

Cynthia Eghbalnia, MPH, CIH, CSP | Sr. Industrial Hygienist Advisor

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Professional Summary:

Ms. Eghbalnia is a passionate Environmental, Health and Safety professional with a commitment to innovative and sustainable improvements in workplace culture that translates to quantitative and cost-effective results. Cynthia is a Certified Safety Professional (CSP) and a Certified Industrial Hygienist (CIH) with over 30 years of experience in the safety, health, environmental, industrial hygiene, and risk management fields. Her diverse background encompasses settings that includes education (K12 and Higher Ed.), manufacturing, construction, transportation, and mining sectors. Her experience includes working for an international environmental consulting firm as a staff industrial hygienist and environmental scientist, holding various positions as District Environmental, Health Safety (EHS), Security Manager, Risk Manager, and Worker's Compensation Administrator in two large educational institutions, and as an Area Director of Safety for national transportation company (passenger). Additional experience includes familiarity with Federal OSHA, EPA, MSHA, FMCSA, and DOT; and various State level codes/organizations, such as, Wisconsin DNR, DHSS and Ohio OEPA, BWC and PERRP.

Areas of Expertise:

- Industrial Hygiene Exposure Assessments
- Indoor Air Quality /Indoor Environment Quality
- EHS Training and Program Development
- Noise Investigations and Monitoring

Licenses and Certifications:

Certified Industrial Hygienist, Board for Global EHS Credentialing (BGC), #CIH-CP 8365

Certified Safety Professional, Board of Certified Safety Professionals, #CSP-37022

OSHA General Industry Outreach Trainer, University of Cincinnati Great Lakes OSHA Education Center, 503-4

Project Experience:

Comprehensive Industrial Hygiene Surveys /IH Program Management – Higher Ed & K12

Certified Industrial Hygienist responsible for management and oversight of health and safety site evaluations, including Asbestos O&M Plans, indoor air/environmental quality investigations and use of Q-trak, P-trak, MiniRae PID, Gas Alert 4-way meter, ventilation, moisture, sound level and light meters], respirable and total dusts, molds [air and tape], welding fumes, isocyanates, VOCs, lead in firing ranges. Improvement recommendations made based on investigation, exposure requirements and analytical results. Managed in-house IH equipment, use, storage and calibrations to ensure monitoring tests' performance.

Industrial Hygiene Surveys Services – Various Consulting Projects

Certified Industrial Hygienist on multiple projects for exposure evaluations and recommendations: respirable silica exposure during road & building constructions; lead monitoring during building renovations; dust and sound level surveys in manufacturing, recycle center and surface quarry (mining); air contaminant monitoring (including Hexavalent Chromium) in mill operations.

Comprehensive EHS Program Development– Higher Ed & K12

Implementation and oversight, from the ground up, of a successful full-spectrum Occupational and Environmental Health and Safety (EHS) compliance program at two (2) organizations. Programs interfaced and supported OSHA, EPA and state/local regulatory compliance needs for the following technical and industrial program areas (list not all inclusive): 1) Healthcare- Dental Hygiene & Auxiliary, Nursing, Childcare, Massage Therapy, Recreational Therapy; 2) Laboratories- Chemistry, Biology, Physics, Metallurgy, Biotechnology Lab, and Veterinary Technician Lab; 3) Industrial- Auto Body Shop, Diesel Mechanics Shop, Industrial Maintenance Shop, Wood Shop, Welding Shop, Agriculture Mechanics, Brake Shop, Furniture Repair Shop; 4) Public Service- Fire Service Training Center, Police Academy, EMS; and, 5) Operations/Facilities- custodial, maintenance, trade (electricians, tanners, carpenters, glaziers, lawn crew), bookstore/warehouse, nursing staff, and office and instructional staff.

Accident Prevention /Investigations and Workers' Compensation– Higher Ed

Facilitate cross-functional collaborative partnerships between Ohio BWC, third-party administrators, and community leadership. Head all formal incident investigations, conduct root cause analysis of accident/injury, and drive corrective action for future prevention. Managed oversight of the Workers' Compensation program. Focused efforts produced a steady 12-year decline in accident rates resulting in an annual cost savings of \$800K in insurance premiums and three-time organizational recipient of Ohio Bureau of Workers' Compensation Safety Recognition Award.

EHS Training Development, Presentation and Oversight– Various Companies

Developed, presented and managed the spectrum of EHS training for 2 large institutions (Higher Ed/K12) for internal staff (including in-person and online options, and managed a LMS). Conducted Respiratory Protections and Fit Testing, Controlling Silica Exposure in Construction, and Bloodborne Pathogens Exposure and Infection Control for multiple manufacturing/construction companies.

EHS Website & District LMS– Higher Ed & K12

Developed and maintained EHS website (2 large organizations) and selected online training modules. Lead the successful onboarding and integration of an online Learning Management Systems for EHS training, and district wide department use.

