. Please allow several weeks after the conference for refunds to be issued.

**Inclement Weather Policy:** The Philadelphia Section AIHA will endeavor to present this conference as planned, and to have all scheduled speakers attend, despite weather conditions. Refunds will only be made if the event is cancelled (an email will be sent to all pre-registered conference attendees no later than 12:01 AM on Friday, December 4th if the conference must be cancelled).



## Conference Fee Payment Options

Your registration fee for the 2015 Northeast Regional Industrial Hygiene Conference and Exposition can be paid via check or by credit card, using the PayPal credit card acceptance program. You do NOT need to have a PayPal account to pay via credit card.

To pay via credit card, please visit the following web site: [www.philaaiha.com/confpay.htm](http://www.philaaiha.com/confpay.htm) and follow the instructions. Please provide all requested information.

On-line credit card payment will only be available until 5 PM on Tuesday, December 1st

Credit cards will be accepted at the door on the day of the event (\$ 275); however, we ask you to please pre-register and pay in advance, as this saves you money and assists us with ensuring the headcount for the event.

# Providing business-oriented solutions to Health, Safety, and Environmental issues

- Industrial Hygiene and Occupational Safety
- Health and Safety Auditing
- Environmental Construction Management
- Hydraulic Fracturing Health & Safety Management
- Nanotechnology
- Epidemiology



Occupational Health, Safety & Environmental Consultants

Since 1996, Colden Corporation professionals have been helping to create and maintain safe and healthy workplaces. We collaborate with you to develop workplaces and practices that protect employees and the environment, while complying with regulatory mandates and guidelines.

Colden's staff credentials include Board-Certified Industrial Hygienists, Certified Safety Professionals, Certified Professional Environmental Auditors, and doctoral-trained environmental and occupational health scientists. Our highly trained field professionals are proficient in the latest techniques, procedures and laws to help assure a safe and healthful workplace.

**CONNECT WITH A CONSULTANT**  
215.496.9237 ■ [www.colden.com](http://www.colden.com)

PHILADELPHIA ■ NEW YORK CITY ■ ALBANY ■ SYRACUSE ■ ERIE, PA ■ NEW ENGLAND



## **NIOSH's Total Worker Health Program: It's All About The Job**

*Chia-Chia Chang*

*National Institute for Occupational Safety and Health*

American workers face a myriad of chronic health conditions such as obesity, musculo-skeletal disease, and stress. There are news stories every day about the aging of the workforce and rising healthcare costs. As occupational safety and health professionals, what solutions can we offer? We can start at the workplace, broadening our understanding of the impact that work has on worker well-being. The focus of Total Worker Health is the role of work design and work organization in contributing to adverse health in working populations. By addressing safety, physical and mental health, and workplace policies, programs, and practices, we can achieve the goal of worker well-being.

• • •

**Chia-Chia Chang, MBA, MPH** is the Coordinator for Partnership and New Opportunity Development for the Office of Total Worker Health® at the National Institute for Occupational Safety and Health (NIOSH). She leads initiatives to share promising practices on an integrated approach to advance the comprehensive well-being of workers. In her previous work in the NIOSH Office of the Director, she led enrollment and outreach for the World Trade Center Health Program, served as Assistant Portfolio Coordinator for Emergency Preparedness and Response, and evaluated customer service and a national research and translation partnership program.



## **Culture of Health**

*Peter Nigro, MD*

*Merck & Company*

Employers of all sizes, activities, and functions understand the value of healthy employees. However, there are many obstacles to the achievement of that goal. In addition to the cost for uncertain benefits in the distant future, employee loss to other employers, and difficulty proving ROI, there is often a fragmented approach in efforts that are a detriment to success. However, the stakes are becoming greater with the obesity epidemic impacting cardiovascular, orthopedic, rheumatologic, neurologic (e.g., sleep apnea; stroke), and other diseases. Conversely, employers trying to attract talent are facing competition that has set high bars in lifestyle and health benefits. The answer may lie in the concept of creating a "culture of health" in the organization that unifies the efforts and contributes towards increasing the likelihood of success. This presentation will address how to create that culture.

