



AMERICAN SOCIETY OF
SAFETY PROFESSIONALS

Connecticut Valley Chapter

MARCH

National Nutrition Month
National Ladder Safety Month
Poison Prevention Month
National Celery Month
Read an e-book Week (7-13th)
Brain Awareness Week (15-21)
National Pi Day (14th)
National Corned Beef &
Cabbage Day (17th)

BRAIN TRIVIA

- Multitasking is impossible. When we think we're multitasking, we're actually context-switching. That is, we're quickly switching back-and-forth between different tasks, rather than doing them at the same time.
- An adult brain weighs about 3 pounds.
- Cholesterol is key to learning and memory. About 25% of the body's cholesterol resides in the brain & it is highly dependent on cholesterol. The brain's cholesterol is much more stable than the cholesterol in other organs, but when it breaks down, it is recycled into new cholesterol right in the brain.

Remote Leadership

Businesses around the world are working hard to adapt to a new way of life brought on by the COVID-19 pandemic.

Some are struggling to plan for long-term success in a professional landscape riddled with uncertainty. When Gallup conducted a survey on COVID-19 and the workplace, they found 54% of respondents believed workplace disruptions will extend beyond 2020. Many companies made the switch to remote work at the start of the global pandemic, and it is likely remote collaboration will continue for the foreseeable future.

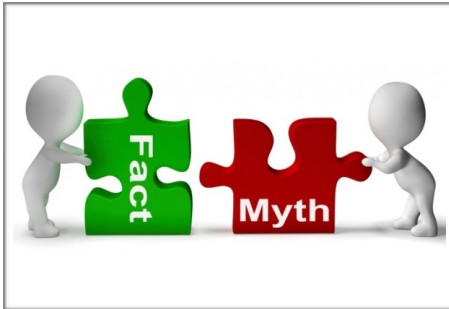
The definition of virtual leadership is a form of leadership in which teams are managed via a remote working environment. Like traditional leadership roles, virtual leaders focus on inspiring workers and helping teams accomplish their goals.

Overall, virtual leaders must take a different management approach than they would with collocated workers, as team communication isn't done in person. As such, virtual leaders need to have great writing skills that translate important things like empathy and understanding into written words shared within a virtual context (as this is how much of cross-team communication is done.)

Virtual leadership focuses heavily on boosting collaboration through regular communication, transparency, and accountability. An effective virtual leader should:

- Deploy tools like a Work Operating System (Work OS) to maintain an open line of communication and to share everything from status updates to digital assets with team members





Poison Myths

Myth 1: If a person accidentally eats or drinks a poisonous substance, he or she should immediately vomit. False. Forcing someone to vomit is the wrong thing to do. Potentially more serious medical problems can occur from the act of vomiting than from the potential poison, especially if substances make their way into the lungs — a common complication of vomiting. Call the poison control center first.

Myth 2: Drinking milk, ingesting raw eggs or using salt water will counteract any ingested poison.

False. Milk is not a magical poison eliminator, and in many cases it can upset an individual's stomach. Neither raw eggs nor salt water are effective treatments for poison. Call the poison control center.

Myth 3: If you get acid on your skin, neutralize it with a base. False. Combining an acid and a base will produce heat. This will cause burns to the skin in addition to any burns caused by the acid. Rinse the area with water and then call the poison control center for further instruction.

- Be transparent about company goals and desired outcomes, as this can boost engagement and help members take ownership of the work they're producing
- Give workers autonomy and hold them accountable for the work delivered

Remote employees have more autonomy due to the nature of virtual work. As such, virtual leaders can't check in with workers the same way in-office managers do, so they have to put their trust in workers' capabilities.

But for increased autonomy to work with remote teams, there must also be a culture of accountability. That requires virtual leaders to be clear on their expectations.

You can do this by:

- Assigning work to specific workers (or teams)
- Agreeing upon a deadline and putting that date in writing
- Create checkpoints and use software wherein you can review work, offer guidance, and provide feedback

There are some steps you can take that will foster a virtual culture that thrives, regardless of location:

Ensure your managers and workers embrace good virtual leadership skills and incorporate them into their day-to-day activities. You can do this by making transparency and inclusion part of your company culture.

Senior leadership should make it a priority to transform the company into a virtual-ready organization by holding routine virtual leadership training sessions. The initial training session will teach managers how to adapt to the virtual workplace, and subsequent training can be aimed at helping them get acclimated to their new role as virtual leaders.

Keep an open dialogue. Virtual team members might feel isolated sometimes, so be sure to foster regular, open communication through meetings, one-on-one chats, and tools that make cross-team collaboration simple.



