

**Sarah E. Smallets, MPH**  
**Associate Health Scientist**

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**Academic and Professional Profile**

Ms. Sarah Smallets is an associate health scientist and consultant focused on epidemiology, toxicology, industrial hygiene and safety, and risk assessment. Her topic areas of interest include asbestos, consumer products, and airborne toxicants. She is involved in litigation work, epidemiological and toxicological literature reviews, risk characterization, and providing support to senior consultants on projects that evaluate human health risks from occupational and environmental exposures. Through assisting with expert reports, trial directs, deposition preparation, and manuscripts, she has gained experience working with diverse exposures, disease endpoints, and occupational profiles. She has also played a role in company training by developing an epidemiology training module. Apart from her technical skills, she regularly interacts with clients, has participated in many recruitment efforts, and is actively seeking to further her project management experience. She holds a Master of Public Health (MPH) with a concentration in epidemiology and biostatistics and a Bachelor of Arts in biology and global public health from the University of Virginia.

**Education and Degrees Earned**

- Master of Public Health, Research in Practice, University of Virginia, 2022
- Bachelor of Arts, Biology and Global Public Health, University of Virginia, 2021

**Experience Summary (Professional Career)**

**Paustenbach and Associates**  
**Associate Health Scientist**  
**Boulder, Colorado**  
**October 2022 – Present**

- Consultant in epidemiology, toxicology, occupational health, and industrial hygiene
- Currently focused on asbestos, radionuclides, e-cigarettes, consumer products, and other airborne toxicants

- Involved in litigation work, epidemiological and toxicological literature reviews, risk characterization, and providing support to senior consultants on projects that evaluate human health risks from occupational and environmental exposures

**Benjamin Hair Just Swim for Life Foundation**  
**Graduate Student Intern**  
**Charlottesville, Virginia**  
**January 2022 – May 2022**

- Developed maps using ArcGIS software and Census Bureau data to identify areas with high volumes of at-risk groups to inform foundation planning and serve as visual aids for grant proposals

**Eastern Virginia Medical School**  
**Graduate Student Intern**  
**Norfolk, Virginia**  
**May 2021 – August 2021**

- Collected data through convenience sampling with a REDcap survey instrument at local health fairs for a nutritional needs assessment of Latinx community members in Hampton Roads
- Composed a literature review, designed a cross-sectional study, and used data collected to execute and present a preliminary data analysis

### **Key Projects (Partial List)**

**1. Asbestos in lab products.** We were asked to determine whether individuals who used heat-resistant laboratory products could have been exposed to air-borne asbestos fibers at quantities great enough to increase the risk of disease. This involved reviewing and summarizing case materials, conducting systematic reviews of the epidemiological literature as well as sampling data, and composing a risk assessment to determine a conservative estimate for disease risk caused by laboratory product use.

**2. Asbestos in friction products.** We were asked to determine whether individuals working in the automotive repair industry could have been exposed to asbestos through friction products such as brakes, clutches, and gaskets, at levels significant enough to increase the risk of disease. We reviewed and summarized case materials, consulted the most recent literature and occupational standards, and generated risk estimates as well as risk assessments for each case.

**3. Alkaline materials.** I updated a book chapter to be included in Patty's Toxicology Seventh Edition. Using the most up-to-date literature and through expert consultation, the chapter provides a toxicological summary of 12 alkaline materials. Each section covers chemical and physical properties, production and use, exposure assessment, toxicity information, exposure regulations and guidelines, as well as environmental hazards.

**4. Occupational Exposure to Radionuclides.** We were asked to investigate the risk of disease following the potential exposure of pipeline workers to naturally occurring radioactive material. We reviewed and summarized case materials, pooled and analyzed sampling data, consulted occupational standards, and generated a risk assessment.

#### **Publications**

- Smallets S, Kendall MM. Post-transcriptional regulation in attaching and effacing pathogens: integration of environmental cues and the impact on gene expression and host interactions. *Curr Opin Microbiol.* 2021;63:238-243.