



AMERICAN SOCIETY OF
SAFETY PROFESSIONALS

Connecticut Valley Chapter

NOVEMBER

Child Safety Awareness Month
Diabetes Awareness Month
Chemistry Week (1st - 7th)
Check Your Blood Pressure
Day (4th)
American Smokeout (19th)
Thanksgiving (27th)

CHEMISTRY TRIVIA

- The only solid elements that assume liquid form at room temperature are bromine & mercury.
- Unlike many substances, water expands as it freezes. An ice cube takes up about 9% more volume than the water used to make it.
- If you pour a handful of salt into a full glass of water, the water level will actually go down & not overflow the glass.
- If you mix 1/2 liter of alcohol and 1/2 liter of water, the total volume will be less than one liter.
- Bee stings are acidic, while wasp stings are alkaline.
- Although oxygen gas is colorless, the liquid and solid forms of oxygen are blue.

Virtual Presenting/Teaching

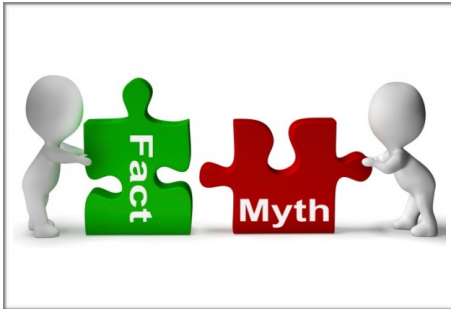
In today's COVID-19 world, virtual meetings and presentations have become the norm. While many presentation skills and best practices apply to both in-person and virtual presentations, expert virtual presenters understand the importance of adjusting their approach to match the medium. With in-person presentations, you more or less have a captive audience – you still need be engaging, but your audience is kind of stuck with you for the duration. But with virtual presentations, your audience has a greater opportunity to stray. You now have to compete for their eyes, ears, hearts, and minds against diminished attention spans, increased home and work life distractions, and conflicting priorities.

I delivered a full day training on incident investigation a week ago and the client placed the class on a Sunday after the participants had worked all week. You can imagine the level of desire to be in a full day training. I had to work hard setting up the syllabus to ensure adequate breaks, a countdown timer for the screen to ensure prompt return and many of my exercises needed to be revamped once I found out that only 3 of the 8 students were physically in the same location. Even small group exercises can be complicated with COVID hanging around.

Here are some tips to set you up for success in your next virtual presentation:

1. Get the Lighting Right: As a presenter, it is essential that





Diabetes Myths

Myth 1: No one in my family has diabetes, so I won't get the disease.

False. It's true that having a parent or sibling with diabetes increases your risk for getting diabetes. However, many people with diabetes have no close family members with diabetes.

Myth 2: Type 2 Diabetes only affects overweight people.

False. Being overweight is a risk factor, but not the only risk factor, nor the "direct" cause. Many people with type 2 diabetes are of a normal weight, underweight or slightly over.

Myth 3: People with diabetes have limited employment options. False. Diabetes is an inconvenience, not a disability. While we've yet to have an astronaut with diabetes, it's only a matter of time. People with diabetes have done amazing things, filled myriad roles, and worked in nearly every vocation — including Olympic medalists; stars of stage, screen, and music; pilots and race car drivers; political leaders; soldiers; journalists; mountain climbers; and Supreme Court justices.

people can see you well. Make sure you have good front light—meaning the light shines brightly on your face. If your back is to a window, close the shades. While natural light is often the best choice, if your home office doesn't have natural light and you do a lot of virtual presentations, consider purchasing supplemental lighting to enhance your image.

2. Know the Technology: Nothing kills a presentation faster than a presenter who fumbles with the technology. This is a performance, so make sure you know how to make it work. A dry run is essential so that you're comfortable with the platform features. It's best to have a co-host (or producer or moderator) assist you with the technology so that you can focus on your presentation. Make sure you practice with the same technical set up (computer and internet connection) that you will use when you deliver the presentation.

3. Play to the Camera: When you are the one speaking, look directly into your computer's camera, not on the screen or at the other participants. This takes some practice, but it makes the viewer feel as if you are looking right at them. Some presenters turn off their self-view so that they aren't distracted by their own image. Put the camera at eye level. Try not to have your camera too far above or below you. If it's too low, then you run the risk of creating a double chin. A camera too high makes it difficult to maintain eye contact, as you may find your gaze dropping as you speak. If you are part of a panel or a team of presenters, make sure you are aware of when your camera is on. If you are not speaking but your camera is on, make sure you look like you are paying attention! Powerful presenters understand the importance of making eye contact with their audience, so this means you have to simulate the same effect virtually.

4. Engage Your Participants. Just as if you were doing an in-person presentation, craft your presentation to engage the



audience. Incorporate chats, polls, raised hand features, etc. Try not to speak for more than ten minutes without some sort of audience engagement. Use the participant list to interact with your participants by name. Have people chat or raise a hand if they want to speak. Keep track of the order of people and then call on them to invite them to turn on their mics or cameras. I made cameras a mandatory part of the training ground rules to ensure my students were engaged and that they didn't wander off or fall asleep!

5. Let Someone Else Check the Chats. Don't get sidetracked by the chats during your presentation. You'll be shocked at how distracting it is to your train of thought if you attempt to read the chats while speaking. Instead, have your co-host or producer monitor the chats. If you ask people to chat you answers or comments to a question you've posed, then pause your talking and engage directly with the chats by acknowledging them, reading them out loud, and commenting on them.

