



AMERICAN SOCIETY OF  
**SAFETY PROFESSIONALS**

Connecticut Valley Chapter

## APRIL

### MONTHLY OBSERVANCES

Pet 1st Aid Awareness Month  
Grilled Cheese Month  
Volunteer Week (19-25)  
Public Health Week (6-12th)  
World Health Day (7th)  
Garlic Day (19th)  
Workers' Memorial Day (28th)

### Celebrate Garlic!

- Native to central Asia, garlic has a lengthy history dating back 6,000 years.
- Dubbed the 'stinking rose' because of its overpowering taste and smell, garlic is known for causing bad breath, which apparently can be neutralized by sipping milk or eating parsley.
- The herb, which can also be deemed a vegetable too, is rich in protein, vitamins A, B-1 and C and contains essential minerals such as calcium, magnesium and iron. It also contains 17 different amino acids.
- Garlic only contains 4 calories per clove.
- Alliumphobia is what the fear of garlic is called.

## Preventing Eye Strain

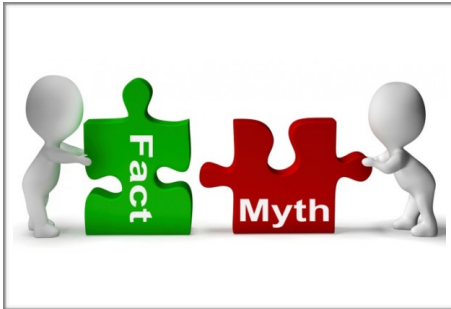
Being quarantined is impacting people in many ways. Screen time is a big issue these days. You probably spend a good number of hours looking at screens, like your computer at work and at home, your smartphone, television, or other digital devices. Looking at screens too much can lead to eye strain. But the 20-20-20 rule may help.

If you find yourself gazing at screens all day, your eye doctor may have mentioned this rule to you. Basically, every 20 minutes spent using a screen, you should try to look away at something that is 20 feet away from you for a total of 20 seconds. It takes about 20 seconds for your eyes to completely relax.

The American Academy of Ophthalmology explains that looking at digital devices won't necessarily damage your eyesight. But it can cause strain and unpleasant symptoms. Humans normally blink around 15 times each minute. When staring at screens, this number decreases to a half or third that often. That can lead to dry, irritated, and tired eyes.

While many doctors suggest the 20-20-20 rule is a best line of defense, researchers explain that any break from repetitive computer work or screens is beneficial. They also explain that children don't typically notice eye strain as much as adults. As a result, children's screen time should be monitored closely by caregivers.





## COVID-19 Myths

**Myth 1: A hot bath prevents the virus.** False. Your normal body temperature remains around 36.5°C to 37°C, regardless of the temperature of your bath or shower.

**Myth 2: The virus can be transmitted through mosquito bites.** False. To date there has been no information nor evidence to suggest that the new coronavirus could be transmitted by mosquitoes.

**Myth 3: Hand dryers are effective in killing the new coronavirus.** False. Frequently clean your hands with an alcohol-based hand rub or wash them with soap and water. Once your hands are cleaned, you should dry them thoroughly by using paper towels or a warm air dryer.

**Myth 4: Spraying alcohol or chlorine all over your body will kill the virus.** False. Spraying such substances can be harmful to clothes or mucous membranes (i.e. eyes, mouth).

**Myth 5: Eating garlic helps prevent infection with the new coronavirus.** False. Garlic is a healthy food that may have some antimicrobial properties. There is no evidence from the current outbreak that eating garlic has protected people from the new coronavirus.

## FUN FACTS

- A cornflake in the shape of Illinois sold on eBay for \$1,350.
- A cloud can weigh more than a million pounds.
- A fortune cookie company once foretold the lottery, resulting in 110 winners.
- Blood donors in Sweden receive a text message when their blood is used.
- Bumblebees can fly higher than Mount Everest.
- Sumo wrestlers make babies cry for good luck.
- The electric chair was invented by a dentist.
- You're more likely to get a computer virus from visiting religious sites than porn sites.
- The inventor of the Pringles can is now buried in one.
- Sunglasses were originally designed for Chinese judges to hide their facial expressions in court.
- Some cats are actually allergic to humans.
- There was a successful Tinder match in Antarctica in 2014.
- Moonshiners used "cow shoes" to disguise their footprints during Prohibition.
- Speed dating was invented by a rabbi.
- The Wizard of Oz's Full Name is Oscar Zoroaster Phadrig Isaac Norman Henkel Emmannuel Ambroise Diggs
- Spam Mail Got Its Name from Monty Python
- President Obama is a Two-Time Grammy Winner
- Night Owls Tend to Be Smarter Than Early Birds



## 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 winning caption for the March photo is: “The only thing smokin’ was the person who hung this.” submitted by Lisa Wolf. Thank you for your entry and sense of humor Lisa!



