



AMERICAN SOCIETY OF
SAFETY PROFESSIONALS

Connecticut Valley Chapter

MAY

MONTHLY OBSERVANCES

National Blood Pressure Month
National Bike Month
National Water Safety Month
Older Americans Month
Ramadan Begins (5th)
VE Day - WWII (8th)
National Wine Day (25th)
Memorial Day (27th)

Go Fund Me

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

The project is funded by grant money; there is no funding for travel to the USA to present. Our presentation is: "Challenges in Countries Lacking OSH Laws: Two Women's Perspectives". We trying to fund Nandy's trip.

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

NATIONAL Water Safety MONTH

Water Safety Tips: the "Simple Steps Save Lives" Program

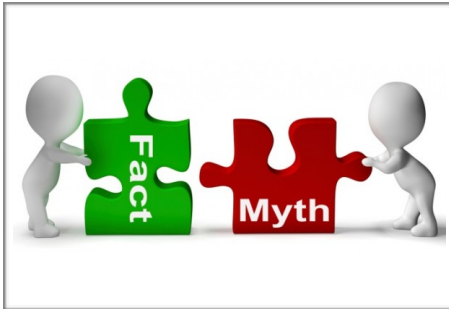
1. Staying close, being alert and watching children in and around the pool.

- Never leave a child unattended in a pool or spa and always watch your child when he or she is in or near the water.
- Plan the safety mitigations for workers that need to be over or near water. Life rings, USCG approved floatation devices, etc.
- Keep swimmers away from pool drains, pipes and other openings to avoid entrapments

2. Learning and practicing water safety skills

- Learn how to swim and teach people how to swim
- Learn to perform CPR on children and adults and update those skills regularly





Blood Pressure Myths

Myth 1: High Blood Pressure Isn't a Big Deal: False. High blood pressure can lead to damage of your blood vessels, heart, kidneys, and other organs in your body. Heart disease and stroke, both caused by high blood pressure, are the first and fifth leading causes of death in the U.S.

The scary thing about high blood pressure is that you may have it without even knowing it.

Myth 2: High blood pressure runs in my family, so there is nothing I can do to prevent it.:

False. While genetics play a role in a HBP diagnosis, they are not the determining factor. You CAN prevent HBP.

Myth 3: High blood pressure has many symptoms that are easily recognized. False. HBP has little to no symptoms, and is often called the silent killer. Getting regular check-ups is the only way to know if you are at risk.

Myth 3: If I only experience elevated blood pressure at the doctor's office, a condition known as white-coat hypertension, there is no real reason to worry. False. Doctors suggest to monitor your blood pressure at home, and always get regular check-ups.

- Understand the basics of life-saving so that you can assist in a pool emergency

3. Having appropriate equipment for your pool or spa

- Install a four-foot or taller fence around the pool and spa and use self-closing and self-latching gates; ask your neighbors to do the same at their pools

- Install and use a lockable safety cover on your spa.

- If your house serves as a fourth side of a fence around a pool, install door alarms and always use them. For additional protection, install window guards on windows facing pools or spas.

- Install pool and gate alarms to alert you when children go near the water

- For more tips for pool and spa owners, visit PoolSafely.gov

Safety Quotes of Note



"Kelly was a seaman, and his life on the water followed a strict routine, which meant observing all the safety rules that had been written in the blood of less careful men."
– Author Tom Clancy, *Without Remorse*

"The safety of the people shall be the highest law." – Marcus Tullius Cicero, Roman philosopher 106 BC

"Safety is 30% Common sense; 80% Compliance and the rest is good luck." – Barry Spud

"Safety brings first aid to the uninjured." ~ F.S. Hughes

"Don't learn safety by accident." ~ Painting, "Tragedy's playground."

"Tomorrow: your reward for working safely today." ~ Attributed to Robert Pelton

CAPTION CONTEST

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

The winning entry for April was submitted by Tim Home: "This contest sponsored by your local Humane Society Spay & Neuter Clinic."



Congratulations Tim & thanks for your entry.



The Photo in need of a caption for May 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. Submissions have decreased - PRIZE & BRAGGING RIGHTS!!! Join Us!

The Bottom Line - By Ed Zimmer

Spring is here...and that brings out the bugs: Ticks, Mosquitoes, Flies, etc. Each of these insects are vectors for their own unique spectrum of viruses. So be sure to spray on the bug repellent and to check your clothing and self for ticks whenever you go out for a romp this this spring/summer.

Election Season is right around the corner for our Chapter. The slate will remain pretty much the same, including myself as President, as the natural succession of officers is not going to happen. We have someone that was a Secretary for another Chapter willing to unburden Mike Stanczyc of his responsibilities, and he could not be more happy. SO...if you wish to run for office, contact Mike Stanczyc soon, as the slate has to be submitted to National soon.



Maryann Steele will be manning the ASSP desk and OSHA Summer Summit 19 June (<https://ctvalley.assp.org/events/osha-summer-summit/>). We need help manning our booth...volunteers will get free admission (a \$65 value!!). Contact Maryanne at msteele@ehs.umass.edu. Your CT Valley Chapter has ponied up \$500 for this event, so please attend and get our moneys worth!

Kevin Galotti and myself will be in New Orleans 8 June representing the Chapter as Delegates....where we will also accept the Chapter GOLD status award for 2017-2018. Laura Casey (Newsletter Editor) will be presenting at this event, along with an associate from Ghana. There is a GoFundMe page to help to defray the flight costs for the associate. Contact Laura for more info.

As usual...if you have any ideas or wish to volunteer your facility to host a meeting or tour, feel free to contact myself at edzimmer.csp@gmail.com. It seems that the lunchtime Friday events get a consistent turnout, so I would like to continue that.

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



CONNECTICUT SAFETY SOCIETY

SAVE THE DATE!
TUESDAY, JUNE 4, 2019

**24th ANNUAL
CONNECTICUT SAFETY SOCIETY
GOLF OUTING FOR
MEMBERS AND GUESTS**

This event is in support of the
CT Safety Society's Outreach Programs
To be held at
ROCKLEDGE GOLF CLUB
289 S MAIN ST, WEST HARTFORD, CT

**Golf, Food and Networking are great reasons to participate!
Even if you don't play, support the outing by attending the
Buffet and Awards Ceremony.**

Sponsorships gladly accepted to promote this event.
Contact Dave Gelpke for sponsorships: 860-421-8058 (leave a message) or daveg.hse@cox.net

STAY TUNED FOR MORE DETAILS!

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