



AMERICAN SOCIETY OF
SAFETY PROFESSIONALS

Connecticut Valley Chapter

AUGUST

MONTHLY OBSERVANCES

National Wellness Month
National Eye Exam Month
MedicAlert Awareness Month
Safe & Sound Week (8-18)
Immunization Awareness Mo.

Summer Reads

Exercise your brain! Reading enhances connectivity in the brain. August selections:

- The Chain by Adrian McKinty. The perfect summertime page-turner. When Rachel's 13 yo daughter is kidnapped, she receives a phone call letting her know she is now part of the Chain - and she must kidnap another family's child for her own to be released. If the chain is broken, her daughter will die.
- The New Girl by Daniel Silva. Legendary chief of Israeli intelligence Gabriel Allon is called into action when the Saudi Arabian crown Prince is kidnapped from her private school.

Keeping Your Eyes Healthy

Don't take your eyes for granted. Take these easy steps to keep your peepers healthy.

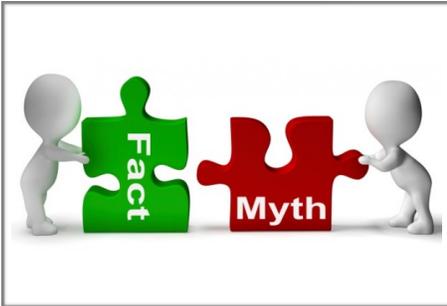
1. Eat Well: Good eye health starts with the food on your plate. Nutrients like omega-3 fatty acids, lutein, zinc, and vitamins C and E might help ward off age-related vision problems like macular degeneration and cataracts. To get them, fill your plate with:

- Green leafy vegetables like spinach, kale, and collards
- Salmon, tuna, and other oily fish
- Eggs, nuts, beans, and other non-meat protein sources
- Oranges and other citrus fruits or juices
- Oysters and pork

A well-balanced diet also helps you stay at a healthy weight. That lowers your odds of obesity and related diseases like type 2 diabetes, which is the leading cause of blindness in adults.

2. Quit Smoking: It makes you more likely to get cataracts, damage to your optic nerve, and macular degeneration, among many other medical problems. If you've tried to kick the habit before only to start again, keep at it. The more times you try to quit, the more likely you are to succeed.





Ergonomics Myths

Myth 1: Ergonomics is just adjustable chairs, or keyboard trays: False. Adjustability, by itself, is neither necessary nor sufficient. It is possible to achieve a good ergonomic solution with minimal active adjustments. What matters most is how well the workplace can be configured to fit the worker and the work.

Myth 2: The right angle posture is the correct position: False. In fact, research shows this position exerts excessive pressure on the spine. A less stressful posture is the so-called neutral or the dead person's float position. This is the position the relaxed body assumes in weightless conditions or in water where joint angles are about 120°. This position puts much less strain on the joints and spine.

Myth 3: Computer display height should be at or above eye height. False. We best see things in the middle distance, which is about 10° to 15° below horizontal. So to see a computer display, it is best to place it in a position where the top is about even with the chin when looking straight ahead.

3. Wear Sunglasses: The right pair of shades will help protect your eyes from the sun's ultraviolet (UV) rays. Too much UV exposure boosts your chances of cataracts and macular degeneration.

Choose a pair that blocks 99% to 100% of UVA and UVB rays. Wraparound lenses help protect your eyes from the side. Polarized lenses reduce glare while you drive.

If you wear contact lenses, some offer UV protection. It's still a good idea to wear sunglasses for an extra layer.

4. Use Safety Eyewear: If you use hazardous or airborne materials on the job or at home, wear safety glasses or protective goggles.

Sports like ice hockey, racquetball, and lacrosse can also lead to eye injury. Wear eye protection. Helmets with protective face masks or sports goggles with polycarbonate lenses will shield your eyes.

5. Look Away From the Computer Screen: Staring at a computer or phone screen for too long can cause: Eyestrain, Blurry vision, Trouble focusing at a distance, Dry eyes, Headaches, Neck, back, and shoulder pain

To protect your eyes:

- Make sure your glasses or contacts prescription is up to date and good for looking at a computer screen.
- If your eye strain won't go away, talk to your doctor about computer glasses.
- Move the screen so your eyes are level with the top of the monitor. That lets you look slightly down at the screen.
- Try to avoid glare from windows and lights. Use an anti-glare screen if needed.
- Choose a comfortable, supportive chair.



- Position it so that your feet are flat on the floor.
- If your eyes are dry, blink more.
- Rest your eyes every 20 minutes. Look 20 feet away for 20 seconds. Get up at least every 2 hours and take a 15-minute break.

6. Visit your eye doctor: It is National Eye Exam Month!

CAPTION CONTEST

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

The July Photo was:



The winning caption:

“The good news is that our luggage made it. The bad news is that it was the first suitcase loaded onto the cart ...”.

Congratulations to Tim Healy for the winning entry.



