



AMERICAN SOCIETY OF
SAFETY PROFESSIONALS

Connecticut Valley Chapter

JUNE

MONTHLY OBSERVANCES

National Safety Month

National Fresh Fruits &
Vegetables Month

LGBTQ Pride Month

Cataract Awareness Month

Cancer From the Sun Month

Call Your Doctor Day (11th)

Father's Day (16th)

National Hydration Day (23rd)

FMLA Comments

The Department of Labor (DOL) plans to seek comments on how to improve the Family and Medical Leave Act (FMLA) to better protect workers and reduce administrative burdens on employers. A request for information is expected by April 2020.

The Occupational Safety and Health Administration (OSHA) said in 2018 that its regulations don't prohibit post-incident drug testing or safety incentive programs. OSHA plans to issue a proposed regulation by September 2020 that would memorialize its position on such programs.

Nevada Expands Mandatory Occ. Safety Training to Conventions & Trade Shows

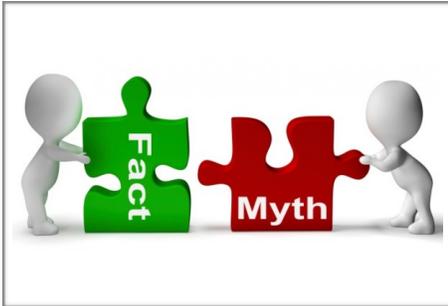
In 2009, Nevada implemented mandatory safety training for employees performing work on construction sites. In 2017, Nevada expanded that mandatory safety training to include employees involved in the presentation or production of live entertainment, filmmaking or photography, television programs, sporting events, or theatrical performance.

The new law requires affected employers to provide certain training to covered workers, and more extensive training to supervisors.

The new law requires all “workers” to complete an OSHA-10 course (“supervisors” must take an OSHA 30), which is a 10/30-hour course in construction industry or general industry safety and health hazard recognition and prevention, developed by the Occupation Safety and Health Administration of the United States Department of Labor (“OSHA”), within fifteen (15) days of hire.

If an employer fails to suspend or terminate an employee, the Division is authorized to impose an administrative fine of not more than \$500 for the first violation, and not more than \$1,000 for the second violation. Third or subsequent violations are





Health Myths

Myth 1: Drink 8 glasses of water per day: False. Most existing studies show that an adequate daily fluid intake is typically contained in our food, juice, milk, and caffeinated drinks. The takeaway seems to be that the human body is capable of signaling thirst and will do so well before you're actually dehydrated, so the only real risk is not drinking enough when you feel thirsty.

Myth 2: Eating carrots will help you see better in the dark.: False. Carrots contain high levels of beta-carotene, which your body needs to create vitamin A—and you need vitamin A to see. The cornea of the eye can actually disappear without enough vitamin A.

Myth 3: Going out in the cold makes you sick (especially if your hair is wet) False. Despite what your mother said, the only way to catch a cold is to actually get infected by a virus—being out in the cold will not get you sick on its own. The reason many people associate cold weather with sickness is because many viruses spread primarily in the winter months.

considered willful, and are punishable by a fine of between \$5,000-\$70,000 for each violation.

Ways to Make the Most Out of Attending a Conference

1. Gain Visibility: participate in some way—like being a presenter, session facilitator, or committee volunteer. If you can take on a visible role, that's an easy way to set yourself apart from the crowd.

2. Build Stronger Relationships: A conference is the time to meet new people, but it's also a time to build on the relationships you already have. If you know of people you want to reconnect with or get to know better who will be attending—clients, vendors, friends-of-friends—reach out a few weeks before the conference to set up a time to meet for coffee or a meal while you're at the event.

3. Choose The Right Sessions: Make sure you're getting to attend a range of topics, skill-building sessions, and social events, and still allowing for some down time. If you find yourself in a session that isn't quite what you thought it was going to be, don't feel bad about skipping out and going to a different one.

4. Remember What You Learn: Regardless of your note-taking format of choice (pen and paper, laptop, tablet, smartphone), at the end of each session you attend, write down the three key takeaways and any follow-up you want to do on the topic or with the speakers. This will help jog your memory and give you specific to-dos when you get back to work.

5. Connect With The Speakers: The speakers and panelists at any conference are likely key experts in your field—read: people who you want to know. So don't be afraid to ask questions or hang around (even as the last person) at a session to say hello, tell them you loved the presentation, and grab their business cards.



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 May was submitted by John Turbeville: “Heat rises, this heater may drop!”



