



AMERICAN SOCIETY OF
SAFETY PROFESSIONALS

Connecticut Valley Chapter

AUGUST

MONTHLY OBSERVANCES

National Eye Exam Month
National Peach Month
Stop on Red Week (2-8)
International Beer Day (7th)
Book Lovers Day (9th)
National Dog Day (26th)
Overdose Awareness Day (8th)

Peaches

It may seem elementary ...but lets over the basics:

- August is Peach Month
- Peaches are at their peak from June through August.
- Peaches are a great source of vitamins A and C.
- Considered one of the 20 essential foods for a healthy life.
- The peach contains vitamins A, C, B1, B2, B6, and minerals such as potassium, phosphorus, magnesium, calcium, sulfur, chlorine, manganese, copper and iron.
- Peaches improve digestion.
- Peaches also appear to be linked to a lower risk of certain cancers and may boost immunity, protect against toxins, and lower blood sugar levels.

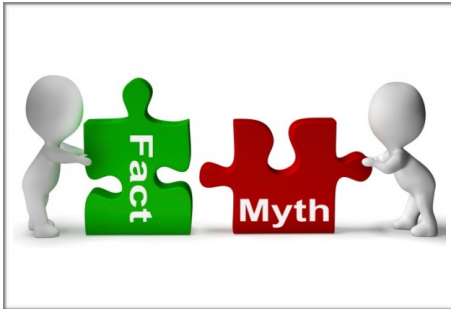


Stop On Red Week is observed in August to educate the public and bring awareness to the number and severity of intersection crashes. This event provides a great opportunity to promote safe driving and remind drivers of the dangers of running red lights.

In 2014, 709 people were killed and an estimated 126,000 were injured in crashes that involved red-light running. Red-light running is 100% preventable. Together we can make our roads safer! The week of August 2nd thru 8th is Stop On Red Week. Below are the Top Ten Reasons To Stop On Red:

- Red-light running is dangerous.
- Between 2004 and 2014, an estimated 8517 people were





Eye Health Myths

Myth 1: Reading in the dark will hurt your eyesight.

False. Reading in dim light won't harm your eyes, but it can put strain on your eyes through slowing down the blink rate.

Myth 2: Eating carrots will help you see in the dark.

False. Unfortunately, eating carrots won't help see in the dark. However, carrots do contain a large amount of vitamin A, which is great for helping to protect the cornea.

Myth 3: Eye exercises will improve your vision.

False. Although vision training can help against eye muscle problems such as eye misalignment. However, no amount of eye aerobics will repair near or farsightedness.

Myth 4: Computers damage your eyes.

False. Using a computer will not damage your eyesight. But using computers does slow down your blink rate and can result in dry eyes.

Myth 5: Color blind people see only in black and white.

False. Being color blind means that you can't differentiate between certain colors. Difficulty distinguishing between red and green, or blue and yellow are the two most common problems.

killed from red light running incidents and there were 7700 crashes that involve fatalities relating to red light runners.

- The cost to society of all crashes exceeds \$230 billion annually.
- One in three Americans know someone who has been injured or killed in a red light running crash.
- Motor vehicle crashes are the leading cause of death for children age 4 in the second leading cause of death for children age 3 and 5 - 14.
- About half of the deaths in red light running crashes are pedestrians, bicyclists and occupants and other vehicles that are hit by the red light runners.
- 2014, more than 709 people were killed in an estimated 126,000 and 26,000 were injured in crashes that involve red light running.
- Motorists in urban areas are more likely to be injured in crashes involving red light running than by any other type of crash.
- In 2000 and 14, drivers involved in red light running related accidents or more likely to be male, younger, and have prior crashes or alcohol impaired convictions.
- More than 39% of drivers continued to run red lights and take risks, despite the fact that 55% of the participants said it is a very serious threat and 94% acknowledged that running red lights is unacceptable.

