Cynthia Torres, M.P.H.

SCIENTIST II

CONTACT INFORMATION

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PROFESSIONAL PROFILE

Cynthia Torres is an environmental health scientist and industrial hygienist in ToxStrategies' Exposure Sciences practice. She recently earned a Master of Public Health in Environmental Health Sciences, with a concentration in Industrial Hygiene, from the University of California, Berkeley. Her thesis work focused on occupational exposure to airborne polycyclic aromatic hydrocarbons (PAHs) during agricultural prescribed burns. Her professional experience includes research roles and internships in both the academic, state, and private sectors. She has field experience in various IH and EHS investigations, including indoor air sampling (particulate matter [PM], peracetic acid [PAA], polycyclic aromatic hydrocarbons, polychlorinated biphenyls [PCBs], personal exposure sampling, noise dosimetry, and ergonomic evaluations. Her skill set includes the use of R Package software (modeling, ggplot), geographic information system (GIS) software, data visualization, and various laboratory and assay development techniques.

EDUCATION AND DEGREES EARNED

2024 M.P.H., Environmental Health Sciences, Industrial Hygiene concentration
University of California, Berkeley

2021 Advanced Biosciences Certificate
University of California, Berkeley

2020 B.A., Environmental Studies, Chemistry concentration
University of California, Santa Barbara

PROFESSIONAL ASSOCIATIONS

2023–present American Industrial Hygiene Association (AIHA)

2023–present AIHA Northern California Section (NCS)

- Developing World Outreach Initiative Committee (2024-present)

FELLOWSHIPS AND AWARDS

2024	Finalist for the Award for Research Excellence, UC Berkeley Environmental Health Sciences Department
2024	EHS Leadership Award
2023	Graduate Opportunity Program Fellowship Award
2022–2023	Berkeley Public Health Fellowship
2022–2023	UC Berkeley Latinx and the Environment Graduate Leadership Fellowship
2023	AIHA-NCS Robert T. Legge Student Award
2019	UCSB Environmental Studies Program Outstanding Service Award Recipient
2018	2nd Place Proposal, Sustainability category, UCSB Professional Writing Contest

SELECTED PROFESSIONAL AND ACADEMIC EXPERIENCE

Industrial Hygiene

Conducted ventilation screening and assessments using a Balometer for California and NYC skilled nursing facility and long-term care facilities. Performed N95 fit testing using quantitative and qualitative methods (TSI PortaCount Respirator Fit Tester) in compliance with OSHA Standard 29 CFR 1910.134. Provided respiratory protection training to on-site staff. Prepared guidance on Train the Trainer written materials and oral presentation for N95 fit testing.

Conducted a preliminary literature review related to silicosis, natural and engineered stone, and control implementation. Prepared an air-sampling protocol to evaluate crystalline silica.

Identified and reviewed publicly available health data on Legionnaires' disease and guidance on Legionella risk management. Summarized findings in written report for stakeholder.

Conducted environmental indoor air testing for PCBs near and on 20 railway tracks in New York City. Supported sample handling and delivery to third-party laboratory. Performed a job hazard analysis for the railroad mechanic.

Conducted routine fume-hood assessments and airflow maintenance for two university campuses using a TSI Q-Trak indoor air quality monitor and a VelociCalc Muti-Function Ventilation Meter. Facilities included biological, chemistry, and geological laboratories, animal testing facilities, spray-painting booths, and outdoor maintenance shops, in compliance with OSHA Standard 29 CFR 1910.1450. Performed laboratory safety audits as needed. Maintained and submitted records, varying from fume-hood velocities to safety data sheet (SDS) management, for hazard mitigation and emergency planning for 50 facilities. Used ArcGIS to map campus safety locations and hazardous materials and also uploaded records to California's Environmental Reporting System.

Performed employee noise dosimetry for 11 workstations at a bakery. Calculated noise exposure in compliance with OSHA and ACGIH TLVs. Finalized findings in a report for the site manager.

Conducted PAA sampling using ChemDAQ SafeCide. Supported ergonomic evaluation for a poultry facility.

Relevant Research Experience

Reviewed epidemiological and toxicological literature on air pollution and associated health effects related to indoor NO_2 emitted from gas stoves. This review involved a systematic literature search using Zotero and EndNote in PubMed and Web of Science databases. Created search strings and developed exclusion criteria, screened titles and abstracts for eligibility, and completed full-text review of multiple papers. Prepared a report on the literature review and meta-analysis for policy stakeholders.

