



From the Director...

An economic crisis with massive jobless claims (unemployment) and bankruptcies is impacting both major blue chip companies as well as small businesses. Not a pretty picture for the new administration. Yet these are the times in which we live as our new President and his Cabinet take office.



UNITED WE STAND

pressure of cutting corners and finding "efficiencies" that might be implemented with compromise to workplace safety.

Let's be prudent in our continued efforts to provide a quality and successful workplace that is healthy and safe for all employees.

I've seen too often that when tough financial difficulties hit companies they start to cut the EH&S budgets as they find ways to make ends meet.

We wish you all a happy and safe 2009 and let's work together to move our great country forward.

Now more than ever our expertise, diligence, and steadfastness to remain compliant and provide safe and healthful workplaces are crucial to the success of our companies. In times such as these, employers and managers may feel the

Sincerely,

E. Rush Barnett, CSP, CIH
Director of Training

TEM or PCM That is the question?

Once again the question has been raised as to what type of final air sampling can be performed on a NESHAP-sized project (<160 sq. ft., 260 lf) in Washington, D.C. As stated in the November 21, 2003 letter from the DC Dept. of Health: "Aggressive TEM sampling, according to AHERA, applies to ALL Schools and Occupied Buildings." This means 13 total TEM samples must be taken at the following locations: 5 inside the containment, 5 outside containment, 2 field blanks and one sealed blank.

PCM final clearance on NESHAP-sized projects in Washington, D.C can be taken only in the following situations:

- Confined spaces
- Demolitions
- Unoccupied areas
- Outdoor abatements.

The number of PCM samples is 2 per 2500 square feet of floor area. The clearance for TEM is ≤ 70 s/mm² and PCM is <0.01 f/cc.

If there are any questions regarding this matter, or you are unsure of what samples to run on your project in the District of Columbia, please call one of the following numbers and inquire: 202-535-2250 or 202-724-7650.

TAKE THE LEED® IN INDOOR ENVIRONMENTAL QUALITY

LEED (Leadership in Energy and Environmental Design) is used by a variety of professional organizations that include architects, engineers, construction managers, real estate professionals, facility managers, and government officials to help transform the built environment to sustainability, according to the United States Green Building Council (USGBC). There are many different aspects in designing and constructing new buildings, renovating existing buildings, and maintaining existing buildings (operations & maintenance). This article presents a very brief overview of some of the main features of the *Indoor Environmental Quality requirements for new construction & major renovations*, as they relate to building ventilation and chemicals.



There are two required environmental quality (EQ) prerequisites for Minimum Indoor Air Quality (IAQ) Performance: (1) meet the minimum requirements of sections 4-7 of ASHRAE 62.1, "Ventilation for Acceptable Indoor Air Quality"; and (2) prohibit smoking in the building [except in designated areas that are properly designed to contain, capture and remove environmental tobacco smoke (ETS) from the building]. EQ Credits are assigned for the following:

❑ **Outdoor Air Delivery Monitoring**

Install permanent monitoring systems that provide feedback on ventilation system performance to ensure that the ventilation systems maintain design minimum ventilation requirements. Carbon dioxide concentrations, as well as direct outdoor airflow rates, need to be monitored as part of this requirement.

❑ **Increased ventilation (for mechanically ventilated spaces)**

Increase breathing zone outdoor air ventilation rates to all occupied areas by at least 30% above the minimum ASHRAE rates required by ASHRAE 62.1 as determined by EQ Prerequisite 1.

❑ **Construction IAQ Management Plan: During Construction**

Develop and implement IAQ Management Plan for the construction and pre-occupancy of the building. During construction meet or exceed the recommended Control Measures of the Sheet Metal and Air Conditioning National Contractors Association (SMACNA) Guidelines of Occupied Buildings Under Construction, 1995, Chapter 3. Protect stored on-site or installed absorptive materials from moisture damage. If permanently installed air-handlers are used during construction, each return grill must be protected with filter material with a Minimum Efficiency Reporting Value (MERV) rating of 8. Replace all filtration media immediately prior to occupancy.