Find out how Stop On Red Week is observed in your community. Join the effort by signing the Stop on Red Pledge at <http://ncsrsafety.org/stop-red-pledge/>. And remember, red means STOP.



FUN FACTS

- The oldest evidence for soup is from 6,000 B.C. and calls for hippopotamus and sparrow meat.
- Pound cake got its name from its original recipe, which called for a pound each of butter, eggs, sugar, and flour.
- An average ear of corn has an even number of rows, usually 16.
- Ripe cranberries will bounce like rubber balls.
- Most wasabi consumed is not real wasabi, but colored horseradish.
- Central Appalachia's tooth decay problem is referred to as Mountain Dew mouth, due to the beverage's popularity in the region.
- Apples belong to the rose family, as do pears and plums.
- Oklahoma's state vegetable is the watermelon.
- One of the most popular pizza toppings in Brazil is green peas.
- The Dunkin' Donuts in South Korea offer doughnut flavors such as Kimchi Croquette and Glazed Garlic.
- Chocolate was once used as currency.
- There is an amusement park in Tokyo that offers Raw Horse Flesh-flavored ice cream.
- The tea bag was created by accident, as tea bags were originally sent as samples.
- A Cinnabon® Classic has less sugar than a 20-oz. bottle of Pepsi.
- Castoreum, which is used as vanilla flavoring in candies, baked goods, etc., is actually a secretion from the anal glands of beavers.
- Radishes are members of the same family as cabbages.
- The red food-coloring carmine — used in Skittles and other candies — is made from boiled cochineal bugs, a type of beetle.
- Casu Marzu is a cheese found in Sardinia that is purposely infested with maggots.
- The softening agent L-cysteine — used in some bread — is made from human hair and duck feathers.



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 July photo is: “Extinguishing a transformer fire with water is definitely last on my bucket list.”. Thank you for your entry and sense of humor Lisa Wolf!



The August photo in need of a caption is:



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





CONNECTICUT SAFETY SOCIETY
25th ANNUAL CHARITY GOLF OUTING
 Tuesday September 29, 2020

Tuesday September 29, 2020

9 AM tee off – Scramble Format and Charity Event

All playing abilities welcome - Open to the public



Stanley Golf Course, New Britain, CT

>>PROCEEDS WILL BE DONATED TO THE CTFOODBANK AND FOODSHARE of CT.

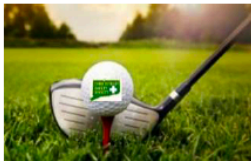
TIME: Registration starts at 7:30 AM – Tee off at 9 AM

\$130 per person for Golf and Networking

These are great reasons to participate!

18 HOLES W/CART, Range Balls, LUNCH and PRIZES!

CSS Wind Shirts will be issued to all players for our 25th Celebration!



SPONSORSHIPS:

ACE Sponsor \$600: Advertising and 4 golf reservations

Eagle Sponsor \$350: Advertising and 2 golf reservations

Birdie Sponsor \$225: Advertising and 1 golf reservation

Donations of raffle prizes and giveaways are always welcome!

Sponsors

American Safety and Supply

Industrial Hearing Testing

CDR Insurance

Torchlight Graphics

Flying Pigs Racing for “Survive the Drive”

ESPN

Berlin Steel

Contact Dave Gelpke for all reservations or sponsorships:

860-736-6491 (leave a message) or dave9@cox.net

*For over 75 years The Connecticut Safety Society's mission is
 To promote Occupational Safety and Health at work and at home.*





Kevin's Safety Scoop - By Kevin Galotti

Hello fellow Connecticut Valley Chapter members! I hope you are all staying safe during this COVID-19 pandemic. I also hope you enjoy my ice cream themed segment of the newsletter with our safety themed ice cream cone and the "Flavor of the Month" safety topic.

We just had a meeting at Brewport, a brewery in Bridgeport, CT. Marianne Bonito and Steve Biasi from the Bridgeport area OSHA office came to present the latest OSHA COVID-19 update and a review of the top 10 OSHA citations from 2019.

