



AMERICAN SOCIETY OF
SAFETY PROFESSIONALS

Connecticut Valley Chapter

DECEMBER

Safe Toys & Gifts Month
Drunk Driving Campaign
Chanukkah (10th -18th)
Kwanzaa (26th-1st)
Aids Awareness Day (1st)
National Mutt Day (2nd)
National Chocolate Day (24th)

CHOCOLATE TRIVIA

- The smell of chocolate increases theta brain waves, which triggers relaxation.
- Chocolate is beneficial for proper blood flow to the lungs and other organs.
- The American Heart Association recommends that daily cholesterol intake not exceed 300 mg. A chocolate bar is actually low in cholesterol. A 1.65 oz. bar contains only 12 mg. A 1oz. piece of cheddar cheese contains 30 mg of cholesterol, more than double.
- There is a correlation between the amount of chocolate a country consumes on average and the number of Nobel Laureates that country has produced.

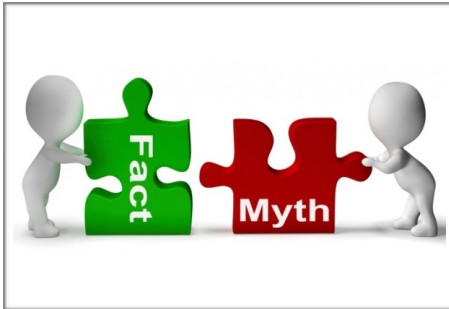
Top 10 Cybersecurity Tips for Safe Holiday Shopping

For most of us, the holiday season is about friends, family, food—and shopping! Black Friday and Cyber Monday fall just after Thanksgiving in the U.S., but internationally, they are two of the busiest shopping days of the year. Unfortunately, while you're looking for holiday deals, the bad guys are looking for ways to scam you any way they can.

Follow these tips to stay safe this holiday season:

1. Keep your smartphone, computer, and other devices updated. This helps ensure that your device has the latest security patches.
2. Only use trusted Wi-Fi connections and be suspicious of any network that does not require a password to connect.
3. Take the time to change any outdated or simple passwords. Use strong, unique passwords on all of your accounts.
4. Be careful not to overshare on social media. Consider anything you post to be public information.
5. Keep an eye on the activity in your banking and credit card accounts. Also, be sure to monitor your credit report on a regular basis.
6. Be suspicious of emails you receive about online purchases. Check the status of your order directly on the website that you purchased from.
7. If you receive a holiday greeting card in your inbox, verify the sender before clicking the link to view the card.
8. If you're traveling for the holidays, be sure to keep your devices stored safely at all times.





Drunk Driving Myths

Myth 1: Drinking coffee sobers me up.

False. Coffee cannot rid your system of alcohol. It just makes you a nervous, wide-awake drunk. Only time reverses impairment..

Myth 2: Alcohol is a stimulant.

False. Alcohol is a depressant. It acts on the central nervous system like an anesthetic to lower or depress the activity of your brain.

Myth 3: After I sleep off the alcohol, I'll be OK to drive.

False. If you drink approximately 5 drinks all in a row and you fall asleep for 5 hours, when you wake up you would most likely still blow over the legal limit on a breathalyzer.

Myth 4: If I only have one drink an hour I will be okay.

False. The average 150 lbs male only burns off one standard drink about every two hours.

Myth 5: I must be okay to drive when I wake up in the morning and do not feel drunk.

False. Alcohol stays in your system regardless of whether you sleep or remain awake. Time does affect how much your body burns off but it takes about 2 hours to burn off each drink.

