



AMERICAN SOCIETY OF
SAFETY PROFESSIONALS

Connecticut Valley Chapter

FEBRUARY

American Heart Month
National Cherry Month
National Burn Awareness
Week (7th-13th)
Groundhog Day (2nd)
World Cancer Day (4th)
Superbowl Sunday (7th)
Organ Donor Day (14th)
Random Acts of Kindness Day
(17th)

CHERRY TRIVIA

- Washington grows an estimated 62% sweet cherries, the popular species that's commonly eaten raw during the summertime. Along with Oregon and California, just these three states produce 94 percent of America's sweet cherries.
- Eau Claire, Michigan, is the Cherry Pit Spitting Capital of the World.
- The world record for cherry pit spitting is 93'.
- Cherries are drupes, or stone fruits, related to plums and to peaches and nectarines. They have been enjoyed since the Stone Age -- pits were found in several Stone Age caves in Europe.

Working Remotely & Mental Health

The coronavirus(COVID-19) is presenting new and unique challenges. We are navigating uncharted waters with this virus, making it important to find new ways to work and interact while also taking care of our mental health and well-being.

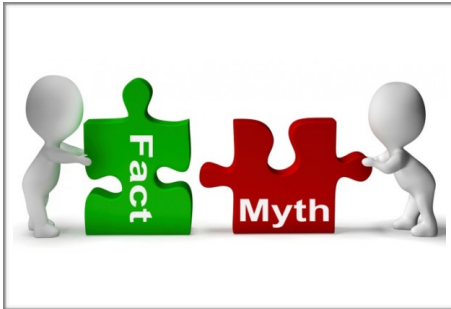
Many are teleworking full-time for the first time, isolated from co-workers, friends and family. Our daily living routines are disrupted causing added anxiety, stress and strain—physically, mentally, and financially. It is completely natural for this disruption and uncertainty to lead to anxiety and stress.

With many organizations requiring employees to stay out of the office, it's more important than ever to encourage and facilitate regular communication with employees. Here are tips for managers and human resource professionals in supporting employees in staying connected to the workplace and each other:

Show empathy and be available: Understand that employees are likely feeling overwhelmed and anxious about circumstances related to the virus. Make yourself available to your staff to talk about fears, to answer questions and to reassure them about work and other issues that might come up.

- **Stay connected with communication and meeting tools:** Use virtual meeting options with video, like Zoom or JoinMe, for regular check-ins and to allow teams to connect with one another "face-to-face."
- **Recognize the impact of isolation and loneliness:** Working remotely can cause people to feel isolated, making it more important to routinely check in with your team, not only about their work product, but also to see how they are doing.





Heart Health Myths

Myth 1: The symptoms of heart attack present the same for everyone. False. Men and women actually show symptoms of a heart attack quite differently. Women often don't experience acute chest pain with the onset of a heart attack. For women the symptoms of a heart attack are acute upper arm, neck, or jaw pain, indigestion, nausea/vomiting, and sudden shortness of breath.

Myth 2: Total cholesterol is the only number that matters.

False. Total cholesterol has been associated with an increased risk for heart attack and stroke as it climbs above 200. The total cholesterol reported is the sum of both the "good" and "bad" cholesterol--it may not tell the full story. Current guidelines now recommend a full cholesterol panel to assess individual risk.

Myth 3: Heart disease is a man's issue. False. Women outnumber men in death from heart attack. Here are three reasons why: 1. Women present are different than men. 2. Women report symptoms less than men. 3. The medical and drug interventions for treatment can adversely impact a woman's health in the short term.

- Loneliness can lead to depression and other mental health issues. Be aware of significant changes you may see in your team member's personality or work product, because it may be a sign that a person is struggling.

- Encourage online training: This is a great time to encourage employees to sharpen their skills with online training. It is also a good distraction to focus on learning rather than worrying about other issues. Find online trainings and new learning opportunities to recommend to employees.

- Check in with your EAP and Health Plan: Check in with your Employee Assistance Program (EAP) to confirm their availability and to coordinate support for employees. Remind the staff that the EAP is there if they need support and can connect employees with behavioral health support, if needed. Also, connect with the organization's health plan(s) to learn what they are offering to support plan members and pass that information onto employees. Be sure to include all relevant website links and phone numbers for both the EAP and health plan in communicating with employees.

Organizations that have resources that may help:

- American Psychiatric Association (APA)

COVID-19/Coronavirus Resources and Information Hub

Coronavirus and Mental Health: Taking Care of Ourselves During Infectious Disease Outbreaks

- Substance Abuse and Mental Health Services Administration (SAMHSA)

- National Alliance on Mental Health (NAMI)

- Call Centers and Hotlines If you are experiencing high levels of stress, anxiety or depression, reach out for support.

