



AMERICAN SOCIETY OF SAFETY PROFESSIONALS

Connecticut Valley Chapter

MAY

MONTHLY OBSERVANCES

Electrical Safety Month

Water Safety Month

Mental Health Month

National Safety Stand-Down to
Prevent Falls (3rd-7th)

Safe Boating Week (22-28th)

World Hypertension Day (17th)

ELECTRIC TRIVIA

- Electricity travels at about 300,000 kilometers per second.
- A bolt of lightning can measure up to three million (3,000,000) volts (and lasts less than one second).
- you would need about 648 AA batteries to power a human being for a day (based on 1 calorie = 4.2 Joules)!
- The electric eel (a type of knifefish) can deliver a shock of up to 600 volts, for hunting or self-defence.
- The word "electrocute" is a combination of the words electro and execute, meaning you were killed by electricity. So, if you don't die, you were not electrocuted, only shocked.

READABILITY

Almost all of us eventually have a need to develop policies, procedures and or training material. The readability of the material you produce is imperative.

When communicating in person, the recipient of your message can interject to ask for clarification or show visual cues that something you've said is unclear. In writing, however, ensuring that your reader understands the message you are communicating is more challenging.

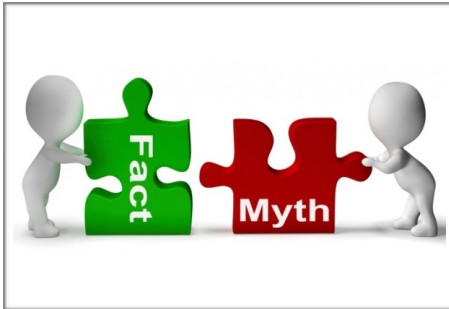
Readability is the ease with which a reader can understand a written text. In natural language, the readability of text depends on its content and its presentation (such as typographic aspects like font size, line height, character spacing, and line length).

Higher readability eases reading effort and speed for any reader, but it is especially important for those who do not have high reading comprehension. In readers with average or poor reading comprehension, raising the readability level of a text from mediocre to good can make the difference between success and failure of its communication goals.

Aiming for high readability improves the likelihood that the reader will clearly understand your thoughts and ideas. High readability lessens misunderstanding and lets the reader easily process the information that you've shared without expending a lot of energy.

In business, particularly in safety, readability is very important, because it can affect how engaged readers are with your content. For example, if a documents are filled with jargon and complex details that the reader can't understand quickly, they might lose interest and decide to stop reading.





Salt Myths

Myth 1: Since our bodies need sodium, we should be sure to salt our food. False. We do need to consume some salt, but for most of us the salt that naturally occurs in food is all we need. Unless we are exercising heavily in a warm climate, the chances are good that we don't need to add extra.

Myth 2: Increased blood pressure is the only negative health effect of salt. False. High blood pressure (hypertension) is the condition we hear most about when it comes to controlling our salt intake, but it is important to see the bigger picture. High blood pressure contributes to heart and kidney disease, puts us at greater risk for stroke, and is linked with vision loss and some cancers.

Myth 3: As long as I don't salt my food, my sodium intake should be okay. False. The salt shaker is just the beginning of the story when it comes to excess sodium. The CDC reports that 65 percent of the salt we consume comes not from the shaker, but from processed foods. Salt is an inexpensive seasoning, used by food manufacturers and restaurants to improve flavor and preserve foods.