• • •

**Dr. Pete Nigro** is the Executive Director, Global Employee and Occupational Health for Merck & Co., Inc. with over 19 years of experience developing, implementing, and reviewing Occupational Health programs. He has actively worked treating patients with work-related injuries and illnesses and teaching Occupational Medicine in the United States Air Force, The Cooper University Health System, and for the past 13 years, for Merck researchers and manufacturing colleagues.



The Philadelphia Section AIHA is pleased to announce that all net proceeds from the 2015 Northeast Regional Industrial Hygiene Conference and Exposition will be donated to the American Industrial Hygiene Foundation (AIHF).

The mission of the American Industrial Hygiene Foundation (AIHF) is to advance the profession by awarding scholarships for students in industrial hygiene and related disciplines, and funding training/professional development opportunities for industrial hygienists in the first 15 years of their professional careers in industrial hygiene and related disciplines.

For more information on the AIHF, please visit their web site at

<https://www.aiha.org/about-aiha/AIHFfoundation>



## Occupational Athlete Coaching: Improving Worker Readiness One Athlete At A Time

*Kris Corbett*  
*Wellness Coaches USA*

Learn about the successes - participation, health improvement, injury prevention - of a voluntary worker readiness program that was specifically designed around the following components:

- Wellness - It is clearly recognized that healthier, fit employees are less likely to incur an injury
- Body Mechanics - Fundamentals of proper body mechanics as it relates to safe work performance
- Mindfulness (focus and awareness) - Being attentive and aware of the present moment and the surroundings in a way that supports self-management of proper body mechanics, wellness, work readiness and injury prevention behaviors

Occupational Athlete Coaches are deployed and embedded across the occupational setting to "Improve Worker Readiness One Athlete at a Time". Learn how the program was developed and the critical success factors.

Kris Corbett developed the Occupational Athlete Coaching model that is used in one of Wellness Coaches USA's largest clients. This model was designed to mitigate & reduce workplace injuries while improving employees' overall health and wellness - ultimately reducing personal risk in a Pharmaceutical Environment.

• • •

**Kris Corbett** is currently an Operations Manager for Wellness Coaches USA. Kris has over 20 years' experience working in Wellness/Health Promotion and Injury Prevention creating innovative and effective products and services for large companies (Merck & Co., DuPont, ExxonMobil, CIGNA, Sunoco, Toll Brothers, Martin's Famous Pastry, etc.) Kris has proven success in driving employee engagement without incentives- ultimately driving large scale health/safety risk improvements and injury reduction. Kris holds a Bachelor of Science Degree in Exercise Physiology from East Stroudsburg University and has pursued her MS from West Chester University in Health Promotion. She is certified through the American College of Sports Medicine and the National Strength and Conditioning Association.



## Thanks to our vendors!

Please remember to visit with the vendors in our Vendor Expo area, and to support them.



Vendor participation in this event helps to defray the cost of presenting the conference.



## The Washington Buzz

*Aaron K. Trippler*  
*American Industrial Hygiene Association*

What can we expect in the last 12 months of the Obama Administration. Not only on issues addressing the deficit, debt limits, and a rash of international problems and budget concerns that cut into every federal agency but what about occupational safety and health? Are the States becoming the real leaders in OS&H? Big questions and difficult to answer.

Will Democrats and Republicans come together to protect workers? What can and will OSHA be doing? Much may depend on whether or not there are adequate resources to accomplish anything. And let's not forget a presidential election is on the horizon. Learn this and more from an insider's perspective. The latest happenings with the real story - not the fluff!

