



AMERICAN SOCIETY OF
SAFETY PROFESSIONALS

Connecticut Valley Chapter

JANUARY

Blood Donor Month
Glaucoma Awareness Month
Bath Safety Month
National Mentoring Month
National Home Office Safety
Week (11-15th)
National Hugging Day (21st)

HUG TRIVIA

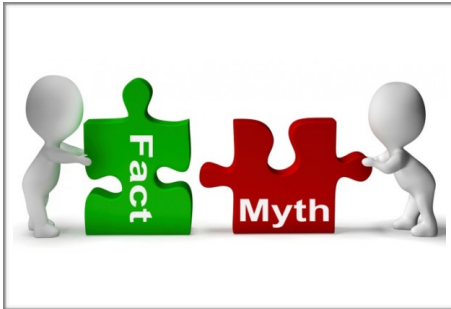
- A hug stimulates your nervous system while decreasing feelings of loneliness, combating fear & defusing tension.
- Hugs may alleviate our fears. In a study revealed that hugs significantly reduce worry of mortality & it found that hugging -even an inanimate object like a teddy bear - helps.
- More hugs = lower blood pressure. The hormones that are released in the body after a hug help your physical health. When touched, your skin activates pressure receptors called Pacinian corpuscles, which then send signals to the vagus nerve, an area of the brain that is responsible for (among many things) lowering blood pressure

STOP THE PASSWORD MADNESS

The typical adult in America, according to a 2018 study, has at least 200 online accounts that require passwords. Seem impossible? Think of all the retailers, financial companies, utilities, health care providers, social media sites, government offices, travel services and entertainment subscriptions you've used over the years. Then came the COVID-19 pandemic. Chances are high that you have created accounts with more than a few food delivery services, videoconferencing hubs and new retail sites since the quarantine started. Let's review some password-management tips:

- Abide by the golden rule: a different password for every account. Software security engineers advise that password reuse is our biggest risk!
- Don't log in with Facebook or Google: By using one account to log into another, it may be easy and convenient, but a security breach at one of those services could put your other accounts at risk.
- Upgrade weak passwords: What was considered to be a strong password just 3 short years ago no longer holds. If it is easy to remember then it probably is not strong enough. Randomly generated passwords are the new standard to keep ahead of the tools that hackers use.
- Designate an emergency contact: If something happens to you, you don't want your loved ones scrambling to get control of your accounts. Password managers usually allow you to designate secure access to others.





Glaucoma Myths

Myth 1: There is only one type of glaucoma

False. There are 2 main types of glaucoma: open-angle and angle closure. Open-angle accounts for 90% of cases. Open-angle has slow increase in eye pressure over time. Angle closure has sudden and sharp pressure increase.

Myth 2: Glaucoma only occurs in one eye.

False. It usually occurs in both eyes. But pressure usually increases in one eye first.

Myth 3: Glaucoma only occurs in the elderly.

False. While it is most common in people over age 60, it can affect anyone at any age. Other factors may put you at a higher risk of developing glaucoma, such as a family history of glaucoma and being of African-American descent. Other risk factors include diabetes, myopia (short-sightedness), hypertension. If you have one or more risk factors, you should schedule an eye exam every at least once every two years.

Myth 4: Glaucoma is curable.

False. There currently is no cure however, treatment can help control the condition. Glaucoma is typically treated with eye drops or oral pills that help control the pressure in your eye.

JANUARY FUN FACTS

- January is named after Janus, the ancient Roman god of gates and doors symbolizing endings, beginnings, and transitions. He's depicted with two heads: one head looking at the past and the other at the future.
- In the Southern Hemisphere January is a summer month the equivalent of July. Sometimes the Saxons called January the wolf month because hungry wolves would come into their towns searching for food this time of year.
- Oddly enough, couples tend to separate or divorce more so in January than any other month of the year.
- January was a monumental year for Alaska! As of January 3rd, 1959, Alaska officially became the 49th state of the United States.
- Historical figures born in January include Paul Revere, 1735; Betsy Ross, 1752; President Franklin D. Roosevelt, 1882; President William McKinley, 1843; and Edgar Allen Poe, 1809
- Significant January events: 45 BC- Julian Calendar takes effect, 1547- Henry VIII died. 1789- First US Presidential Election held. 1848- Gold was discovered in California. Eureka! There's gold in them there hills! 1863- Lincoln signs the Emancipation Proclamation.. 1865- The 13th Amendment abolished slavery. 1912- New Mexico becomes part of the United States. 1914- Henry Ford introduces his assembly line. 1933- The Holocaust began. 1959- Alaska entered the Union. 1967- First Super Bowl held. Should also count as the first preempting of shows I actually like to watch by a sport that should be contained to one of the 2,000 sports-only channels now offered by cable television. 1973- The Supreme Court's Roe vs. Wade Decision. 1986- The Space Shuttle Challenger exploded. Sadness descended on the world.
- 1914 – The Ford Motor Company announced an eight-hour workday and that it would pay a “living wage” of at least \$5 for a day's labor.
- 1957 – In a speech given to the United States Congress, United States President Dwight D. Eisenhower announced the establishment of what became The Eisenhower Doctrine, an anti-communist agenda.

