



AMERICAN SOCIETY OF
SAFETY PROFESSIONALS

Connecticut Valley Chapter

APRIL

MONTHLY OBSERVANCES

Injury Prevention Month
World Health Day (7th)
Earth Day (22nd)
Workers' Memorial Day (28th)

Go Fund Me

An incredible opportunity for a colleague, Nandy Walker - to attend AND co-present at Safety 2019. I work with Nandy in Ghana and I am mentoring her in the safety profession on a large infrastructure project owned by the Government of Ghana and funded by the US government.

Since the project is funded by grant money, there is no funding for her to travel to the US and present with me. Our presentation is: "Challenges in Countries Lacking OSH Laws: Two Women's Perspectives". We trying to fund Nandy's trip. Thank you - Laura Casey

To donate, go to www.gofundme.com and search for Professional Conference Attendance & Presenting or contact me at casey@safeconsolutions.com

2019 NATIONAL WORK ZONE AWARENESS WEEK



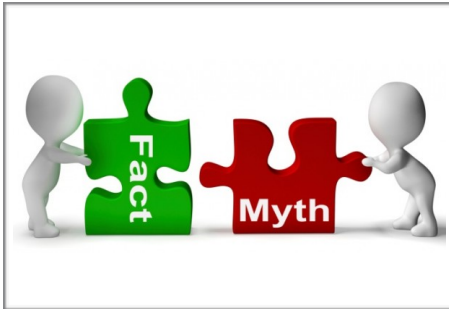
“Drive Like You Work Here”

Work Zone Awareness Campaign: Since 2000, the Federal Highway Administration (FHWA) and its partners have sponsored National Work Zone Awareness Week, an annual spring campaign held at the start of construction season to encourage safe driving through highway work zones.

Work zones play a key role in maintaining and upgrading our Nation's roadways. Unfortunately, daily changes in traffic patterns, narrowed rights-of-way, and other construction activities often create a combination of factors resulting in crashes, injuries, and fatalities. These crashes also cause excessive delays, especially given the constrained driving environment.

Each year, National Work Zone Awareness Week brings attention to these safety, mobility, and constructibility issues. The key message is that, as a





LinkedIn Myths

Myth 1: It is a faux pas to reach out to people you don't know on LinkedIn: False. LinkedIn was created as an online networking tool for people around the world, even for people you do not know. If you'd like to connect with someone, review their profile to see what you share in common, join a shared group that interests you, or ask one of your connections to introduce you to that person (if they are share a connection). If the member isn't within your network, you can also use the Send InMail link to contact them.

Myth 2: You don't need a LinkedIn company page if you are a one-man company: False. The two profiles are different. Having a LinkedIn Company Page in addition to your personal LinkedIn profile is another tool for you to get your brand online. Just make sure you are selecting keywords that your ideal clients are likely to search for when looking for your services. Strategically place keywords throughout your descriptions.

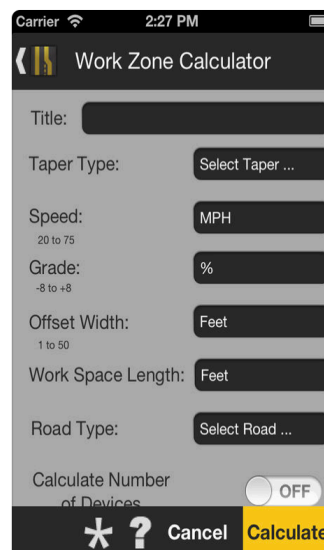
driver, you must use extra caution in work zones to keep yourself and others safe. In short: Drive like you work here.

Safety Tips for Driving In Work Zones

- Plan Ahead
- Obey road crews and signs
- Slow Down
- Move over
- Avoid Distractions
- Watch for sudden stoppages
- Watch for large vehicles

Visit the FHWA Work Zone Management website at www.wa.dot.gov/workzones and the National Work Zone Safety Information Clearinghouse website at www.workzonesafety.org for access to resources, guidance, and training.

The Work Zone Safety application was designed in collaboration with the US Federal Highway Administration.



The purpose of this application is to facilitate proper work zone layout and setup as well as act as a reference manual for work zone attributes and safety procedures.

Look for the app in the app store.



CAPTION CONTEST

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

The Photo in need of a caption for April is:



Submissions should be emailed to Laura Casey and place “Caption Contest” in the subject : 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.



5 Easy Ways to Spring Clean Your Health

No matter how good your intentions, it can be difficult to stay healthy during winter: the season of comfort food, cozy sweaters and Netflix marathons.