Thank you to everyone who attended. It was great to see some new and familiar faces!

As I have previously mentioned, this year will be difficult for planning events, but we are determined to make it work. We are currently working on putting together virtual meetings that will offer CEUs to our members! We will be sending out a survey to see the level of interest our members have in various meeting topics. Please be on the lookout for that survey. That being said, we are also looking for speakers for these virtual meetings. If you are interested in speaking at a meeting, please email me at kgalotti@townfair.com. The first virtual meeting is set to be held at the end of August. This meeting will not offer CEUs, but will act as a test run for our first virtual meeting. Please keep an eye on your email and the website for updates about this and other meetings.

We are actively seeking colleagues who want to be more involved with the chapter. There are currently three open positions for chairpersons on the executive board. These positions include Social Media Chair, Membership Chair, and Website Chair. Once confirmed, these people will join the executive board conference calls and assist in their areas with adding value to the entire membership. If you are interested in any of these positions, please contact me.

Kevin Galotti, CSP

Chapter President



FLAVOR OF THE MONTH:

Poison Control

A poisoning can happen at any time. In 2018, nearly 2.1 million people called the poison control hotline for help. Many people think of children when it comes to poisoning, but people of all ages can be exposed. Please see the below list of poisons for children and adults.

The most dangerous poisons in children

- Cleaning products including laundry
- Medicines
- Button batteries
- Foreign bodies such as toys, coins, thermometers
- Hydrocarbons
- Alcohol
- Pesticides
- Drain cleaners
- Antifreeze

The most common poisons in adults

- Pain medicine
- Sedatives, hypnotics, antipsychotics
- Antidepressants
- Cardiovascular drugs
- Cleaning substances (household)
- Alcohols
- Pesticides
- Bites and envenomations (ticks, spiders, bees, snakes)
- Anticonvulsants
- Cosmetics and personal care products

Home Safety Tips



- Keep products 'up and away' (cleaning products, medicines, cosmetics)
- Read product labels before each use
- Supervise young children when using *hand sanitizer*
- Don't mix cleaning products together



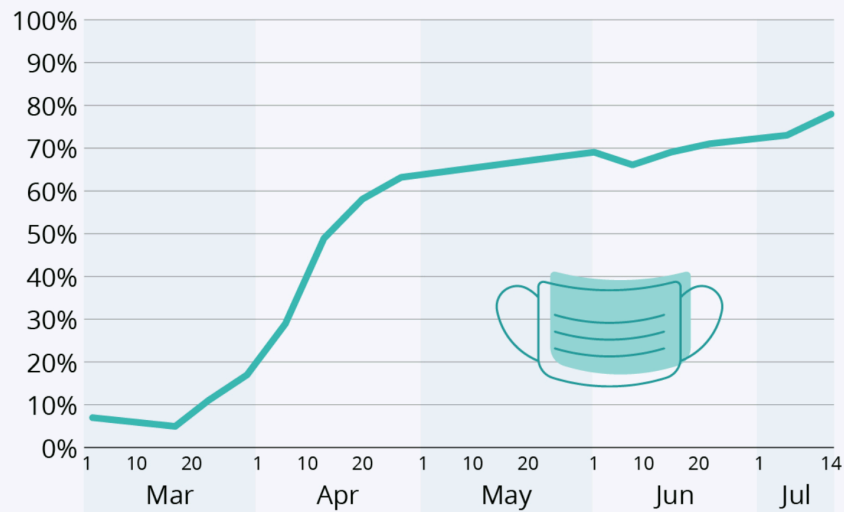
Poison Control Hotline: (800) 222-1222

Source: Poison Control Centers



Majority of Americans Wear A Mask in Public

% of U.S. adults saying they wear a mask in public places



Sources: YouGov, Imperial College London



statista

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