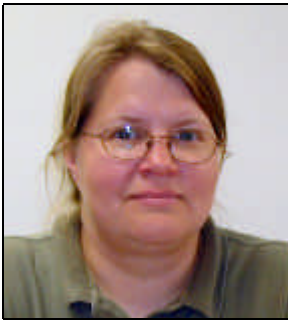


## MIHS PRESIDENT'S MESSAGE

Lisa Quiggle, CAIH



I have been nominated to the Board of Directors for ABIH as the CAIH representative taking office after their next meeting in March 2005.

One of the issues that

the Board is addressing is the time limitation that everyone seems to be facing in volunteer organizations. It appears that in all organizations volunteers have less time to participate in the running of the organization or even to participate in activities. The ABIH Board is changing its governance policies and the bylaws so that Board members will be less involved with administrative work and details and more involved with strategic issues and gathering information from groups affected by Board actions. After attending the meeting in March, I will have more information.

Andrew Berryman, a former member of the MIHS Board of Directors, has taken a new position in Georgia. Andrew has actively participated in MIHS and his efforts have been greatly appreciated. We wish Andrew the best in Georgia. It seems that the South has been claiming a few of our members lately! Recently, Andrew has worked on coordinating

the booth space for MIHS at the Michigan Safety Conference in Lansing. If anyone is interested in working on the Safety Conference please contact Laura Randall or myself. Andrew has already registered the booth, and we need volunteers to work the booth.

We are looking for volunteers to help with the MIHS Best Paper Award. Please see the article in this newsletter for further information. The time commitment for this is really quite small. We just need you to read articles in one month's issue of the AIHA Journal and/or the OEH Applied Journal, and fill out the comment forms. Matt Macomber is chairperson of this committee [mamacom@michigan.gov](mailto:mamacom@michigan.gov).

It is getting to be that time of year again and we have had a few requests for certification maintenance numbers for last year. We have a posting of the numbers on our web site. The CM approval numbers for the MIHS meetings are located on our web site under the link 'Approved CMs' on the left sidebar. If you need a copy of the letter, please contact me and I will forward it to you.

## MIHS BEST PAPER AWARD VOLUNTEERS



MIHS needs your help! Please consider becoming a part of this time-honored tradition.

One of MIHS's most enduring traditions has been the MIHS Best Paper award that was started back in 1957. Every year since, MIHS has annually recognized the author(s) of the most outstanding article from the American Industrial Hygiene Association Journal (AIHA Journal). In 1989, the MIHS Board of Directors voted to also recognize the author(s) of the "Best Paper" in the Applied Occupational and Environmental Hygiene Journal (Applied Journal).

To view a listing of the MIHS Best Paper awardees, please go to [www.MIHSweb.org](http://www.MIHSweb.org) and click on "Best Paper Awards", on the left-hand sidebar link.

The AIHA Journal and the Applied OEH Journal have combined into one journal, the Journal of Occupational and Environmental Hygiene. This journal succeeds the AIHA Journal and the Applied Occupational and Environmental Hygiene, both of which ceased publication at the end of 2003.

The assessment process includes a review of technical journal articles published during the calendar year. Once an article is read, the reviewer fills out a scorecard with 19 statements pertaining to his/her impression of the article. The statements are scored on a scale of 1 to 5 depending on whether or not reviewer agrees with the statement. The statements are segregated into four categories:

- Importance of the Work to Industrial Hygiene (40%)
- Scientific Methods (30%)
- Presentation (20%)
- Originality (10%)

The winner of the MIHS Best Paper Awards is presented during AIHA and ACGIH annual business meetings that are held during the AIHce. MIHS Best Paper Award recipients receive an 8" x 10" plaque to commemorate their achievement.

Review of 2004 journal articles begins immediately. Please consider participating in the assessment process this year. For more information, contact the Awards Committee Chairperson, Matt Macomber, [msmacom@michigan.gov](mailto:msmacom@michigan.gov).