Congratulations John & thanks for your entry.

The Photo in need of a caption for June 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

The votes have been counted and the slate has been approved as presented: I will be allowed to serve your as President for a second time in a row (first time ever?), Kevin Galotti will be President Elect, Chip Darius is VP, Walt Tucker is Treasurer and Elizabeth (Liz) Velky is our Secretary.

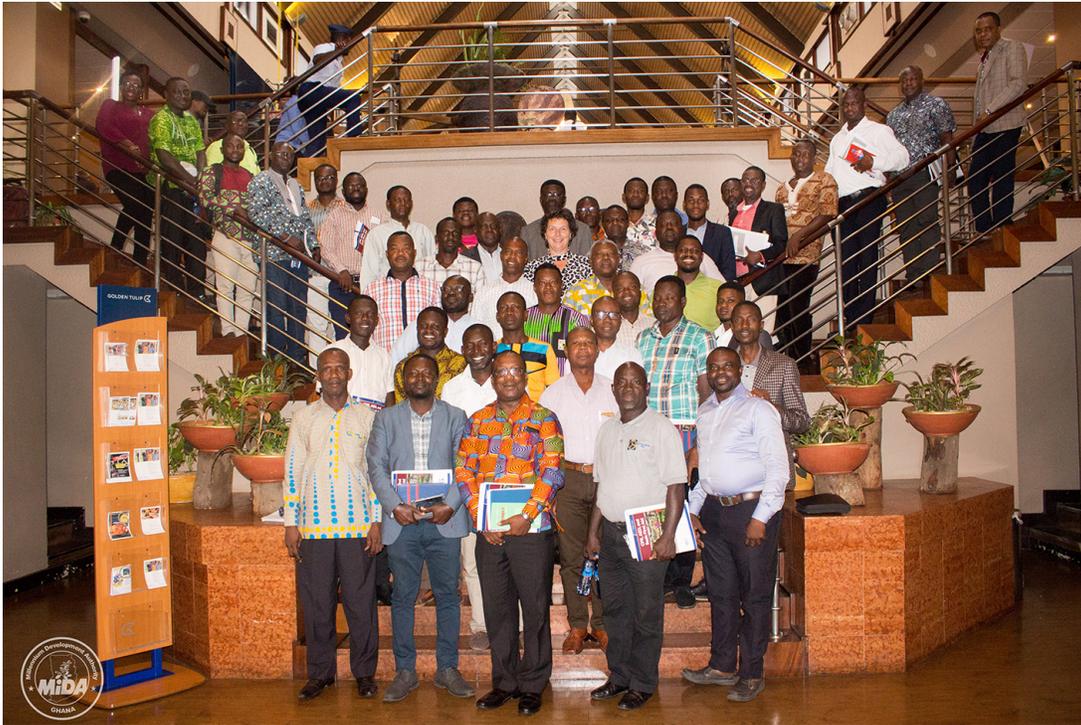
Mike Stanczyc told me last fall that he would continue to serve as Secretary. but would be willing to hand off the reins if someone came along that was qualified. Well....Liz attended our Joint ASSP/CRV AIHA Dinner this past February and mentioned how she just moved to CT from Long Island where she was that Chapter's Secretary. She asked how she could get more involved in our Chapter. Talk about luck! She has also worked the Silent Auction for the past few years at the Region VIII PDC in November (Sturbridge MA), so you may recognize her easily enough.

Summer is here, so please stay hydrated and be sure to protect yourself from the sun and bugs...and be careful around the water. According to the CDC, from 2005-2014, there were an average of 3,536 fatal unintentional drownings (non-boating related) annually in the United States – about ten deaths per day.

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 - Nandy Ntiamoah Walker. Nandy is the recipient of the GoFundMe efforts that our chapter contributed to. Laura was recently back in Ghana and delivered the funds that were raised to Nandy in person. Nandy is very excited to attend the conference, connect with new colleagues and visit the overwhelming exhibit hall. We will tell a bit of Nandy's story in next month's newsletter.



While in Ghana this trip, Laura delivered a 2 day training session to stakeholders for the project she and Nandy are working on - MCC Ghana Compact - part of the Power Africa Initiative. Here is class photo at the hotel after receiving their certificates of successful course completion.



Be sure to visit their poster session or attend their presentation and say hello if you are in New Orleans.

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





SAVE THE DATE!
TUESDAY, JUNE 4, 2019

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

This is 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: 860-621-8958 (leave a message) or daveg.hse@ccox.net

STAY TUNED FOR MORE DETAILS!



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