But with spring finally here, you're likely ready to shed your cold-weather cocoon and return to the healthy habits of seasons past. Here are the five things to do to spring clean your health and jumpstart your warmer weather routines, according to experts.

1. Prioritize good sleep. "It's the most important biorhythm, but too often ignored. For the average adult, the aim is eight to nine hours of sleep a night. Your bedroom needs to be as quiet and dark as possible. To get your mind prepared for sleep after an active day, meditate for five minutes before slipping into bed." — Dr. Deepak Chopra, integrative medicine expert and author of *The Healing Self*
2. Find excuses to move — outside of the gym. "As the weather gets nicer, people can go outside more and move more. I give people the goal of a minimum of 10,000 steps a day, and eventually they should get to 12,000 steps a day. As the weather warms, there are more opportunities to go for walks with friends, walk for coffee, play outdoor sports like golf and tennis, hike, garden and do outdoor house repairs." — Harley Pasternak, Los Angeles-based celebrity trainer
3. Set a "good alarm." "A 'good alarm' can be used to remind you to establish and develop healthier habits. For example, I set a good alarm to remind me to start my bedtime routine, so I get an adequate amount of rest. You can also set a good alarm as a nudge to drink more water, stand up (for those who have a sedentary job) or to remind you to eat a healthy meal, if you often work through your lunch hour." — Grace Derocha, registered dietitian and certified health coach at Blue Cross Blue Shield of Michigan
4. Develop better sunscreen habits. "A recent study has shown that an ultra-high SPF (100+) sunscreen does provide better sun protection, compared to SPF 50. We do not apply as much sunscreen as we should, and we do not reapply. This means that the protection we're getting is, in fact, less than what is labeled on the bottle, as the SPF value gets diluted out. I tell my patients to choose a sunscreen with the highest SPF possible, as an insurance policy to provide the best protection for the longest period of time." — New York City-based dermatologist Dr. Joshua Zeichner
5. Greet the day. "Take advantage of the increased sunlight in the mornings to set your circadian pacemaker, also known as your body's sleep clock. I would



recommend choosing a consistent wake-up time in the morning and aiming for a 20-minute walk after waking up. The sunlight will program your body clock and help regularize your sleep and wake rhythm. If you focus on programming your wake-up time, then your bedtime will naturally start drifting into place.” — Dr. Josna Adusumilli, neurologist at Massachusetts General Hospital

The Bottom Line - By Ed Zimmer

Time is soon upon us to vote on new officers. This is YOUR Chapter, so if you want to have any say in how things are done, please contact Mike Stanczyc with a self-nomination ASAP.

Only one new person has stepped up to take over the Secretary duties. Liz Velky was involved with the Long Island Chapter and the Region VIII PDC auctions, so many of you may already know her. Also, there is no President Elect to progress into the President slot. So I am willing to run a second term as President. The By-Laws do not prohibit a back-to-back run, so we are "legal" there. If a FORMER officer wishes to be President, feel free to let Mike know as well. The thinking is that a former Officer will have some experience on how the Chapter functions.

On April 5th, we will have a Chapter meeting, a talk AND a tour in Ridgefield CT. Registration might be closed by the time you read this, but we might be able to squeeze you in.

I am trying to have functions in different areas of the state to accommodate our CT members. In 2019, we had meetings in Meriden, East Windsor and now Ridgefield. We hope to have more functions in the Hamden area, as well as maybe something in the SE corner of the CT sometime soon. So there is no excuse as to why people cannot attend the functions. I am also trying to have lunchtime events. These seem to be well attended and I hope to see more member involvement. I for one, do NOT want to stay out at a function once I leave work. So the lunch thing seems to work well so far. Let me know your thoughts on a location or facility to have another meeting.

This June (9-12) Kevin Galotti and myself will be in New Orleans attending the PDC as Chapter Delegates. Laura Casey, our newsletter writer/editor will be presenting Monday afternoon at Safety2019

The OSHA Summer Summit will soon be here (June 19 <https://ctvalley.assp.org/events/osha-summer-summit/>). Maryanne is running that event and she needs help manning the Chapter table as well as Moderators and miscellaneous duties. So if you want to hone your public speaking skills, this is it! The Chapter is ponying up \$500



to support the event and it would be nice if we had some support from the Members as well.

The website is being updated constantly. Old newsletters are on it, as well as photos of the functions we had. As well as many other things...both timely and archived. Please visit the website weekly to keep current on upcoming meetings, etc.

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

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