Research has found that variables that affect ease of reading can be divided into 4 types:

1. Content
2. Style
3. Format
4. Organization

Content was found to be the most important, followed by style. Third was format and finally content. Variables of style were found to be measurable and 5 of the variables were selected to create a formula:

- Average sentence length
- Number of different hard words
- Number of personal pronouns
- Percentage of unique words
- Number of prepositional phrases

Numerous readability formulas have emerged through the years. Here is a summary of the 7 most popular formulas:

1. The Flesch Reading Ease formula will output a number from 0 to 100 - a higher score indicates easier reading. An average document has a Flesch Reading Ease score between 6 - 70. As a rule of thumb, scores of 90-100 can be understood by an average 5th grader. 8th and 9th grade students can understand documents with a score of 60-70; and college graduates can understand documents with a score of 0-30.
2. The Flesch-Kincaid Grade Level outputs a U.S. school grade level; this indicates the average student in that grade level can read the text. For example, a score of 7.4 indicates that the text is understood by an average student in 7th grade.
3. The Fog Scale (Gunning FOG Formula) is similar to the Flesch scale in that it compares syllables and sentence lengths. A Fog score of 5 is readable, 10 is hard, 15 is difficult, and 20 is very difficult. Based on its name, 'Foggy' words are words that contain



3 or more syllables.

4. The SMOG Index outputs a U.S. school grade level; this indicates the average student in that grade level can read the text. For example, a score of 7.4 indicates that the text is understood by an average student in 7th grade.
5. The Coleman-Liau Index relies on characters instead of syllables per word and sentence length. This formula will output a grade. For example, 10.6 means your text is appropriate for a 10-11th grade high school student.
6. Automated Readability Index outputs a number which approximates the grade level needed to comprehend the text. For example, if the ARI outputs the number 3, it means students in 3rd grade (ages 8-9 yrs. old) should be able to comprehend the text.
7. Linsear Write Formula is a readability formula for English text, originally developed for the United States Air Force to help them calculate the readability of their technical manuals. Linsear Write Formula is specifically designed to calculate the United States grade level of a text sample based on sentence length and the number words used that have three or more syllables.

You might be able to run a mental check for readability as you write, but this can lead to a few issues. First, it's hard to ensure that you're measuring each piece of text using the same rubric, and secondly, relying on a manual process to check readability requires a lot of extra time and energy.

Effective ways to raise your readability score include simplifying your word choices and shortening your sentences, but not everyone has the time or the patience to apply formulas time and again until we get the reading level that will be best for your specific audience.

There are several online tools available that applies one of the readability formulas to make you job easier. One example is Grammarly. The Grammarly Editor helps you improve your document's readability—and improves your writing overall. It offers vocabulary suggestions and ways to tighten your writing, both of which directly affect your readability score. Consider setting a readability level that you feel will best reach your audience and find and use a tool to help you get your document to that point.

FUN FACTS

- Blue jeans were official invented in May of 1873 after Levi Strauss and Jacob Davis obtained a patent for the pants on May 20th.
- The birthstone for May is the emerald which represents love and success.
- The zodiac signs for May are Taurus (April 20-May 20) and Gemini (May 21-June 20).
- May the 4th is celebrated as Star Wars day, due to the way the date sounds similar to "May the Force."
- In an adult human, 25% of their bones are in the feet.
- Like fingerprints, each human tongue has its own unique print.



- 20% of Earth's oxygen is produced by the Amazon rainforest
- A neutron star is the remnants of a massive star that has run out of fuel. A teaspoonful of neutron star would weigh 6 billion tons
- Chalk is made from trillions of microscopic plankton fossils
- It takes 8 minutes, 19 seconds for light to travel from the Sun to the Earth
- Stomach acid is strong enough to dissolve stainless steel
- A flea can accelerate faster than the Space Shuttle

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 March is:

"How not to cut the power to an outlet...."

Submitted by Michael Stanczyc. Congratulations Michael and thank you for your submission and your sense of humor.

The May 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! May is here which means there are only two months left of the chapter year. That being said, our chapter elections are over and the slate has passed. Congratulations to the candidates. If there was anyone who was on the fence about running for a position, we are always looking for people who want to be more involved in the chapter. If you are interested in getting involved, please reach out to me at president@ctvalley.assp.org.

Upcoming Events: We have a lot going on this month. I hope you take the opportunity to attend one or more of these events!