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## Your MIHS Member Profile

Please be aware that you have the ability to update your Member Profile information in the MIHS database.

To view your Member Profile, please go to:

- 1) [www.MIHSweb.org](http://www.MIHSweb.org)
- 2) Click on "Members Area" in the upper right-hand corner
- 3) Click on "Log In" using your Username and Password.
- 4) Click on "Update Profile"
- 5) View fields and edit your profile as appropriate.
- 6) Click on "Save Changes" to update the database

The address information in the database will be used for mailing election ballots, so it is important that this information is current.

Can't Log In? Please remember that your Username and Password are case-sensitive.

Did you forget your Username or Password? Please contact me, [Laura Randall Irandall@argus-group.com](mailto:Laura.Randall@argus-group.com).

## Frankenmuth PDC - Highlights

by Tim Kearney, Treasurer



The following contains a few of the highlights from a couple of the presentations at the MIHS Frankenmuth PDC last Fall. Approximately 29 people attended.

"Otoprotective Agents for Noise Induced Hearing Loss" was presented by Dr. Kathleen Campbell, PhD, Professor and Director of Audiology Research, Southern Illinois University, School of Medicine. Dr. Campbell's presentation illustrated how much we are still learning about the ears natural protective mechanisms and the role that micronutrients or dietary supplements can play in the future to prevent NIHL in many occupations. Her studies in D-MET and other nutrients will likely result in a "Noise Pill" being introduced in the future to reduce the impact of occupations with high noise exposure and high susceptibility for NIHL.

"New Finding on Hair Cell Vulnerability to Noise Exposures - Can We Heal The Ear From Noise Damage?" was presented by Dr. Anne E. Luebke, PhD, Associate Professor Biomedical Engineering and Neurobiology and Anatomy, University of Rochester. Dr. Luebke's presentation was an excellent discussion of the role genetics plays in the varying susceptibility to noise the employees might be exposed to. With her discussion of the efferent neural systems of the inner ear, she was able to describe how some cochlea's actually are able to resist the damage induced in some individuals hearing mechanisms that haven't the benefits of these strong efferent neural systems. Using the dpoa measurement system she described, it may be possible to screen employees for their susceptibility to noise prior to allowing them to be exposed to occupational noise.

## Comprehensive Industrial Hygiene Review

COMPREHENSIVE INDUSTRIAL HYGIENE REVIEW is a 4.5-day course that provides an intensive, high-level review of a wide range of industrial hygiene topics. It will be offered in Ann Arbor, Michigan, April 4 - 8, 2005. This course will provide attendees with comprehensive and contemporary industrial hygiene information and references. More than a dozen experts from the University of Michigan and from the private sector will serve as instructors. The course will benefit individuals needing to broaden or refresh their industrial hygiene knowledge base and will assist individuals needing to focus their efforts to pursue professional certification. This program is co-sponsored by the American Industrial Hygiene Association (AIHA) and the Michigan Industrial Hygiene Society and registration is handled through the AIHA. For more information, refer to the following link on the AIHA web page:

<http://www.aiha.org/MeetingsEducation/html/CIH.htm>

## MIHS needs you at the Michigan Safety Conference

**April 19 - 20, 2005**

MIHS will have a booth at the MSC and we are looking for volunteers to staff it. If you are interested, contact Lisa Quiggle: [quiggle@msu.edu](mailto:quiggle@msu.edu) or Laura Randall: [lrاندall@argus-group.com](mailto:lrاندall@argus-group.com)

### Looking for new job opportunities?

Be sure to frequently check the job-posting page on the MIHS website. Go to [www.MIHSweb.org](http://www.MIHSweb.org), click on "Informational & Support Links", then click on "IH Job Postings". New postings have been added.

