



AMERICAN SOCIETY OF
SAFETY PROFESSIONALS

Connecticut Valley Chapter

JUNE

MONTHLY OBSERVANCES

National Safety Month

Trailer Safety Week (7-13th)

Lightning Safety Week (22-26)

Fresh Veggies Day (16th)

National Onion Day (27th)

Lightning Safety

If Thunder roars, Go Indoors!

- Stay off computers & electrical equipment that put you in contact with electricity.
- Avoid plumbing, including sinks, baths and faucets.
- Stay away from windows and doors, and stay off porches.
- Do not lie on concrete floors, or lean against concrete walls.
- Don't forget the 30-30 rule. After you see lightning, start counting to 30. If you hear thunder before you reach 30, go indoors. Suspend activities for 30 minutes after the last clap of thunder.
- If no shelter is available, crouch low, with as little of your body touching the ground as possible. Lightning causes electric currents along the top of the ground that can be deadly over 100 feet away.

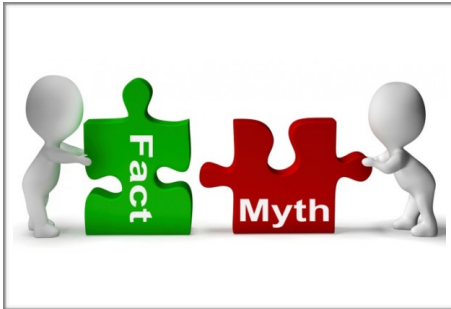
Back On the Road

So often our drive safely campaigns address the specific facets of driving such as distracted driving - bad weather driving - or defensive driving.

As we begin to emerge from pandemic isolation, we need to remember the basics about how to safely and conscientiously operate a motor vehicle.

1. Stay Alert - Actively pay attention to your actions and those of the drivers around you when you are driving.
2. Avoid Assumptions - Don't make the mistake of assuming that other drivers are going to do or what you think they should do.
3. Use Turn Signals - While you can't depend on others always signaling their intentions when driving, you can certainly control whether or not they have realistic expectations for your actions. Always use your turn signals in advance of making a lane change or turning.
4. Buckle Up - Wearing your seat belt is an essential safety tip for drivers. Not only are you more likely to get injured in an accident if you aren't wearing a seat belt, you can also be fined for failing to do so.
5. Follow Traffic Signals - Pay close attention to and obey stop signs and traffic lights.
6. Respect Yellow Lights - Remember that the intent of a yellow light is to notify drivers to slow down and prepare to





Onion Myths

Myth 1: Onions don't contain many vitamins and minerals.

False. Onions contain important nutrients. Onions contain dietary fiber, vitamin C, vitamin B6 and folic acid. One cup of onions provides 11% of the daily value of dietary fiber, 20% vitamin C, 10% vitamin B6 and 8% folate.

Myth 2: Cooking onions will decrease the availability of these nutrients found in onions. False. Whether you like your onions cooked or raw, onions retain the same nutritive value.

Myth 3: Onions haven't been shown to have any medicinal usages. False. Onions contain quercetin, a phytochemical with antioxidant properties, that is found in tea and apples. Onions have been evaluated in various diseases, including heart disease, certain cancers, stomach ulcers and even osteoporosis.

Myth 4: Onion breath lingers and can't be stopped. False. Onion breath can be freshened by chewing on parsley, mint leaf or a few coffee grains.

stop. A yellow traffic signal should not be viewed as a sign to step on the gas to rush through an intersection before the light turns red.

7. Come to a Complete Stop - When you see a stop sign or a red light, it's important to bring your vehicle to a complete stop, even if you think no other vehicles are coming.

8. Obey Speed Limits - When driving, it's important to stick to the posted speed limit at all times. The restrictions placed on vehicle speed are not established arbitrarily. Rather, they are carefully selected to maximize safety for drivers and for individuals in the homes, businesses, and other organizations in the areas where roadways are located.

9. Yield Right of Way - When other drivers has the right of way, be sure to yield to them. Also, don't make the mistake of assuming that everyone else will yield to you when they should. Regardless of who has the right to go, yield if it seems that the other driver may not be observing standard practices for yielding.

10. Make Adjustments for Weather - When the weather is less than perfect, such as rainy, snowy, or foggy conditions, use extra precautions when driving and follow guidelines for staying safe in the particular situation you are facing.

11. Use Headlights When Needed - Headlights aren't just necessary at night. When you are driving in the rain or fog, turning on your headlights play an important role in safety.

12. Share the Road - Remember that you are not the only driver on the road. Everyone needs to share the road with others graciously, recognizing that all drivers deserve to be treated with respect.

