



## AMERICAN SOCIETY OF SAFETY PROFESSIONALS

Connecticut Valley Chapter

### MARCH

#### MONTHLY OBSERVANCES

Nutrition Month  
Kidney Month  
Brain Injury Awareness Month  
Poison Prevention (16-22nd)  
Women's Day (8th)  
Pi Day (14th)  
Near Miss Day (23rd)

### Kidney Month

- The kidneys filter about 120 to 152 quarts (113 to 144 liters) of blood to create 1 to 2 quarts (0.94 to 1.8 l) of urine every day, according to the National Institutes of Health (NIH).
- Each kidney is about the size of a mobile phone.
- 1 in 3 adults is at risk for kidney disease.
- 30 million Americans have kidney disease, and most don't know it.
- National Kidney Month toolkit is available here: <http://www.niddk.nih.gov>
- Kidney disease factsheet: [https://www.cdc.gov/kidneydisease/pdf/kidney\\_factsheet.pdf](https://www.cdc.gov/kidneydisease/pdf/kidney_factsheet.pdf)

## Avoid Spreading Germs

Have you noticed how easy it is to pick up germs in your office? Whether they're brought in from home or public transport, work is a great place for sharing bacteria and viruses.

Germs spread quickly from one person to the next, from stomach-churning food poisoning bacteria such as Salmonella, Campylobacter, Staphylococcus aureus and E. coli, and to viruses like norovirus, colds and flu.

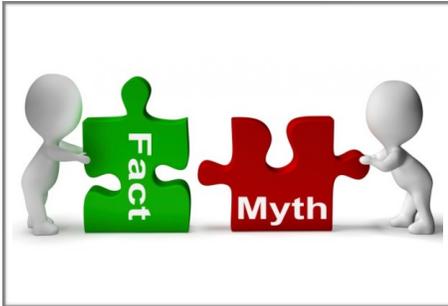
Micro-organisms like these don't normally multiply on your desk or chair without help. They don't move around unless we do. So, we're all responsible for transferring germs from one person to the next.

To fight back, beat the germs and take control of your health in the workplace, you need to tackle the most touched areas in the office – these 6 office germ hotspots:

1. Desk
2. Fridge
3. Keyboard and mouse
4. Mug
5. Door handles
6. Photocopier

Let's look at the different places of highest risk for spread of germs.





## Nutrition Myths

**Myth 1:** Superfoods are exotic & expensive. FALSE. “Everyday superfoods” like spinach, mushrooms, squash, blueberries, oranges and apples, lentils, whole grains and nuts. These familiar foods are packed with antioxidants and fiber and won’t blow your budget like that small bag of acai powder will.

**Myth 2:** You need to ban carbs to lose weight. FALSE. It’s about the portion, not the carb. One of the best options for keeping portions in check is to follow USDA’s MyPlate method: Fill 1/2 of your plate with fruits and vegetables, 1/4 with whole grains, & 1/4 with a lean protein.

**Myth 3:** Eggs are unhealthy. FALSE. Eggs primarily raise the "good" cholesterol and are NOT associated with increased risk of heart disease. Eggs do not cause heart disease and are among the most nutritious foods on the planet. Eggs for breakfast can help you lose weight.

**Myth 4:** Eating a lot of protein is bad for you. FALSE. Eating a high protein diet is associated with a lower risk of fracture. High protein lowers blood pressure and improves diabetes symptoms.

**DESKTOP**  
A workspace with plastic and Formica surfaces and a grooved keyboard offers a relatively hospitable environment for germs.

**LIGHT SWITCH**  
Most common respiratory viruses can survive on a surface for a maximum of two to four days.

**DOOR KNOB**  
In one study, a harmless virus put on a door into an office building had spread to half of the office's surface areas within about four hours.

**COFFEE STATION**  
Researchers infected one person in an 80-person office with a harmless virus. Coffee pot handles were some of the first places the virus spread.

**WATER FOUNTAIN**  
Water fountains can be breeding grounds for pathogens. While some pathogens, like MRSA, survive in dry conditions, most prefer moist environments.

**TOUCHING FACE**  
The average adult brings fingers to the nose, mouth or eyes about 16 times an hour.

## SPREAD FACTS, NOT GERMS this Flu Season

### Employers should:

- ✓ promote vaccination
- ✓ encourage sick workers to stay home
- ✓ promote hand hygiene and cough etiquette
- ✓ keep the workplace clean
- ✓ address worker travel concerns



[www.OSHA.gov](http://www.OSHA.gov)

The take away is: WASH YOUR HANDS OFTEN - for a minimum of 20 seconds. Sing a verse of Happy Birthday if you are unsure how to time it.