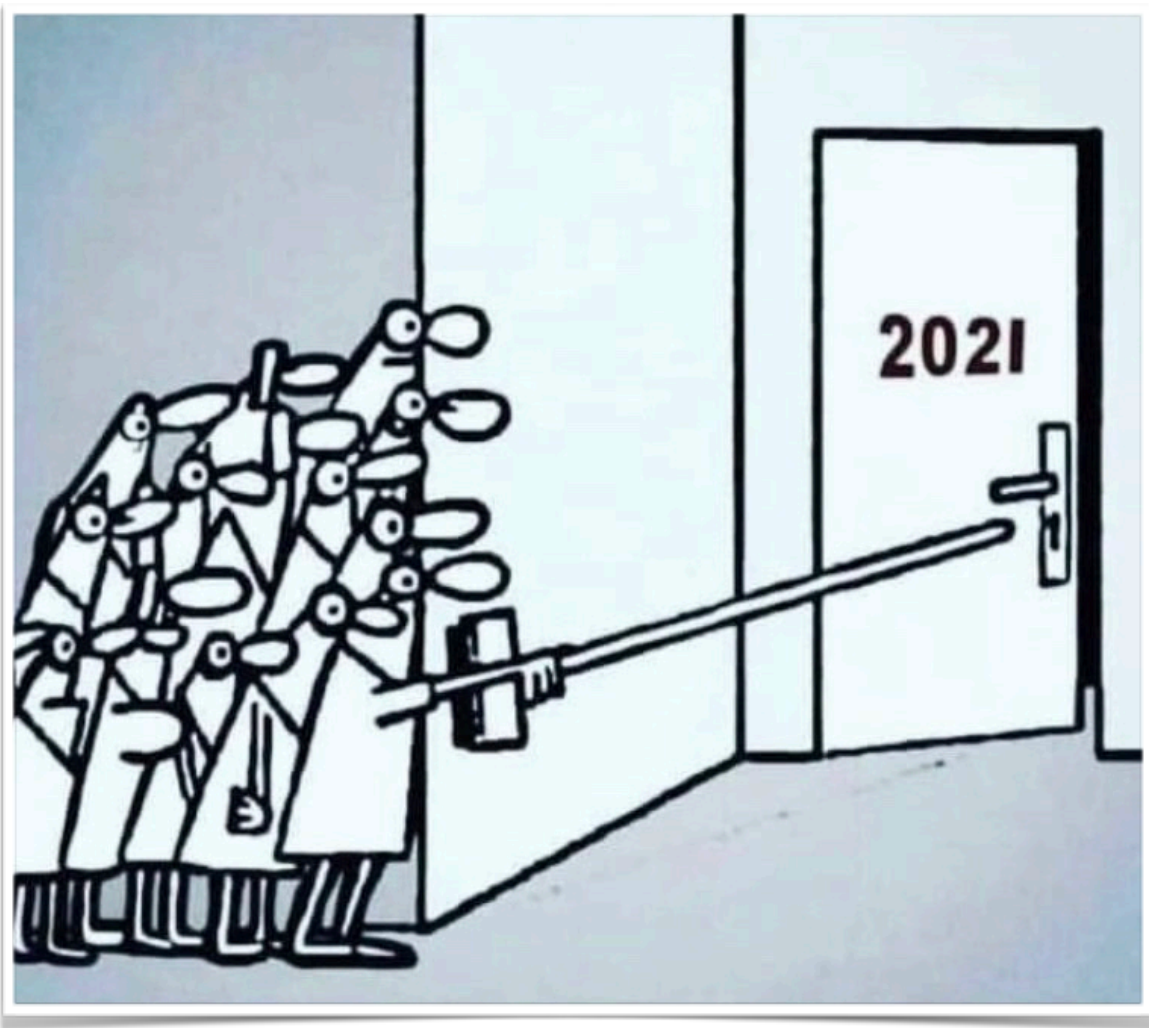


CAPTION CONTEST

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 December photo.