Crisis Text Line: Text 741741

National Suicide Prevention Lifeline: 1-800-273-8255



FEBRUARY FUN FACTS

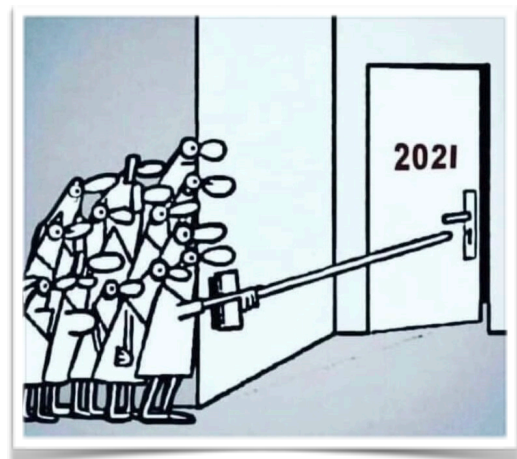
- February, “the month of cleansing,” is derived from februa, the name of a Roman purification festival held on the 15th of this month.
- The Spanish national anthem has no words.
- The state sport of Maryland is jousting.
- When we breathe through our nose, we always inhale more air from one nostril than with the other one — and this changes every 15 minutes.
- The woolly mammoth was still around when the pyramids were being built.
- To know when to mate, a male giraffe will continuously head butt the female in the bladder until she urinates. The male then tastes the pee and that helps it determine whether the female is ovulating.
- Croissants aren’t from France. Though their name is French for “crescent,” these flaky pastries actually hail from Vienna, Austria.
- Barbie has a last name. And a middle name, too. Her full name is Barbara Millicent Roberts. No word on Ken.
- Watermelons are technically berries. Bananas, pumpkins, and avocados fall into the same category. That’s because the scientific definition of a berry is: “a fleshy fruit produced by a single ovary.”
- “Bunny” isn’t a term for a baby rabbit. A baby rabbit is technically called a “kitten.” “Bunny” is just cutesy talk for a rabbit of any age.
- The longest time between two twins being born is 87 days.
- There is a glacier called "Blood Falls" in Antarctica that regularly pours out red liquid, making it look like the ice is bleeding. (It’s actually oxidized salty water.)
- The Romans used to clean and whiten their teeth with urine.
- A cat’s nose pad is as unique as a human fingerprint, so no two feline nose prints are ever alike.
- Video games have been found to be more effective at battling depression than therapy.

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 is: “If 2020 tries to jump out, close the door!” submitted by Davide Roncari.

Congratulations Davide and thank you for your humor!



The February 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! February is here and as I write this, the snow is falling outside.

January was a busy month for us. We just completed our three-part training on Slips Trips and Falls. Members who attended the Training earned .3 CEUs toward their recertification points. Thank you to Joe Sanna from PMA for providing the presentation!



We have a few more events planned for February. On February 4th at 12:00 PM, we will have a joint meeting with the CT Valley AIHA. Nathan Fague will be giving a presentation on Root Cause Analysis. We have been trying to put this event together for more than a year now, but it was continually postponed due to COVID-19. This will now be a Zoom meeting so anyone can attend.

The Western Massachusetts section is continuing to do the monthly Western Mass OSHA meetings. The next meeting will be Friday February 19th at 10:00 AM. The topic for this session will be OSHA Recording and Reporting Requirements and it will be presented by Stephanie Maldanadis-Smulligan. Stephanie is a Compliance Safety and Health Officer in the Springfield OSHA office.

Finally, we will have another joint meeting with the Hudson Valley Chapter on February 25th at 12:00 PM. Neil Feldscher from the New York City DEP Bureau of Engineering Design and Construction will be giving a presentation on Construction Liability. This should be a very interesting event!

Please visit <https://ctvalley.assp.org/event/> to register for these events. Also, an eye on your email for new events! 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.

We are looking for people who want to be more involved in the chapter. If you are interested in getting involved and helping to make a difference in the chapter, please reach out to me at president@ctvalley.assp.org.

Kevin Galotti, CSP
Chapter President

FLAVOR OF THE MONTH:

Snow is falling which means only one thing; snow removal must be done. Please consider the following tips before going outside to shovel snow.

Source: Travelers Risk Control

Snow Removal Tips

- Warm up. Warm your muscles before heading out to shovel by doing some light movements, such as bending side-to-side or walking in place.



- Push rather than lift. Pushing the snow with the shovel instead of lifting can help reduce the strain on your body. When lifting snow, bend your knees and use your legs when possible.
- Choose your shovel wisely. Ergonomically designed shovels can help reduce the amount of bending you have to do.
- Lighten your load. Consider using a lighter-weight plastic shovel instead of a metal one to help decrease the weight being lifted.
- Hit the pause button. Pace yourself and be sure to take frequent breaks. Consider taking a break after 20 to 30 minutes of shoveling, especially when the snow is wet.
- Consider multiple trips. Consider shoveling periodically throughout the storm to avoid having to move large amounts of snow at once.
- Keep up with snowfall. Try to shovel snow shortly after it falls, when it is lighter and fluffier. The longer snow stays on the ground, the wetter it can become. Wet snow is heavier and harder to move.
- Wear layers. Dress in layers and remove them, as you get warm to help maintain a comfortable body temperature.
- Stay hydrated. Drink plenty of water to stay hydrated while shoveling.



Welcome New Members

John Firimonte
Kenneth Carone
Kenneth Edwards

Lawrence Cannon
Rodrigo Gonzalez
Stephen Riffenburg

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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