MARCH FUN FACTS

- March was named for the Roman God “Mars”.
- Your brain uses 20% of the oxygen and blood in your body
- Reading out loud uses different brain circuits than reading silently.
- Texas gets the most tornadoes a year out of any state at an average of 110 a year.
- Each year March and June end on the same day of the week.
- There is enough DNA in an average person's body to stretch from the sun to Pluto and back -- 17 times.
- You can't taste food without saliva
- Octopuses have three hearts, nine brains, and blue blood
- Celery can reach the height of 3.3 feet.
- Celery was initially used as medicine in treatment of toothache, insomnia, hypertension, anxiety, arthritis, rheumatism and to purify the blood.
- Corned beef and cabbage dinners are eaten almost exclusively on St. Patrick's Day. The rest of the year, corned beef consumption in the U.S. consists mostly of Reuben sandwiches and canned corned beef hash.
- "Corned" refers to the size of the salt used to cure the beef.
- Pastrami is really corned beef that is smoked.
- President Abraham Lincoln ate this dish at his inauguration dinner in March 1861.
- Pi is the most studied number in mathematics, and is integral to our understanding of geometry.
- Pi has uses in physics, astronomy, and mathematics. Pi is used in architecture and construction as well, and has been a vital part of everything from arches and bridges to the Pyramids of Giza.
- The Greek letter π is the first letter of the word periphery and perimeter. And as we all know, pi is the ratio of a circle's “periphery” to its diameter.
- Since the exact value of pi can never be calculated, we can never find the accurate area or circumference of a circle.
- According to the Bureau of Labor Statistics, at least 50 percent of ladder-related accidents were due to individuals carrying items while they climbed.
- Each year, more than 900,000 people receive emergency room treatment from ladder-related injuries!
- The first ladder was depicted in a painting in a cave in Spain, dating back at least 10,000 years.
- The word "Hurricane" comes from the Taino Native American Word "hurucane", which means "evil spirit of the wind."
- Rain contains Vitamin B12.
- A "fire whirl" is when a tornado spins too close to a forest fire.



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: “What do you mean it’s three points of contact? I thought it was three ladders” submitted by Tracy Elsenboss.

Congratulations Tracy and thank you for your humor!



The March 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! March is here and despite what that groundhog said, it looks like we have a lot of mild weather ahead of us. We have a lot going on this month. I hope you take the opportunity to attend one or more of these events!

Upcoming Events: On March 18th at 12:00 PM, we will have a joint meeting with the New York City Chapter. Kyle Katsup from Fit for Work will be giving a presentation on "The Art and Science of Technology in Safety and Injury Prevention." This will be a Zoom meeting so anyone can attend!

The next Western Massachusetts section meeting will be Friday March 19th at 10:00 AM. The topic for this session will be "Walking and Working Surfaces (General Industry)" and it will be presented by the Springfield OSHA office.

The OSHA Summer Summit is back on and will be virtual this year! The date will be June 23rd and it will be an all day event. This is a great opportunity to get some CEUs. Registration begins on April 1st. Please save the date in your calendars!

Please visit <https://ctvalley.assp.org/event/> to register for these events. Also, keep 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.

Helping Students: We are supporting the Connecticut Science and Engineering Fair again this year as we always do. If anyone would like to be a judge for the fair, please contact me. All judging will be done through Zoom from March 8th-11th.

Colleen Able (John Able's Daughter) is a professor at Keene State. She is looking for safety professionals that her students can interview regarding career exploration. Interviews will be done virtually and will take place between April 21st and May 3rd. This is a great way to help the younger generation of safety professionals! If you are interested in helping these students out, Please email me!

James Rowlett is a student at student at IUP (Indiana University of Pennsylvania). James is looking for safety professionals to take a survey to help with one of his class projects. I will be sending the link out for the survey. Please take some time to help James out with his project.



We are still 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:

Home fires are always a concern, as they can be deadly and devastating. Please consider the following tips for preventing home fires.
(Source: [ready.gov](https://www.ready.gov))



Cooking:

- Stay in the kitchen when you are frying, grilling or broiling food. If you leave the kitchen for even a short period, turn off the stove.
- Do not wear loose clothing while cooking.
- Position barbecue grills at least 10 feet away from siding and deck railings, and out from under eaves and overhanging branches.
- Keep a fire extinguisher in or near the kitchen.

Electrical & Appliance Safety:

- Frayed wires can cause fires. Replace all worn, old or damaged appliance cords immediately and do not run cords under rugs or furniture.
- If an appliance has a three-prong plug, use it only in a three-slot outlet. Never force it to fit into a two-slot outlet or extension cord.
- Immediately shut off, then professionally replace, light switches that are hot to the touch and lights that flicker.

Fireplaces & Wood Stoves:

- Inspect and clean wood stove pipes and chimneys annually and check monthly for damage or obstructions.
- Use a fireplace screen heavy enough to stop rolling logs and big enough to cover the entire opening of the fireplace to catch flying sparks.
- Make sure the fire is completely out before leaving the house or going to bed.

Children:

- Take the mystery out of fire play by teaching children that fire is a tool, not a toy.
- Store matches and lighters out of children's reach and sight, preferably in a locked cabinet.
- Never leave children unattended near operating stoves or burning candles.



More Prevention Tips:

- Never use a stove range or oven to heat your home.
- Keep combustible and flammable liquids away from heat sources.
- Portable generators should NEVER be used indoors and should only be refueled outdoors and in well ventilated areas. 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.

Welcome New Members

Bill Connor

Chad Brower

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

Certifications

Congratulations to these members for earning safety certifications this past year!

Certified Safety Professional

Bradley York	7/22/2020
Benjamin Weidman	12/31/2021

Associate Safety Professional

Bradley York	7/22/2020
Benjamin Weidman	12/1/2020
Charles Watts	2/25/2021
William Lorenzen	12/4/2020
Kenneth Carone	1/12/2021
Robert Burgos	9/8/2020
Mark Benedict	1/4/2020



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