### AIHce 2005

The premier conference and exposition for OEHS professionals

Celebrating Innovation  
May 21-26, 2005  
Anaheim, CA

For registration and information: [www.aiha.org](http://www.aiha.org)



### Are you interested in becoming an MIHS Officer or Board Member?

We need you! (Elections will be held in the first part of 2005.)

Contact MIHS Past-President:  
Gerald Plattenberg, CIH  
734-453-5123  
[gplattenberg@craworld.com](mailto:gplattenberg@craworld.com)



### MICHIGAN Ergonomics Regulation Update

by John Bavin

Nothing significant happened at the last meeting on November 4, 2004. There was no meeting scheduled for December. The next meeting is January 26, 2005.

### Pay Pal Information

In the future, if any member pays using PayPal, they can actually return to PayPal, sign in and look at their individual history to print a receipt for any payments they have made using the PayPal system.



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# Certification 101: Changes to the CIH Exam

By Allan Fleeger and Dean Lillquist

Are you planning to take the CIH exam? Are you aware of the recent changes? Is there a magical formula for success? We'd like to offer you some assistance in your CIH quest.

## Going Electronic

Probably the biggest recent change in the exam is the fact that ABIH has done away with the pencil and paper version (in North America) and replaced it with an electronic format. Yes, we've caught up with modern technology.

The exam is no longer offered at the AIHce or other venues, although a paper version is still offered for exams outside of North America. Examinees are required to schedule their exam with various Prometric Testing Centers. Visit the ABIH Web site at [www.abih.org](http://www.abih.org) for the testing location nearest you, as well as scheduling advice, "windows" for taking the exam and other vital information.

To date, the exam content has not changed, only the platform. The process starts at the testing center with a short tutorial on using the electronic format. The exam remains multiple-choice with four potential answers to each question. There is still one "book" in the morning, a lunch break and a second "book" in the afternoon. Once you close a session and leave the room, you cannot re-open the session. You have access to the equation sheet on the testing computer, and you can mark specific questions to refer back to at a later time. In addition, when you complete the exam you immediately get a preliminary score report (pass or fail feedback), which is followed by an official communication from ABIH with a more detailed performance report.

So why the change? Lynn C. O'Donnell, executive director of ABIH, describes it as both a response to requests for electronic testing as well as a value-added service. Prometric has more than 300 testing sites in the United States and Canada, minimizing travel costs; an April-May testing window for February applications and an October-November testing window for August applications provide increased scheduling flexibility.

O'Donnell warns, however, that by having a window to take the exam rather than an imposed date, some individuals may find procrastination to be a personal challenge.

## Candidate Reactions

Given the first examination window for the new format closed on May 31, we took it upon ourselves to interview a number of individuals who sat for the exam. The good news is that most found it to be a positive experience.

They felt that the electronic format was very efficient and user friendly, particularly the use of the equation sheet. They also found the allotted time to take the exam was more than adequate. Examinees were also pleased to learn that if you mark questions that you would like to go back to and review, the system actually prompts you to review these questions. Another advantage is that you sit in a private/semiprivate area to take the exam, instead of sitting in a large open room with hundreds of other examinees.

On a final note, one of the examinees, who had the unfortunate pleasure of taking both formats, found the electronic format to be better and was extremely pleased to get instant feedback upon completing the exam, especially when she was informed that she had passed.

## Other Recent Changes

**One Day Versus Two:** Another major change is that the exam is now only one day long instead of two. Simply put, the statistical science of standardized testing does not dictate more than a day of tests to document competency in a subject matter.

**Professional Qualifications:** ABIH now requires applicants to document completion of specific industrial hygiene courses before being accepted for the examination. At least half of the required course work must cover the broad subjects of toxicology, fundamentals of industrial hygiene, measurements and controls. The remaining coursework may be in industrial hygiene subjects that are narrower in scope (i.e., asbestos, ergonomics, biohazards, heat stress, etc.). The ABIH Web site provides more guidance on this topic.