• • •

**Aaron Trippler** is the Director of Government Affairs for the American Industrial Hygiene Association (AIHA). He directs government affairs for more than 70 local sections and is chief liaison with Congress and federal agencies. Aaron is responsible for following all federal legislation and regulations, as well as drafting AIHA Congressional testimony and working with numerous federal agencies on the public policy issues of AIHA. Aaron was listed on the ISHN "Power 101" list, depicting the top movers and shakers in the health and safety industry.



EASYIH.COM

TOGETHER, WE'RE  
BUILDING THE  
MOST ADVANCED  
IH TOOL EVER.



IH CALCULATOR



CHEMICAL & OEL DATABASE



CIH REVIEW & CM HELP



LABORATORY DIRECTORY



IH CONSULTANT DIRECTORY



## **Personal Ergonomic Success: Improved Body Functionality and Safety**

*Hoyt Emmons  
Med-Tex Services, Inc.*

All work presents physical challenges that have the potential to injure workers, however the risk of injury can be greatly reduced by utilizing prudent ergonomic practices which improve body functionality. Whether we are employed in offices or doing intense physical labor, our bodies are challenged to perform work in an ever-changing balance of physical demands and workplace variables. So how can we achieve Personal Ergonomic Success? By understanding and applying proven ergonomics practices to our work and lifestyle so we can maximize our body's functioning potential. This workshop will review practical applications and techniques that can be used to improve our body's ability to work and function safely. Topics will include methods and benefits of: pre-work warm-ups; stretching; conditioning; task/micro breaks; assessing ergonomic risk factors; and ergonomic survival techniques and tools for workplaces ranging from the office to the construction trades. Personal Ergonomic Success is achieved when we are able to maximize the functionality of our body to work safely. Learn what it takes to help achieve ergonomic success both professionally and personally.

• • •

**Hoyt Emmons** is an EHS consultant with over 25 year of experience developing and implementing EHS programs which improve workplace safety and regulatory compliance. Hoyt consults for Med-Tex Services, Industrial Risk Control, Colden Corporation and is a certified OSHA Training Institute (OTI) instructor. In addition to occupational safety, Hoyt is an experienced fitness professional who has trained thousands of people in exercise classes and through personal training certification courses over the past 20 years. Hoyt is known for developing pragmatic EHS solution options that fit the needs of both the organization and the employees. Hoyt's education includes a BS in Animal Husbandry, a MBA in Management, and a MS in Environmental Health.



## **Best Practices in Hearing Conservation**

*Richard L. Stepkin  
Enviromed Corporation*

This presentation will provide information on how to best protect workers from work related noise induced hearing loss. Richard will be comparing OSHA to NIOSH; MSHA, European Union; British Columbia; and Military Regulations on Hearing Conservation. The review will consider their relevancy to State Workers Compensation criteria. Hearing Protection Noise Reduction Rating (NRR) issues will be discussed as well as what to look for in a Noise Survey. Both on and off-the-job considerations in Standard Threshold Shift (STS) Determinations will be discussed.

• • •

**Richard L. Stepkin, MS, CCC-A** enlisted into the Nuclear Submarine Service at age 17. He later enrolled at Florida State University and graduated as an Audiologist in 1972. The U.S. Army offered a fast-track 1st LT to Major commission to help implement a formal Hearing Conservation Program into the Military from 1972-75. Richard started his own Company, Enviromed Corp in 1977-Present in Lindenwold NJ. His company currently has 9 mobile hearing testing units serving industry from Minneapolis to Miami. Richard also conducts noise surveys nationwide. He has served on the Executive Councils for both the Council for Accreditation in Occupational Hearing Conservation (CAOHC) and National Hearing Conservation Association (NHCA). Richard is a Certified CAOHC Course Director.







## **Total Worker Health: Creating a Safer and Healthier Workplace**

*Doris diChristina*  
*William H. Connolly & Co.*

The objective of this presentation is to define Total Worker Health™ and the synergistic opportunities to achieve optimal outcomes through the professional collaboration of the Occupational Health Nurse and Industrial Hygienist. Through this collaboration, combining science and best practices, the goal of creating safer and healthier workplaces and employees will be realized and will result in contributing to overall health and quality of life of the individual and organizations.