❑ **Construction IAQ Management Plan: Before Occupancy**

There are two options: (1) Flush Out or (2) Air Testing

Flush Out

Under Flush Out, there are two choices:

- After construction, prior to occupancy and with all interior finishes installed, perform a building flush-out by supplying a total of 14,000 cubic feet air per square foot of floor area while maintaining an indoor temperature of at least 60 degrees Fahrenheit and a relative humidity no higher than 60%.

OR

- If occupancy is desired prior to completion of the flush-out, the space may be occupied following the delivery of a minimum of 3,500 cubic feet air per square foot of floor area to the space.

Air Testing

- Conduct baseline IAQ testing, after construction ends and prior to occupancy,

(continued on bottom of page 3)

OSHA REQUIRES "LIVE" HANDS-ON TRAINING

In a recent interpretation letter to National Environmental Trainers, Inc., OSHA reaffirmed that on-line training, including so-called simulator training, cannot be used as a replacement for live, hands-on training for personal protection and other types of equipment. This guidance is important for companies involved in HAZWOPER training. Be careful to not fall victim to seemingly easy training solutions that are inappropriate and prohibited by OSHA.



...“OSHA expects, as part of the 40-hour (or 24-hour) training requirement, that a trainee be able to don, doff, touch, feel and otherwise manipulate a particular piece of personal protective equipment that an employer of a specific site may require or provide to protect their employees to prevent injury or illness. This would include the actual donning and doffing of a respirator and/or chemical protective clothing, and not just using a simulator.”

The July 2, 2008 interpretation letter is found at: <http://www.osha.gov/pls/oshaweb/>

New OSHA Outreach Training Program Guidelines Available

OSHA issued new Construction and General Industry Outreach Training Program guidelines replacing the 2003 versions. Changes were made to the 10- and 30-hour training topics. There are also changes to the Outreach Training Program report and additional recordkeeping requirements for outreach trainers. The guidelines affect an estimated 15,000 active OSHA-authorized outreach trainers. Changes to course topics and hours include:



- Construction 10-Hr, 4 hours on mandatory topics (was 3 hrs).
- Construction 30-Hr, 12 hours on mandatory topics (was 6 hrs)
- General Industry 10-Hr, 6 hours on mandatory topics (was 4 hrs)
- General Industry 30-Hr, 11 hours on mandatory topics (was 7 hrs)

For more information about OSHA Outreach Training for your organization, contact AMA!

TAKE THE LEED® IN INDOOR ENVIRONMENTAL QUALITY (Continued from page 2)

using testing protocols consistent with EPA methodologies, and follow specific sampling strategy requirements in the LEED document. Demonstrate that the contaminant maximum concentrations are not exceeded.

- **Low-Emitting Materials**
 - Adhesives & Sealants
 - Paints & Coatings
 - Carpet Systems
 - Composite Wood & Agri-fiber Products
- **Indoor Chemical & Pollutant Source Control**

To find out more about Indoor Environmental Quality pertaining to LEED, contact AMA!

OSHA'S TOP 10 VIOLATIONS FOR 2008 (Unfortunately, More of the Same)

The 2008 OSHA Top 10 list of most cited violations (10/1/2007-9/30/2008) is really not much different from the lists of previous years. The No. 1 cause of workplace fatalities is falls from elevations. It just so happens that the most cited standard was Scaffolding, with No. 3 being Fall Protection, and No. 8 Ladders.

	<u>2007 Ranking</u>
1. Scaffolding-General Requirements (1926.451)	1
2. Hazard Communication (1910.1200)	3
3. Fall Protection (1926.501)	2
4. Respiratory Protection (1910.134)	4
5. Lockout/Tagout (1910.147)	5
6. Electrical – Wiring Methods (1910.305)	7
7. Powered Industrial Trucks (1910.178)	6
8. Ladders (1926.1053)	8
9. Machine Guarding – General Requirements (1910.212)	9
10. Electrical – General Requirements (1910.303)	10

(Ref: NSC, Safety + Health, Dec. 2008)



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