## FUN FACTS

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- Flamingos bend their legs at the ankle, not the knee.
- Sloths can hold their breath longer than dolphins can.
- Froot Loops loops are all the same flavor.
- Supermarket apples can be a year old.
- Octopuses have three hearts.
- Adolf Hitler was nominated for a Nobel Peace Prize.
- Before toilet paper was invented, Americans used to use corn cobs.
- A flock of ravens is called an “unkindness”.
- A bus powered by human poop runs in the U.K.
- Ancient Romans used urine to whiten their teeth.
- Cheese is the most shoplifted food in the world.
- Toilet seats are cleaner than your cell phone.

## CAPTION CONTEST

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

The 2019 overall winner for the caption contest was selected by majority vote of several non-safety people based on humor and immediate feelings to the monthly winning photos with associated caption.

CONGRATULATIONS to RICK KALETSKY for the February 2019 entry “SHEEPISH subs HIGH-TAIL it off a B-A-A-A-D construction site.” Bragging rights for 2020 are yours my friend. Well deserved!



The winning caption for the February photo is:

“Tethering Heights” submitted by John Turbeville. Thank you for your entry and sense of humor John!



The March photo in need of a caption is:

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



## **Chapter News**

- May 7th we have a JOINT CBiH evening meeting at Mystic Aquarium. Details are available here: <https://ctvalley.assp.org/events/chapter-meeting-34/>
- NEW evening meeting has been scheduled on March 19th with a talk from our own treasurer, Walt Tucker. Walt is retiring and wants to share his knowledge. Details are available here: <https://ctvalley.assp.org/events/chapter-meeting-35/>
- Chapter elections are just around the corner. Your Chapter needs your input! Kevin will automatically slot into President. Liz would like to run for President Elect, which leaves the Secretary position open. If anyone would like to run for President Elect or Secretary, please notify Maryann: [nominations@ctvalley.assp.org](mailto:nominations@ctvalley.assp.org) ASAP. The election is in May, but we have to get the slate of nominees to National before then. This is your Chapter and you have a say in how it is run by becoming an Officer. Any professional member in good standing can run for office. Let's not forget the carrot at the end of the day: BCSP Certification Points!!! You get one point per year as an Officer of the Chapter.

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

Spring is around the corner (19 March). Time to put away the barely used snow blowers and dust off the lawn mowers. The change of season also triggers our ASSP Officers election cycle. We have to get a candidate slate into national before our election.

Liz Velky (Secretary) wishes to move into the President Elect slot, leaving the Secretary position open. If there are any professional members in good standing and think they would like BCSP certification points, feel free to contact our Nominations Chair (Maryanne Steele).

I wish to thank all the members that attended our back-to-back lunch meetings (31 Jan and 7 Feb). We had over 30 show up to Lego and 23 at Legrand. These are amazing numbers for our times of lower enrollment and participation. A late addition to the meeting roster is a DINNER at Walt Tuckers office in Hamden CT on 19 March. Check the website for more info.



I have been getting plenty of inquiries about a Past Presidents event. I want to hold a PP meeting in early July and tie it to our Officer transition event. This will enable the new President to meet and network with those that have served in the same position and get the former Presidents together to support the new blood. Maybe a 2 July lunch or 16 July dinner. Let me know.

Bottom line: visit our website often to be kept abreast of any changes...election, meetings, photos and events. Thank you.

CHAPTER OFFICERS &	COMMITTEE CHAIRS
<b>PRESIDENT</b> Ed Zimmer MS, CSP	<b>VICE PRESIDENT</b> Chip Darius OHST, CET
<b>PRESIDENT ELECT</b> Kevin Galotti	<b>TREASURER &amp; GOVERNMENT AFFAIRS CHAIR</b> Walt Tucker
<b>SERETARY</b> Elizabeth Velky	<b>MEMBERSHIP CHAIR</b>
<b>COMMUNICATIONS CHAIR, SCHOLARSHIP CHAIR &amp; HISTORIAN</b> Nathan Fague MS	<b>NOMINATIONS CHAIR &amp; PAST PRESIDENT</b> Maryanne Steele
<b>WESTERN MASSACHUSETTS CHAIR</b> Maryanne Steele	<b>AWARDS &amp; HONORS CHAIR</b> David Butterfield
<b>FOUNDATION LIAISON</b> Allison Bresloff CSP	<b>STUDENT LIAISON</b> Teresa D'Amelio
<b>CONSTRUCTION PRACTICE SPECIALTY</b> Joe Bongiovanni	<b>JOBS CHAIR</b> Peter Kelly
<b>NEWSLETTER WRITER / EDITOR</b> Laura Casey CSP, CHST, EMT-P	