The April 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)



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

Fellow CT Valley members:

COVID-19 has impacted every one of us and changed our daily lives: from social interactions to our favorite local businesses to how we work. Please know that I and the rest of the executive leadership team are thinking about you and, like always, we’re putting the safety of you and yours first and foremost.

We are in uncertain times. The situation surrounding COVID-19 is evolving fast and like many of you, there have been moments over the past few weeks when the news has been overwhelming. We all worry about our families and communities, and wonder when our lives will return to normal. Remember that people the world over are banding together to beat this thing—from medical professionals to grocery store employees to everyone practicing social distancing.



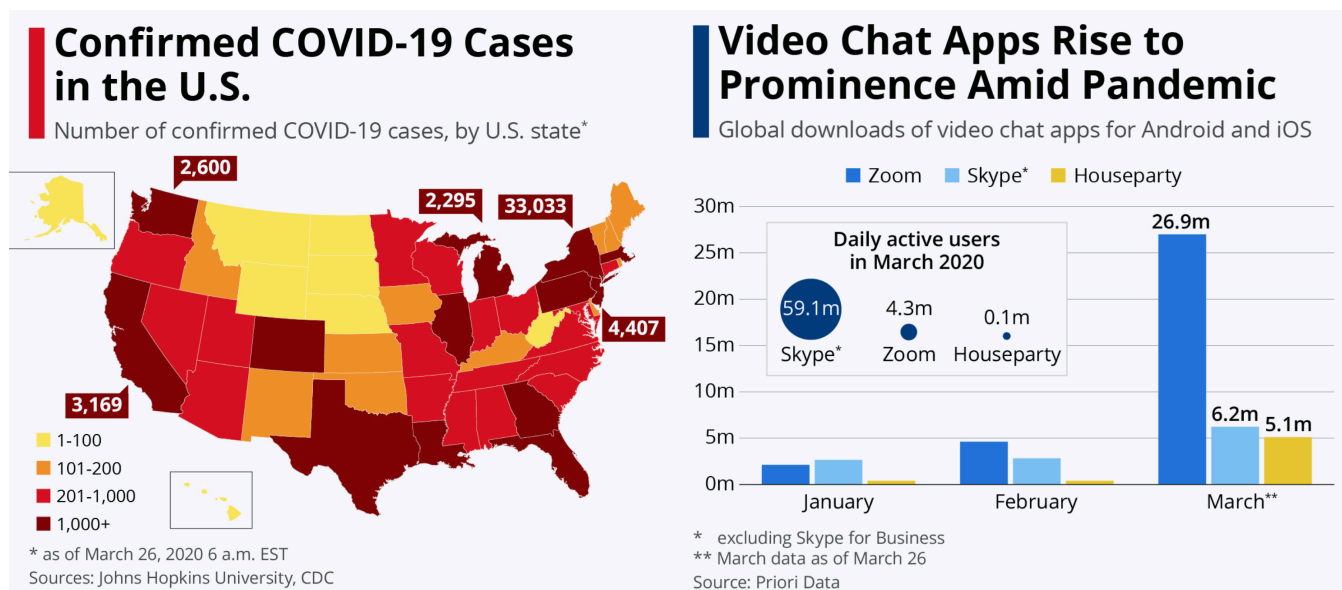
Since we don't yet know when the risk of COVID-19 will be behind us, we strongly recommend that you all follow the CDC's guidelines, which includes information about how to best protect yourself and others.

As of this writing, ASSP National recommends that we "cancel or postpone meetings and other events through May 15, 2020". So that puts out joint ASSP/CT ABiH meeting on May 7 in jeopardy. Please watch your email and the website for more info as time gets closer to the event.

I am planning a Past Presidents & new officers dinner meeting for July 16 at Brewport Brewing Company in Bridgeport CT. We can only hope that the COVID-19 pandemic is over with and things can go back to "normal".

The National Safety Council has indefinitely postponed Distracted Driving Awareness Month.

Bottom line: watch the website for more info and stay healthy.



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