9. Pay close attention to the websites that you order from. Only shop on websites that you know and trust.

10. Watch out for giveaways and contests. Remember that if something seems too good to be true, it probably is.

DECEMBER RELATED FACTS

- The name December comes from the Latin decem for “ten”, as it was the 10th month in the Roman Calendar.
- December 7 is National Pearl Harbor Remembrance Day.
- December 21 is the Winter Solstice—the astronomical first day of winter in the Northern Hemisphere and first day of summer in the Southern Hemisphere.
- Rosa Parks was arrested in Montgomery, Ala., on Dec. 1, 1955 for refusing to give up her seat to a white man and move to the back section of a municipal bus. Her arrest led to legal actions ending racial segregation on municipal buses throughout the South, signaling an important shift in human rights in America.
- What would you be willing to give up for love? On Dec. 11, 1936, King Edward VIII abdicated the throne of England to marry a twice-divorced American named Wallis Warfield Simpson. They were married in France on June 3, 1937, and then lived in Paris.
- Poor Richard's Almanack: First published on Dec. 19, 1732, the book published annually thereafter contained weather predictions, humor, proverbs and epigrams, and sold nearly 10,000 copies per year. Who was Poor Richard? He was a persona created by Benjamin Franklin.
- Zodiac signs for December are Sagittarius and Capricorn.
- The birth flower of December is the narcissus.
- The December birthstone is the turquoise. The meaning of the turquoise is prosperity.
- The original ball lowered in Times Square on New Year's Eve back in 1907 was made of iron and wood and decorated with 100 light bulbs.
- A quadrivalent high-dose influenza vaccine (Fluzone High-Dose), licensed for people 65 years and older.



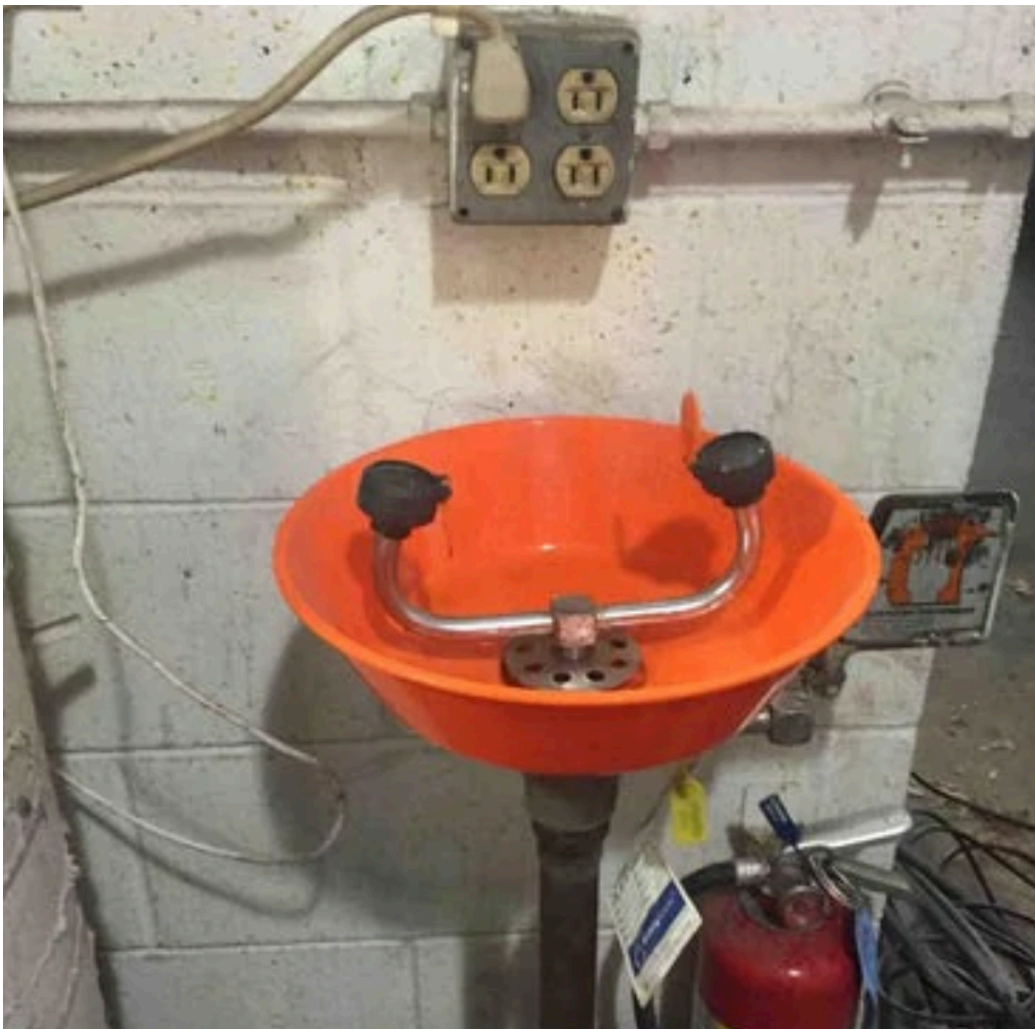
CAPTION CONTEST

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 entry for the November photo is Chester Humbert: “See Boss, I told you we could reach it”

Thank you for your entry and your humor.