6. Be Yourself and Have Fun: Again, just like in face-to-face presentations, audiences connect to authenticity, so be yourself! Let your personality show through. Have fun. If you look like you're enjoying the presentation so will others. Research shows that happy people retain information better than bored or disinterested people, so model the energy that you want to create. The audience takes its cue from you.

Remember, whether you are presenting in-person or virtually, all presentations are performances. And all performances are in service to your audience. Their time is valuable, so honor that time by delivering the best presentation you can. No matter what kind of presentation you are giving, you must find ways to create authentic audience connection, engagement, and value.

NOVEMBER RELATED FUN FACTS

- Peanut butter was originally made for people with no teeth.
- The average European eats less than 1 tbsp of peanut butter a year.
- The average adult eats a PB&J three times a month.
- Thanksgiving dinner could total over 3,000 calories and up to 229 grams fat during the big meal. That's about three to four times the amount of fat you should eat in a day.
- Thomas Jefferson refused to recognize Thanksgiving as a holiday because he believed so firmly in the separation of church and state. Since Thanksgiving involved prayer and reflection, he thought designating it a national holiday would violate the First Amendment.
- Only male turkeys actually gobble.
- Most Americans prefer Thanksgiving leftovers to the actual meal.

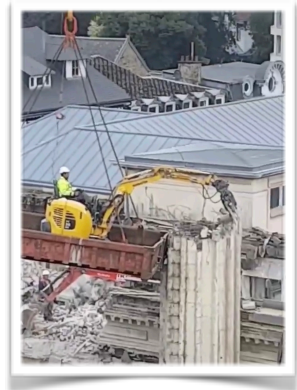


- The Full moon in November is traditionally called the Beaver Moon in the US.
- People born around mid-November were conceived around Valentine's Day.
- The worlds largest turkey weighed 86 LBS.
- Usain Bolt can run 28 mph. Wild turkeys can run 25 mph.
- Every state has a wild turkey population. Except Alaska.

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.

There were no entries for the September photo. Where did all my funny play along people go?



The October photo in need of a caption is:



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



Kevin's Safety Scoop - By Kevin Galotti



Hello fellow Connecticut Valley Chapter members! November is here. The foliage is almost completely gone and we have already had our first snowstorm in the northern half of the state.

The ASSP virtual Leadership Conference was this past month and we had five members attend. The conference consisted of two full days of leadership training and discussions about how to add membership value for the chapter members. The virtual conference was a big success having safety professionals log in from across the United States and other countries as well.

We have some exciting events coming up that I hope you will all enjoy. For the first event, we are partnering with the Hudson River Valley Chapter and the New Jersey chapter to give a virtual presentation on "How to Assess and Reduce Risk." This presentation will be given by Frank Gesualdo. Frank is a member and Past President of the New Jersey Chapter. He also just finished a four-year term as the President of the Safety Executives of New York (SENY). Frank has been working with Liberty Mutual for over 32 years and managed the Liberty Mutual World Trade Center Clean-up project. I look forward to the training and the insight that Frank will offer us on November 19th at 12:00 PM. I hope to see you in the Zoom room!

We will also be having a meeting on December 2nd at 3:00 PM. The topic of this meeting will be "Transitioning from Student to Professional." The topic will be presented by our very own President-Elect Liz Velky. This topic is geared toward students, but seasoned professionals are strongly encouraged to attend to help the safety professionals of tomorrow by sharing advice and doing some networking.

If you would like to lead a meeting and speak on a topic to help your fellow CT Valley members, please reach out to me at president@ctvalley.assp.org

Kevin Galotti, CSP
Chapter President



FLAVOR OF THE MONTH:



Thanksgiving is this month and I want to remind you to celebrate safely! Besides the obvious COVID-19 concerns, there are many other safety risks around the holidays. Here are some extra safety tips.

Thanksgiving Safety Tips:

- To avoid your clothing catching fire, avoid wearing loose-fitting clothing and long dangling sleeves when cooking.
- Never leave the stove unattended.
- Keep items like kitchen towels, potholders, oven mitts, and wooden utensils away from heat sources as they could catch fire.
- Keep your kitchen clean. Grease build-up can easily start a fire.
- If using a turkey fryer, follow all instructions.
- Never fry a frozen turkey.
- Before going to bed check the oven and stovetop to ensure everything is turned off.
- Store leftovers properly in the refrigerator.
- Never post travel plans on social media

Remember the TURKEY Acronym

- T** – Thaw a turkey below 40°F
- U** – Use extra caution when frying a turkey
- R** – Remember to clean all cooking surfaces
- K** – Keep children away from heat sources and kitchen utensils
- E** – Ensure the turkey is fully cooked by reaching a temperature of 165°F
- Y** – Your smoke detectors should be tested prior to cooking



Welcome New Members

Andrew Kahn

Jason Schlee

Lisa Martin

Welcome to the chapter!
We are excited to have
you with us! We hope to
see you at a meeting
soon!

DID YOU KNOW????

The ASSP will pay for your registration fee for one year if you successfully recruit at least 5 new members using your member ID?

CHAPTER OFFICERS &	COMMITTEE CHAIRS
PRESIDENT Kevin Galotti CSP	VICE PRESIDENT Chip Darius OHST, CET
PRESIDENT ELECT Elizabeth Velky	TREASURER & GOVERNMENT AFFAIRS CHAIR Walt Tucker
SERETARY Jeremy Card	MEMBERSHIP CHAIR Marcia Walsh CSP
COMMUNICATIONS CHAIR, SCHOLARSHIP CHAIR & HISTORIAN Nathan Fague MS	NOMINATIONS CHAIR 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	SOCIAL MEDIA & WEBSITE Melissa Noyes