Identified alternatives for azodicarbamide (ADCA) in footwear foams. Tasks for this alternative assessment included reviewing chemical ingredients and concentrations present in ethylene-vinyl acetate (EVA) foam and screening potential adverse effects on human and ecological health. Primary data sources included chemical CAS No., GreenScreen guidance, Pharos chemical screening, European Chemicals Agency (ECHA), and computational toxicology tools, such as CompTox and QSAR, to perform human and environmental health hazard identification and assessment. Presented findings to corporate stakeholders and as a poster at BizNGO's 2023 Annual Meeting.

Conducted independent research on Sundowner winds to evaluate trends on aerosol dispersion and future wildfire spread in California's Central Coast. Estimated $PM_{2.5}$, PM_{10}, and ozone concentrations retrospectively from California Air Resources Board data and using Python software and Jupyter Notebook. Research concluded that PM concentrations decreased as wind patterns increased. Presented findings in oral and written reports.

Wet Laboratory Work

Performed assay development and validation to measure molecule and metabolite concentration and for detection of antibodies. Analyzed data via Prism GraphPad and presented findings.

Completed pre-clinical sample analysis using relevant assays (cytokine biomarker assays/Luminex assays, liquid chromatography/mass spectrometry, ligand binding assays, cell-based assays/ELISA).

Procured and characterized assay reagents (screening antibodies, determining label efficiency). Performed reagent aliquoting and inventorying. Led routine cell maintenance, cell culture, and optimizing ELISA assays.

Assisted with RT-PCR experiments driven by discovery platform.

Performed routine equipment maintenance, and managed laboratory inventorying and SDS records. Managed biospecimen shipping for domestic and international laboratory partners, monitored sample LN_2 Dewar flasks, and assisted in updating safety documents for biosafety level (BSL) for multiple labs.

Maintained and tracked laboratory reagents and supplies, following standard operating procedures.

Assisted with research projects to support corporate lab management and sustainability efforts.

Extracurricular Sustainability and Environmental Justice Work at University of California, Santa Barbara

Environmental Affairs Board: Environmental Justice Campaign Chair

- Educated members on environmental justice theory and local issues such as local oil-well proposals
- Facilitated dialogue on an environmental justice minor among faculty, staff, and students
- Represented the student boards in collaborations and through community outreach efforts with student activist organizations, faculty, and on college radio

Environmental Justice Alliance: Founder and Co-Chair

- Wrote the legal code for UCSB's first environmental justice–centered entity under Associated Students
- Organized and served on a delegation to UC Berkeley's Students of Color Environmental Conference
- Acted as one of the first members of and served on UCOP's Diversity, Equity, and Inclusion UCSB Committee

Zero-Waste Committee: Activities Chair

- Brainstormed, created, and publicized educational events for general and officer members centered on living a zero-waste lifestyle and/or the UC system-wide goal of achieving zero waste by 2020.
- Collaborated and held discussions with other UCSB environmental organizations on achieving a zero-waste lifestyle
- Represented ZWC in environmental organization coalitions such as the A.S. Sustainability Policy Working Group

Environmental Studies: Research Assistant Intern

- Planned and administered interviews with individuals based on their relevance to local environmental activism
- Conducted research at UCSB's Special Collections library on environmental activism

ABSTRACTS AND PRESENTATIONS

Kramer M, **Torres CV**. Feasibility assessment of EPA's OEVs/ECELs. Research Roundup Presentation C1b, AIHA Connect 2026, New Orleans, LA, June 1, 2026.

Torres C, Kramer A, Racz LA, Vivanco S, Panko J. Anticipating number of days that exceed OSHA proposed heat triggers. Abstract 1501, Poster Session 3, AIHA Connect 2026, New Orleans, LA, June 3, 2026.

Bare J, Fender CL, **Torres C**, Panko J. Assessing environmental monitoring data quality and reliability in TSCA risk evaluations using 4-tert-octylphenol as a case study. Abstract 7.05.P-Mo-116, Society of Environmental Toxicology and Chemistry (SETAC) North America 46th Annual Meeting, Portland, OR, November 2025.

Franke K, Bare JL, **Torres C**, Kramer A, Zou Y, Redman A, Cancelli AM, Therkorn J, Kim D, Panko J. Consistent and complete reporting of analytical methodology in micro- and nanoplastics in biota research improves confidence in and utility of data, Abstract 4.21.P-Th-053, SETAC North America 46th Annual Meeting, Portland, OR, November 2025.

Torres C, Noth B, Pillarisetti A. Risk of polycyclic aromatic hydrocarbons (PAHs) exposure from almond agricultural waste burns. Poster presented at AIHA Connect, Columbus, OH, May 2024.

LICENSES AND CERTIFICATIONS

OSHA HAZWOPER 40

OSHA 30 Hour Construction and General Industry

Group 1 Biomedical Research Investigators