
ALARA Update



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Pandemic Intervention for Business: Sustaining Normalcy

Oct. 5 Toronto

This conference aims to bring together all health care providers in either the public or private sector in preparing for a major pandemic. Organizations will have an opportunity to identify the best pandemic response strategies and will have a forum for dialogue that includes the entire community of industry, infrastructure, and government.

Visit the Ontario Hospital Association website
www.oha.com/Education/Pages/CalendarofEvents.aspx

Cost-Cutting by Going **Green**

Not only is going green the right thing to do, but it can also save you a lot of the "long green". Here are some ideas that are easy to implement and bring you almost immediate cost savings.

- Look at your thermostat settings. Most of us work in iceboxes in the summer and ovens in the winter. Set the thermostats to 26° in summer and 21° in winter. Use fans to get the air moving gently.
- Use e-mail more often and use your printer less. The paperless office is less expensive to run and it generates much less waste.
- Plant trees outside your building for shade.
- Fix those insulation and air leakage problems that drain away heat and dollars in the winter.
- Change electric energy use patterns so that you are minimizing electricity use during peak times of the day.
- Consider working from home for at least part of the week, bicycling to work, or car-pooling. This saves both the employer and the employee money if it reduces the number of parking spots required for employees.
- Reject, reduce, reuse and recycle. Do you really need that new computer? Can you upgrade or repurpose old equipment instead of throwing it out?
- Rather than buying textbooks and reference books, use the ones at your local university, college or public library. Let the library staff know that you

are interested in health and safety resources and they will acquire more of these. If you feel uncomfortable taking advantage of this free service, make a tax-deductible donation to your library.

ALARA Workshops

Occupational Hygiene Air Sampling Workshop. We still have a few spaces left in our September 23-25, 2009 workshop. People from Newfoundland to BC will be attending. The next offering of this workshop in Toronto will be September 22-24, 2010.

Health Hazards of Industrial Chemicals. This one-day workshop will be presented in Toronto on October 21, 2009.

You will find more information on our website. If you would like us to present a seminar on any industrial hygiene topic at your workplace, please let us know.

So, what else have we been doing?

We spend most of our time conducting hazard evaluations in workplaces. We also present in-plant seminars on specific topics for plant managers, supervisors, health & safety officers and workers. Last month Marg traveled to Peterborough, Manitoba and Saskatchewan to visit wood treatment plants (pressure-treated wood) to present training on the health and safety hazards associated with wood preservation chemicals and evaluate their air sampling, chemical control and PPE programs.

If you think you may benefit from a site visit, please let us know and we would be happy to arrange it.

Other Upcoming Workshops

University of North Carolina is offering the following courses in Chapel Hill, NC (see <http://osherc.sph.unc.edu/ce/> for more information and more courses):

Comprehensive Industrial Hygiene (CIH) Review, Sept. 21-25, 2009; March 15-19, 2010; Sept. 20-24, 2010.

Certified Safety Professional (ASP/CSP) Review
Nov. 9-13, 2009, April 12-16, 2010; Nov. 8-12, 2010

Marg and Chuck Pilger