We are once again cosponsoring the CBIA Safety & Health Conference this year. ASSP members will get the discounted rate of \$150. This is an online event that takes place on May 7th from 8:00 AM – 3:30 PM. The top OSHA and CONN-OSHA officials in the region and state will share their thoughts and insights on safety in Connecticut, including assessments of the region's most challenging enforcement and compliance issues. Officials will also address the status of pandemic-related temporary standards and the Biden administration's safety and enforcement initiatives.

The next Western Massachusetts section meeting will be held Friday May 21st at 10:00 AM. The topic for this session will be "Mobile Elevated work Platforms" This topic will be presented by the Springfield OSHA office. Anyone in the chapter can attend this event.

On June 10th at 12:00 PM We plan to have joint meeting with the Granite State chapter. The topic for this meeting will be "Upper Management's expectations of OSH Professionals." We are looking to put together a panel of C-suite executives to explain what they look for and expect from an OSH professional.

The OSHA Summer Summit is back on and will be virtual this year! The OSHA Summer Summit is an all-day safety conference with a broad variety of breakout sessions of interest to all industries. The event date is June 23rd and it will be an all-day event. This is a great opportunity to get some CEUs! Early bird registration is currently open and is only \$30! This is a great value! Please save the date in your calendars and register today!

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

Kevin Galotti, CSP - Chapter President



FLAVOR OF THE MONTH:

May is here which means it is going to start to get warmer out and people will be thinking about opening up their pools. Please consider the following safety tips when it comes to having Summer fun in the pool.

Home Pool Safety

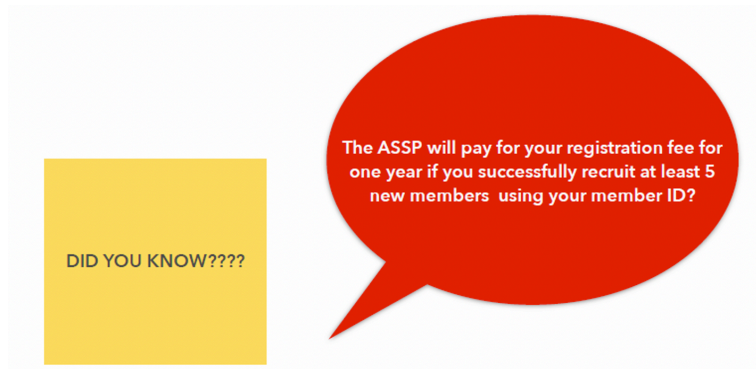
- Secure your pool with appropriate barriers for children and animals.
 - A four-sided isolation fence reduces a child's risk of drowning 83% compared to three-sided property-line fencing.
 - Install pool gate alarms and keep locks out of the reach of children.
 - If a child is missing, check the water first.
- Designate an adult to watch the water when children are in or near the pool.
 - Put the cell phone down.
- Know what to do in a water emergency
 - How to help someone in trouble in the water safely
 - Call for emergency help
 - CPR.
- Ensure the electrical components of the pool pump are in good condition and grounded.



Pool Chemical Safety

- Read the label or the SDS before using pool chemicals.
- Never mix pool chemicals together or mix pool chemicals with acid
- If a product label directs pre-dissolving, add the pool chemical to water.
 - NEVER add water to a pool chemical because a violent (potentially explosive) reaction can occur.
- When storing pool chemicals
 - Keep chemicals stored in the original, labeled container.
 - Lock chemicals up to protect children and animals.
 - Keep chemicals cool in a well-ventilated area away from direct sunlight.
- Keep chemicals dry and do not mix different chemicals (for example, different types of chlorine products)
- When disposing of pool chemicals:
 - Follow the product label directions for safe disposal.
 - Never reuse the containers/buckets.
 - Contact your local or state hazardous materials agency for proper disposal procedures for pool chemicals in unlabeled containers.





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