The January 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! 2021 is here! I think we can all agree when I say good riddance to 2020!

We have another "Lunch and Learn" event coming up on January 20th from 12:00 PM to 1:00 PM. It will follow the same format as the last one. It will be a virtual discussion on many topics facing safety professionals today. I want to encourage as many younger professionals to join the call as possible because we have many veterans who are willing to answer questions to help you out with challenges you are facing. The goal of this event is to allow members to network with each other while having safety related discussions.

I am happy to announce that the Western Massachusetts section is continuing to do the monthly Western Mass OSHA meetings. These meetings generally take place on the third Friday of each month at 10:00 AM. These meetings will be virtual at least through May, so anyone can attend! The next meeting will be January 22nd at 10:00 AM and the topic will be OSHA Respiratory Protection (Non health care).

In addition, this month we will be offering another three part educational event that will offer .3 CEUs for our members. The topic for this event will be "Preventing Same Level Slips, Trips, and Falls." This event will be hosted by Joe Sanna from PMA Companies. It will take place on January 26th, 27th, and 28th at 12:00 PM each day. Each session will last one hour and members MUST attend all three sessions to get the .3 CEUs.

Please keep an eye on your email and the chapter website for event registration information! 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 wish you and your families a happy, healthy, and safe new year!

Kevin Galotti, CSP
Chapter President



FLAVOR OF THE MONTH:

Winter is here and that means driving in adverse weather conditions. Please consider the following tips when you need to drive in winter weather. Source: AAA

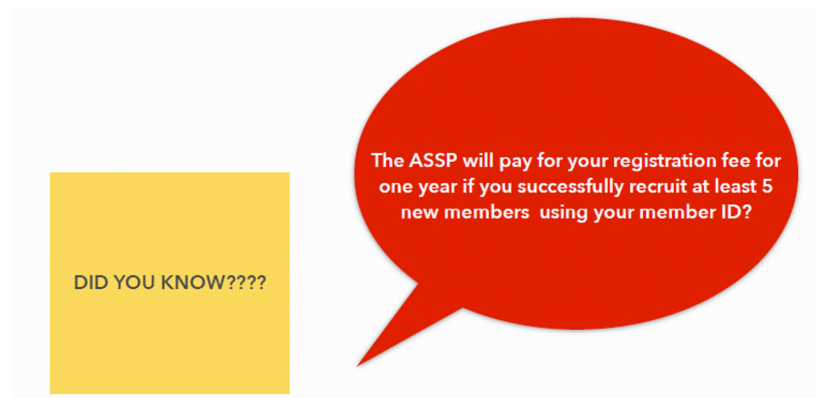
Winter Weather Driving Tips:

- Stay home – Only go out if necessary. Even if you can drive well in bad weather, it is better to avoid taking unnecessary risks.
- Drive slowly – Always adjust your speed down to account for lower traction when driving on snow or ice.
- Accelerate and decelerate slowly – Apply the gas slowly to regain traction and avoid skids. Don't try to get moving in a hurry. Take time to slow down for a stoplight. Remember: It takes longer to slow down on icy roads.
- Increase your following distance to five to six seconds – This increased margin of safety will provide the longer distance needed if you have to stop.
- Know your brakes – Whether you have antilock brakes or not, keep the heel of your foot on the floor and use the ball of your foot to apply firm, steady pressure on the brake pedal.
- Don't stop if you can avoid it – There's a big difference in the amount of inertia it takes to start moving from a full stop versus how much it takes to get moving while still rolling. If you can slow down enough to keep rolling until a traffic light changes, do it. This can keep you from getting stuck in the snow.
- Don't power up hills – Applying extra gas on snow-covered roads will just make your wheels spin. Try to get a little inertia going before you reach the hill and let that inertia carry you to the top. As you reach the crest of the hill, reduce your speed and proceed downhill slowly.
- Don't stop while going up a hill – There's nothing worse than trying to get moving up a hill on an icy road. Get some inertia going on a flat roadway before you take on the hill.

Welcome New Members

There were no new members for December 2020.





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