



AMERICAN SOCIETY OF  
**SAFETY PROFESSIONALS**

Connecticut Valley Chapter

## MARCH

### MONTHLY OBSERVANCES

Red Cross Month  
Brain Injury Awareness Month  
National Nutrition Month  
Poison Prevention Wk (25-29)  
Women in Const. Week (3-9)  
International Earth Day (20th)  
World Water Day (22nd)

### How Far Do Germs Travel When We Cough?

Powered by the diaphragm, abdominal and rib muscles, coughing is highly effective at clearing irritants or mucus from the lungs. Each cough expels thousands of saliva droplets at up to 100 mph or 160km/h.

Each droplet is potentially laden with viruses or bacteria and can travel up to 2m, depending on the size of the droplet.

Coughed droplets can enter the nose or mouth of innocent bystanders. Meanwhile, germs in settled droplets can live on surfaces for hours, ready to transfer to unsuspecting victims.



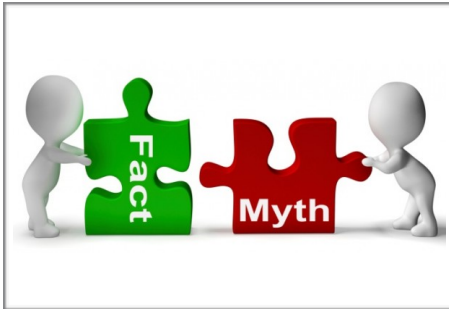
## How To Develop An Ethical Culture

Organizational culture is a system of shared assumptions, values and beliefs that governs how people behave in organizations. An organization with a positive culture helps employees learn and grow in their jobs and careers. An organization with an ethical culture provides a culture that promotes ethical behavior among the members of the organization. Unethical behavior is any activity by a member of an organization that does not conform to the standards set by the culture of that organization.

Consider these 7 developmental steps:

1. Create a detailed code of conduct: Include the consequences for breaking the rules and ensure that the standards are widely available to employees.
2. Hold regular training sessions: Highlight the importance of ethical behavior and allow the staff to ask questions.





## Stress Myths: T or F?

- **STRESS TURNS YOUR HAIR GREY:** probably true. A paper published in nature in 2013 didn't find that hormones produced in response to stress can cause the melanocyte stem cells that determine hair color to leave our hair follicles.
- **STRESS WILL GIVE YOU STOMACH ULCERS:** nope. Common stomach ulcers are caused by an infection by *Helicobacter pylori* bacteria, not by stress. However stress and other lifestyle factors like drinking alcohol and eating spicy food may make existing ulcers worse.
- **STRESS GIVES YOU WRINKLES:** probably true. At the end of our chromosomes is a protective cap of DNA called a telomere. Telomeres shorten as we age, and studies have shown that stress can prematurely shorten telomeres, speeding up the aging process.
- **A POST-WORK DRINK HELPS DE-STRESS YOU:** wrong again. There's evidence that people who report high levels of stress tend to drink more.

3. Weave the company's ethics policy into conversations about other corporate issues: Reinforce the idea that the values are central to the organization's mission.

4. Recognize individuals: Celebrate displays of outstanding integrity.

5. Update the company principles regularly: Make sure they reflect societal changes and concerns.

6. Set up multiple channels for people to report misconduct: Include outlines or other methods that allow for anonymity. Act decisively when the code has been violated.

7. Survey employees regularly: Learn their impressions of the culture and what changes they want to see.

## CAPTION CONTEST

The object of the contest is to write the funniest "safety related" caption to accompany the Safety Photo of the Month.

FEBRUARY's Photo responses (Thanks to those that submitted):

1. "The boss told Frank to put his foot down.... He didn't realize Frank was about to put it down all over the job site..." Paul Burchfield

2. "The Hokey Pokey Gone Wrong! You put your right leg in, You put your right leg out, You put your right leg in; You do the hokey pokey and you turn yourself around. That what it's all about." John Turbeville

3. "I put my pants on one leg at a time and take them off one leg at a time. How bout you?" Austin Wheeler



4. "I feel so CHIPPER, I'll get a LEG UP on the project and PUT MY PEDAL TO THE METAL." Rick Kaletsky

THE FEBRUARY WINNER IS:

Paul Burchfield: "The boss told Frank to put his foot down.... He didn't realize Frank was about to put it down all over the job site..." Congratulations Paul!

The Photo in need of a caption for March is:



Submissions should be emailed to Laura Casey and place "Caption Contest" in the subject : [casey@safeconsolutions.com](mailto:casey@safeconsolutions.com)

Each month one winner will be chosen from the entries. At year end, we will have a voting session to allow our membership to vote and choose the best caption of the 12. The year end winner will win a prize and bragging rights. Please submit appropriate language only. Voting closes on the last day of the month and the winner will be announced in the next newsletter.



## **Chapter Notes - By Ed Zimmer**

- Reminder about ASSP PDC in New Orleans this June. Both Ed and Maryanne will be going as the Chapter delegates. Please email Laura Casey: [casey@safeconsolutions.com](mailto:casey@safeconsolutions.com) if you are presenting along with your session number and name so we can get it into the newsletter. Hope to see you there.
- Officers elections loom in the not distant future. The current President Elect is not going to progress into the President position. So I will be OK with running as President for a second term, or we can have someone that was an Officer previously run for that slot. The thinking is that this person will have some experience at the officer level and be familiar with how the Chapter operates. The other positions are filled, but do not let that discourage you...this is YOUR Chapter and the Officers are made up of YOU, the members. So if you want to have some input on things, feel free to throw your hat into the ring for any position by the beginning of April. This will allow us to submit the slate to National and have the election in May. You can contact the Secretary (Mike Stanczyc) or myself if you have any questions.
- A huge Thank You to Maryanne Steele for the work she is doing with WMOSHA in Amherst every month. The events are free, usually in the morning and turnout is consistently 20+ tradespeople....the exact people that we need to spread the safety and health words to.
- A good showing at our last Chapter meeting which was a joint meeting with the AIHA. Thank you to all who attended.





- Drop into the "Bio" links on the Officers page of the chapter website <https://ctvalley.assp.org/chapter-officers/> for more info on your chapter officers.
- We are renewing the call for volunteer judges for the CT Science Fair. Log on to <http://ctsciencefair.org/help/volunteer-judge> Register in the "Special Awards" section. Our chapter is giving \$750 to six lucky students this year. We are judging all day on Tuesday March 12th at Quinnipiac University. Please join us!

### **The Bottom Line - By Ed Zimmer**

Hello! The year is racing along (it's March ALREADY!). Big LUNCHTIME meeting in the far South West corner of the state (Ridgefield, CT) with a PSM talk and tour of Boehringer Ingelheim Kilo plant (mini chemical plant) and then end with a tour of BI's new (2016) state of the art Pilot Plant. Meal will be a buffet with Chicken Piccata and Vegetarian Lasagna as well as the usual other veggies and deserts. Member price is \$15 and Guests are \$20. Registration is open now. Deadline to register is March 25th at 5pm. Why lunch? Well, if you never had the pleasure of being in I-84 Waterbury traffic on a Friday at 4 pm, well, lets just say you will thank me later. I am extending an invite to the NYS Chapter for that area as well...so we should have some great networking opportunities as well.

As always, please send me any ideas you may have on places to hold a meeting (i.e. southern CT) or sites you may want to visit. [edzimmer.csp@gmail.com](mailto:edzimmer.csp@gmail.com)

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