The December 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! It is hard to believe that it is already December and 2020 is coming to a close.

We just had our joint meeting with the Hudson River Valley Chapter and the New Jersey chapter on “How to Assess and Reduce Risk.” The presentation was presented by Frank Gesualdo of Liberty Mutual and was attended by about 35 people. Thank you Frank for your insight regarding risk assessment at Liberty Mutual.

Due to a scheduling conflict, we will be postponing the “Transitioning from Student to Professional” meeting with Liz Velky to the next semester. This will also allow students to focus fully on their final exams. We will keep you updated on the new date.

We have a “Lunch and Learn” event coming up on December 18th from 12:00 PM to 1:00 PM. Pete Susca and I will lead a virtual discussion on many topics facing safety professionals today. These topics include safety leadership, roles of employees in safety, and making safety productive, and more. Members will be encouraged to share their own success stories, best practices, and anecdotes. The goal of this event is to allow members to network with each other while having safety related discussions.

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

I want to wish you and your families a happy and safe holiday season.

See you all in 2021!

Kevin Galotti, CSP
Chapter President

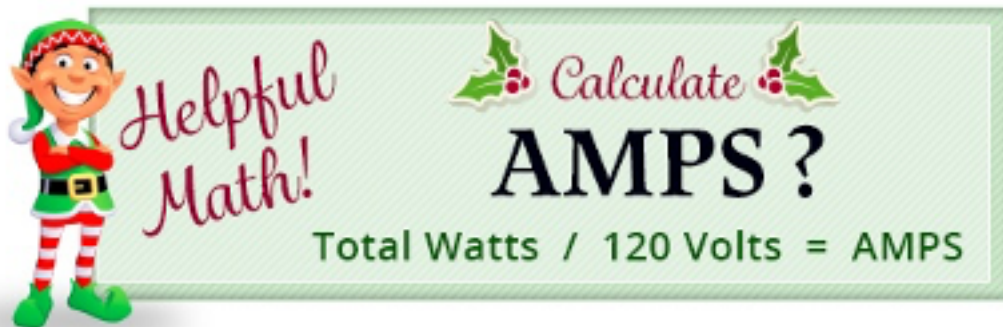


FLAVOR OF THE MONTH:

Christmas is this month, which means many of us are getting ready to decorate our houses with Christmas lights. Although you are probably not going to compete in The Great Christmas Light Fight, there are many safety concerns to consider when decorating with Christmas lights.

Christmas Light Safety Tips

- Check all strands of lights for cracked wires and broken bulbs.
 - ✦ They can lead to shocks or fires
 - ✦ Use the right ladder for the right height
 - ✦ Place extension ladders at a 4:1 ratio
 - ✦ Use step ladders in the open position
 - ✦ Fiberglass ladders should be used to avoid electrical shock
- Ensure you are using outdoor lights when outside
- Only use extension cords rated for outdoor use
 - ✦ Keep all connections dry
- Avoid putting cords through doors and windows
- Never leave your lights on while unattended
- Always use a GFCI protected outlet
- Avoid overloading your outlet/circuit
 - ✦ Each strand of lights should have a label that tells you how much power each strand draws
 - ✦ A good rule of thumb is to limit incandescent lights to 3 strings
- Save power by using a timer



Do not let your Christmas tree become a fire hazard!

Christmas trees cause many home fires each year. Ensure your tree always has water. When the tree does dry out, it should be removed from the house.



Welcome New Members

Rich Hart
William Hastie

Andrew Spitz
Joe Casey

Eric Lanka

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?

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