• • •

**Doris DiChristina** is a Registered Nurse with a Bachelor of Science degree in Nursing and a Masters degree in Health Care Management. Doris is a Certified Occupational Health Nurse Specialist/Case Manager practicing in occupational health for the past 22 years. Currently Doris is the Senior Vice President of Workers Compensation and Risk Management at William H Connolly & CO., LLC, providing workers compensation/risk management consultative services to our wide range of clients in multiple industries. Doris serves as an officer in the New Jersey Hospital Employee Health Nurses Association Board of Directors and New Jersey Association of Occupational Health Nurses Board of Directors. Doris has written articles and presented on the local, state and national level on a variety of health and safety topics, and is the recipient of several professional awards, including the American Association of Occupational Health Nurses Business Recognition Award and most recently the 2014 Becton Dickinson Diagnostics – Preanalytical Systems Award for Commitment in Building a Culture of Safety.

**Sponsorship opportunities for the Northeast Regional Industrial Hygiene Conference and Exposition are still available at various levels; we are also looking for door prize donors. If you are interested, please send an e-mail to [sponsor@philaaiha.com](mailto:sponsor@philaaiha.com)**

## **Professional Development Courses**

The New Jersey Section AIHA will be presenting several Professional Development Courses (PDCs) on Thursday, December 3rd at the PSEG facility at 4000 Hadley Road in South Plainfield, NJ.

PDC's to be presented include:

**Ethical Fitness: A Method for Resolving Complex Dilemmas**

**Occupational Health and Industrial Hygiene in Developing Countries**

**Safety and Industrial Hygiene Contributions to Emergency Response**

**Current and Advanced Science for *Legionella* Sampling, Analysis and Investigation**

For additional information, please visit the NJAIHA web page at [www.njaiha.org](http://www.njaiha.org)

## 2015 Northeast Regional Industrial Hygiene Conference and Exposition REGISTRATION FORM

**This form must be completed and submitted by all attendees, regardless of payment method.**

FULL NAME (as it will appear on name badge): \_\_\_\_\_

NICKNAME: \_\_\_\_\_ COMPANY: \_\_\_\_\_

E-MAIL ADDRESS (**REQUIRED**): \_\_\_\_\_

I am a member of:       Philadelphia Section AIHA       New Jersey Section AIHA  
                                   Metro NY Section AIHA       None of the above

CONFERENCE FEE	Pre-Registration (before <b>November 26th</b> )	Registration (after <b>November 26th</b> )	Walk-In (day of conference)
<b>General</b>	[ ] \$210	[ ] \$240	[ ] \$275

**METHOD OF PAYMENT:**

- [ ] Check (payable to *Philadelphia Section AIHA*)
- [ ] Credit Card via PayPal– please visit our on-line conference payment web page at [www.philaaaha.com/confpay.htm](http://www.philaaaha.com/confpay.htm) and follow the instructions to make your credit card payment. This form **MUST** be completed and submitted to complete your application (form can be scanned and emailed to [registration@philaaaha.com](mailto:registration@philaaaha.com), or faxed to 610-680-3494 for PayPal payments only).

We **cannot** accept purchase orders, and we **cannot** invoice for conference fees. A W-9 form for the Philadelphia Section AIHA can be provided upon request.

On-line credit card payments will only be accepted until 5 PM on **Tuesday, December 1st**. Credit card payments for walk-in attendees (\$275) can be made at the door on the day of the conference (we ask you to please complete and submit this form even if you will be paying at the door on the day of the conference).

Mailed payments must be sent to be received no later than **Friday, November 27th**.

Mail this completed application and your payment/registration information to:

Philadelphia Section AIHA  
 PO Box 126  
 Royersford, PA 19468

Submittal of this application indicates that you have read, understood and agree to our refund and inclement weather policies (see page 3 for additional details).