**Rubric Changes:** There have also been some minor changes in the rubric names and definitions to reflect ongoing changes in the field. For example, the rubric that was reported in 1994 under the name "Air Pollution" has been changed to "Community Exposure" to allow for the addition of questions in related areas of community health. The old rubric of "Personal Protective Equipment" has been renamed "Non-Engineering Controls" to reflect the inclusion of questions in such areas as administrative controls. Reference the Candidate Handbook on the ABIH Web site for more details on each of the rubrics.

**Passing Scores:** Beginning in 2002, the passing scores for ABIH examinations will be established through a process known as "equating." This process compares the performance of two groups of examinees on a selected group of questions common to the exams taken by each group and also on the questions that are unique

to each of the exams. This comparison makes it possible to evaluate the relative performance of the two groups of candidates to determine if they are comparable in knowledge level and also determine the relative difficulties of the two exams.

The reason for performing this analysis and incorporating candidate performance data in the setting of the passing score is to attempt to assure that the exam is neither more nor less difficult for candidates to pass from one year to the next. ABIH's intention continues to be to set a fair and equitable passing score using the best procedures available. This is in the best interests of the candidates, ABIH and the public that we as industrial hygienists strive to protect.

### **A Formula for Success**

So, is there a magical formula for success? To answer this question, we would refer you to another article published in this series, "Certification 101: How to Take the Exam" by Steve Levine (The Synergist, February 2004, pp. 17-18). Levine provides a number of excellent suggestions for increasing your chances of success.

On a more personal basis, we are frequently asked if our book, AIHA's Industrial Hygiene Reference and Study Guide, can be used to help prepare for the exam. In response, we can tell you that one of the primary purposes for assembling this book was to help individuals like yourself prepare for the exam. This book was our attempt to summarize the wealth of information available for most of the rubrics covered by the exam.

However, we will be the first to point out that this book should not be your starting point. As Levine suggests in his article, everyone should start by condensing their own class notes, textbooks and other materials by hand into a format that best suits your style. In addition, it is crucial that you know and can work the equations cold.

Bottom line: Our book is intended to be the Cliff notes or flash cards that you refer to only after knowing the basics behind each of the rubrics. And many of us learned the hard lesson in high school or college that you cannot pass an exam on Shakespeare by only reading the Cliff notes.

*Fleeger, a CIH and CSP, is with ExxonMobil Chemical Co. in Houston, Texas.*

*Lillquist, a PhD, CIH and CHMM, is an assistant professor with the Rocky Mountain Center for Occupational and Environmental Health, Salt Lake City.*

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## Report Card on Computer CIH Exams

Lynn O'Donnell, CIH

The first cycle of computer delivered CIH exams has been completed. Feedback to ABIH has been very positive. Comments from candidates included "I like the format of taking the test at a computer" and "Finally, I don't need to travel to take the exam!"

During the April/May exam window, 228 examinees took the exams at Prometric test sites in the United States and Canada. Among those, 222 candidates took the comprehensive practice exam and 6 took the certified associate industrial hygienist exam. As a result, we now have 79 new CIHs and three new CAIHs. (For a complete list of the names of our new CIHs and CAIHs, visit [www.abih.org](http://www.abih.org).)

Based on input from the examinees, we are working with Prometric to improve the tutorial given prior to officially starting the exams and the ABIH Client Practice document provided online to Prometric testing center staff. The Client Practice document provides details specific to ABIH requirements for calculators, the equation sheet, scheduling, scoring and other exam-related issues. Upon completion of the exam, the candidate receives a preliminary pass/fail report, which is followed up by an official letter and rubric performance report from the Lansing office.

The next application deadline is Feb. 1. Candidates approved for the spring exams will be able to schedule test dates with Prometric in the months of April and May 2005.

O'Donnell is the executive director of ABIH. She can be reached at [abih@abih.org](mailto:abih@abih.org).

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Each year the activities of the MIHS have been supported by our Organizational Members. The MIHS appreciates the support and generosity of our Organizational Members.

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