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# ALARA Update

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## ALARA is 25 years old!

We are now celebrating **ALARA's** 25<sup>th</sup> anniversary, providing industrial hygiene consulting services to Canadian and international clients. Thanks to you, and others who recognize the importance of health and safety, we are looking forward to another year of field investigative work, program development and teaching occupational hygiene.

In keeping with our mission to protect the health, safety and comfort of people in the workplace and in the community, we have continued to focus on our two main areas of expertise:

1. occupational hazard evaluation and control;
2. education and training for health and safety professionals and people in the workplace.

## Workplace Health Without Borders

Last Spring, we attended the American Industrial Hygiene Association Conference and Exposition in Portland, Oregon. During the conference, Workplace Health Without Borders held its first international meeting, and over 25 people attended. Since then, WHWB has been incorporated as a not-for-profit organization in Canada and now has over 100 members worldwide.

WHWB is a very active and enthusiastic organization and we are proud to be members. We encourage you to visit [www.whwb.org](http://www.whwb.org) to find out more. If you are interested in following the activities of WHWB or want to be more involved in WHWB, please sign on.

## Most of us are Vitamin D deficient

In our previous ALARA Update we told you about Dr. Holick's presentation (Boston University School of Medicine) on the benefits of Vitamin D. If you want to stay healthy you need to know about this. See <http://www.drholicksdsolution.com/hear-dr-holick/>.

On Nov. 2, we attended a research symposium at the University of Toronto to hear more compelling evidence about Vitamin D. Evidence shows that it reduces the risk of developing many diseases, such as breast and prostate cancer, heart disease and the flu. It also promotes healing.

Some sun exposure (be careful not to burn!) is beneficial, but supplementing your diet with Vitamin D is usually essential for health if you live in Canada. Ask your physician about getting your blood tested for Vitamin D. Current

research demonstrates that you need to maintain a blood concentration of 100-150 nmol/litre

## Your local public library

You may find this book informative and entertaining: **This Book is Overdue: How Librarians and Cybrarians Can Save Us All**, by Marilyn Johnson. It is available (naturally!) in your public library and also at Amazon.com. You will be amazed at what librarians can do for you, both personally and professionally, and your community.

We are big fans of our public library (and our librarians) and visit our local library 2-3 times a week to research, borrow books and DVDs and learn other languages. We also use the library to access health and Safety journals. And it's free! If you own an e-book reader, check out your library's e-book selection as well.

## ALARA Workshops

We will present the following workshops in Toronto this coming spring. For more information go to [www.alara.ca](http://www.alara.ca) and follow the links under Courses Offered.

- Heat Stress Workshop, April 5
- Occupational Hygiene Air Sampling Workshop, May 2-4
- Industrial Noise Exposure Evaluation Workshop, June 7-8

## We need your feedback

We see training and education as an important way toward protecting the health and safety of people in the workplace. If you see a need for a particular short course or workshop that is not currently being offered, please let us know.

Several people have suggested that we develop courses in the following subject areas:

- Evaluation of biological hazards
- Industrial ventilation
- Proposal and report writing

There are many other possibilities. If enough people are interested, we would be happy to develop and present a new course to fill the need. Let us know what you think.

Wishing you a happy and healthy new year,

*Marg and Chuck Pilger*