Emerging Issue Management– Higher Ed & K12

Provide institutional leadership with emerging issues (such as response and plans with Anthrax threat and the H1N1 and COVID-19 Pandemics. Lead a team of 7 direct reports to assist with EHS and COVID-19 and managed the COVID19 hotline for the company across 60 sites.

Environmental Scientist/IH work- Consulting Company

Assisted in operations & oversight: RCRA Military Site Inspections, Superfund project support in Health and Safety Plan development and as Site Health and Safety Officer, ICP Laboratory Operations, Lead/Asbestos (HUD), and Industrial Hygiene at Yucca Mountain Nuclear Waste Repository (including IH surveys of several drilling prototype sites, Indoor Air Quality Investigations, HazWoper refresher training).

Environmental Management & Reporting– Higher Ed & K12

Projects include Tier II Chemical Inventory Reporting, SPCC and HazMat Security Plan oversight, Hazardous Waste Annual Reporting (Large & Small QG), Infectious Waste Annual Reporting Annual Compliance Certification/Monitoring Air Permit Reports

OSHA 10 Hour Training– Various Companies

Conducted 10-hour OSHA General Industry training for various institutions and clients (manufacturing, SHRM-HR, and k12 students).

Respiratory Fit Testing– Various Companies

Conducted Respirator Fit Testing and managed the occupational medical programs for 2 large institutions (Higher Ed/K12), including during both the H1N1 and COVID-19 Pandemics; also provided Respirator Fit Testing to a manufacturing client.

Passenger Transportation and Accident Prevention– Transportation

Assist the Great Lakes region team in growing a vehicle accident and work-related injury prevention plan based on loss data and cause analysis; crisis management of emerging events; and ongoing implementation and maintenance of Company-defined safety and training processes and systems. Team successfully decreased vehicle accident frequency by 5% in 2022, compared to 2021, and on track to do the same (decrease another 5%) in 2023.

University of Cincinnati (UC) Advisory Board: Workplace S&H Training on Infectious Diseases

Advisory Board member for the development of the "Workplace Safety and Health Training on Infectious Diseases – a training grant funded through the Susan Harwood Training Grant Program.

Professional Experience:

EFI Global, Certified Industrial Hygienist/Sr. Industrial Hygienist Advisor, 2023 – Present
National Express, LLC, Area Director of Safety, Great Lakes Region, 2021 – 2023
Cincinnati Public Schools, Environmental Health and Safety & WC Administrator, 2008-2021
Madison Area Technical College, Risk Manager/Campus Security and EHS Manager, 1992-2008
Science Application International Corporation, Environ. Scientist & Industrial Hygienist 1985-1992

Specialized Education:

OSHA 503, Update for General Industry Outreach Trainers, University of Cincinnati, Great Lakes OSHA Education Center, 2022
Lead Renovation, Repair and Painting, Refresher, Matrix, 2017
AWR 148: Crisis Management for School-Based Incidents - Partnering Rural Law Enforcement and the Local School Systems, FEMA, Cincinnati, OH, 2013

Education:

Master of Public Health in Industrial Hygiene, San Diego State University, San Diego, OH 1991
Bachelor of Arts in Animal Physiology, University of California, San Diego, CA 1985

Affiliations:

American Industrial Hygiene Association (AIHA)
American Conference of Governmental Industrial Hygienists (ACGIH)
American Society of Safety Professionals (ASSP)
Board for Global EHS Credentialing (BGC)

Board of Certified Safety Professionals (BCSP)
National Occupational Research Agenda (NORA) Services Sector Council, member
Ohio Valley Local Section – AIHA (2019-2020 & 2022-2023 President)
Southwestern Ohio Chapter – ASSP

Courses Instructed/ Guest Lecturer:

Include, but not limited to:

- 10-hour OSHA General Industry Class
- Asbestos Awareness (2 hour) & O&M Plan review
- Bloodborne Pathogens Infection, Protection and Control
- Confined Space Entry Program Review
- Hazard Communications and Laboratory Safety
- Hearing Conservation Review and Fit Testing Requirements
- Electrical Safety (Awareness)
- Fall Protection Lead-Based Paint Renovation, Repair and Painting
- Hazardous Waste and Universal Waste Management
- Lockout Tagout Procedures
- New Hire Safety Orientation
- Personal Protective Equipment
- Respiratory Protection Review & Fit Testing of Respirators
- Silica Exposure Control and Plan Review
- Supervisor/Manager Safety Training
- Water Damage Response and Mold Prevention

Publications and Presentations:

Eghbalnia C, Sharkey K, Garland-Porter D, Alam M, Crumpton M, Jones C, Ryan PH. 2013. A community-based participatory research partnership to reduce vehicle idling near public schools. *J Environ Health* 75(9):14-19.

Ryan PH, Reponen T, Simmons M, Yermakov M, Sharkey K, Garland-Porter D, Eghbalnia C, Grinshpun SA. 2013. The impact of an anti-idling campaign on outdoor air quality at four urban schools. *Environ Sci Process Impacts* 15(11):2030-2037.