13. Respect Stopped Vehicles - When passing vehicles that are stopped on the side of the road, move over to get out of the way if the way is clear for you to change lanes. If



changing lanes is not possible, slow down while passing stopped vehicles.

14. Proper Vehicle Maintenance - Take care to ensure that your automobile stays in good working condition. This includes keeping fluids topped off, performing schedule engine maintenance, making certain tires have plenty of air, and ensuring that the vehicle's exterior lights are functional at all times.

FUN FACTS

- A male seahorse carries eggs, not the female
- Half of all bank robberies take place on a Friday.
- In Utah, it is illegal to swear in front of a dead person.
- A crocodile cannot stick its tongue out.
- A snail can have 25,000 teeth.
- All Ben & Jerry's employees can take 3 pints of ice cream home with them each day.
- Apples are more efficient at waking you up in the morning than caffeine.
- Ancient Roman surgeons were trained to block out the screams of human pain.
- Canada eats more macaroni and cheese than any other nation in the world.
- Surgeons who play video games at least 3 hours a week perform 27% faster and make 37% fewer errors.
- A strawberry is not an actual berry, but a banana is.
- Hershey's chocolate syrup, Ritz Crackers, DumDums, and Oreos are all vegan.
- Your tonsils can grow back if there was tissue left behind during the removal process.
- Without saliva, humans are unable to taste food.
- Another term for your nieces or nephews would be "nibblings".
- Eye of newt, toe of frog, and wool of bat are just archaic terms for mustard seed, buttercup, and holly leaves.
- Dim lights reduce your appetite.



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 May photo is: “I know those OSHA regs are here somewhere...” submitted by Peter LeMay. Thank you for your entry and sense of humor Peter!



The June photo in need of a caption is:

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



The Bottom Line - By Ed Zimmer

Hello fellow CT Valley Safety Professionals! As of this writing, the "new normal" is in full swing. Many of our Chapter meetings have been put on hold, postponed or cancelled since late February. There is one very important meeting date to keep in mind: July 16. This will be a Past Presidents dinner with some people from the Bridgeport OSHA office presenting COVID-19 updates and a review of the 2019 top 10. There will be reduced admission for regular members/guests and free to students. It will be in Bridgeport CT and at a brewery. Talk about a hat trick! There is a limit of 40, so get your tickets via the website ASAP.



As of this writing, the joint meeting with CTABiH on 30 June 20 is still a GO. It will be held in Mystic CT (Aquarium) and should be a great time for one and all. Be sure to go online to get your tickets.

There is also a postponed meeting from March that will be held on 18 June in Hamden CT. Check the website for more information and tickets.

This is also my final month (23 and counting) as your Chapter President. I have had the pleasure of meeting many of my fellow members in various events and I have been proud to bring the events to you along with others of your elected Officers. Overall it has been a fun ride. Time well spent not to mention extra certification points for my CSP. I will continue serving the ASSP by taking over from Aaron Cameron as the Region VIII Regional Vice President.

I was not able to accomplish these goals without some key personnel in your Chapter. Tim Healey was able to set up some great meetings. Walt Tucker kept us on a financial straight road. Maryanne Steele ran the WM Section and her monthly OSHA meetings furthered Safety exposure in that part of the state. Laura Casey has been the sole driver of the newsletter since October 2018. There are many others, but I have to leave Laura some newsletter space.

I started as President in July 2018 with a promise of fiscal responsibility. On 30 June 18 we had \$34,659.61 in our bank. As of 30 March 20 we had \$37,467.61 on the books. Many thanks go out to Walt Tucker to keep a tight fiscal ship! Nate Fague, Kevin Galotti and Liz Velky are performing a year end financial audit as you read this.

I also promised to increase communication. We have had a monthly newsletter (without fail) since October 2018. I hope you enjoyed the efforts that Laura Casey has put into this endeavor. For the majority of the items in the newsletter have been her own. I supply the "bottom Line" and she just ran with it. I am such a fan of her efforts, that she will be my ARVP Communications Chair when I step into the RVP role.

I also promised to maintain our six plus year run of Gold status. We were gold for 2018-2019 and while the results are not in yet, we are on track to maintain gold for 2019-2020. Maryanne Steele has been instrumental in this status, as her association with the Western MA OSHA office and her monthly meetings has helped us earn COMT points all year long.



Bottom line: Please join me in welcoming your new officers: Kevin Galotti as President, Elizabeth Velky as President Elect and Jeremy Card as Secretary on 16 July.

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