The photo in need of a caption for August 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!

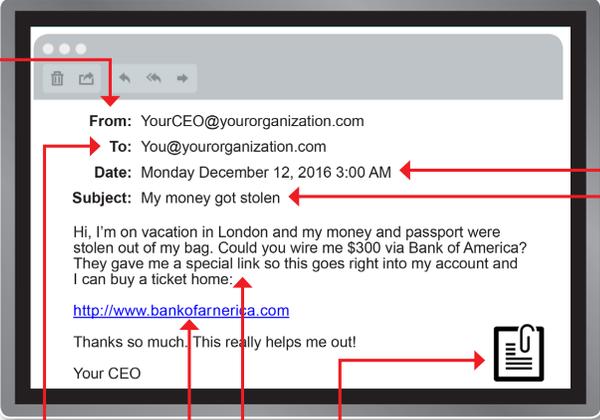


SCAMMERS ARE AFTER YOU!!!!

The image below depicts the signs that you should look for to identify the various ways the scammers are “phishing” for you. They want you to click on links. They want you to be duped into opening an attachment. They want to record your information when you call them at numbers they provide.

Read and review the tips and examples in the image to try to better protect yourself from unwanted infiltration. The internet and email are wonderful tools that bring us closer to our loved ones and information about anything and everything. Educate yourself to protect yourself.

Social Engineering Red Flags



FROM

- I don't recognize the sender's email address as someone I **ordinarily communicate with**.
- This email is from **someone outside my organization and it's not related to my job responsibilities**.
- This email was sent from **someone inside the organization** or from a customer, vendor, or partner and is **very unusual or out of character**.
- Is the sender's email address from a **suspicious domain** (like micorsoft-support.com)?
- I **don't know the sender personally** and they **were not vouched for** by someone I trust.
- I **don't have a business relationship** nor any past communications with the sender.
- This is an **unexpected or unusual email** with an **embedded hyperlink or an attachment** from someone I haven't communicated with recently.

DATE

- Did I receive an email that I normally would get during regular business hours, but it was **sent at an unusual time** like 3 a.m.?

SUBJECT

- Did I get an email with a subject line that is **irrelevant or does not match** the message content?
- Is the email message a reply to something I **never sent or requested**?

ATTACHMENTS

- The sender included an email attachment that I **was not expecting** or that **makes no sense** in relation to the email message. (This sender doesn't ordinarily send me this type of attachment.)
- I see an attachment with a possibly **dangerous file type**. The only file type that is **always safe to click on is a .txt** file.

CONTENT

- Is the sender asking me to click on a link or open an attachment to **avoid a negative consequence** or to **gain something of value**?
- Is the email **out of the ordinary**, or does it have **bad grammar** or **spelling errors**?
- Is the sender asking me to click a link or open up an attachment that **seems odd** or **illogical**?
- Do I have an **uncomfortable gut feeling** about the sender's request to open an attachment or click a link?
- Is the email asking me to look at a **compromising or embarrassing picture** of myself or someone I know?

TO

- I was cc'd on an email sent to one or more people, but I **don't personally know** the other people it was sent to.
- I received an email that was also sent to an **unusual mix of people**. For instance, it might be sent to a random group of people at my organization whose last names start with the same letter, or a whole list of unrelated addresses.

HYPERLINKS

- I hover my mouse over a hyperlink that's displayed in the email message, but the **link-to address is for a different website**. (This is a **big** red flag.)
- I received an email that only has **long hyperlinks with no further information**, and the rest of the email is completely blank.
- I received an email with a **hyperlink that is a misspelling** of a known web site. For instance, www.bankofarnerica.com — the “m” is really two characters — “r” and “n.”

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The Bottom Line - By Ed Zimmer

Wow, wasn't last month at Consumer Reports great? Pics on the website. What, you didn't attend? Well, this month's lunch meeting (8/16) will be hosted by our own Past President Don Gardner who will discuss OSHA's Machine Guarding Regulations-Interpretations and Amputation Prevention. This catered lunch event is only \$10 and will be in Manchester CT. This will be a great thing to attend especially if you have any guarding or amputation issues.

Hopefully we will see a break in the heat. Just because the thermometer is not tickling three digits does not mean that you should ignore your employees exposed to the elements. Remember to keep them hydrated! And of course free of ticks, mosquitoes, sunburn, snakes, etc.

Remember that OSHA will join businesses and organizations nationwide to recognize the importance and successes of workplace safety and health programs during Safe + Sound Week, August 12-18, 2019. Organizations of any size or in any industry looking for an opportunity to show their commitment to safety to workers, customers, the public, or supply chain partners should participate.

Late September/Early October we will be returning to Colt Mfg. in West Hartford CT. Limit of 15 to this event as well (per Colt). More info to come as we get into late-August. Watch our website and your email for more info.

As usual...if you have any ideas on tours or events we should have, feel free to email me at edzimmer.csp@gmail.com.

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