



AMERICAN SOCIETY OF
SAFETY PROFESSIONALS

Connecticut Valley Chapter

JUNE

MONTHLY OBSERVANCES

National Safety Month

Pride Month

Trailer Safety Week (6th-12th)

Lightning Safety (21st-25th)

World Environment Day (5th)

National Onion Day (27th)

LIGHTNING TRIVIA

- Lightning is 5x hotter than the sun @ 54,000°F
- Lightning bolts can strike more than one place at the same time.
- Florida experiences more lightning than any other state in the U.S.
- Venezuela experiences more lightning than anywhere else
- Lightning kills 51 people on average every year in the US.
- Most lightning strike victims survive.
- Being struck by lightning gives you a rash.
- A park ranger has survived seven lightning strikes.
- Fulminology is the study of lightning.
- Astraphobia is the fear of lightning.

LIGHTNING SAFETY

Lightning is one of the oldest observed natural phenomena on earth. It can be seen in volcanic eruptions, extremely intense forest fires, surface nuclear detonations, heavy snowstorms, in large hurricanes, and obviously, thunderstorms.

Lightning is a naturally occurring electrostatic discharge caused by imbalances between storm clouds and the ground, or within the clouds themselves, during which two electrically charged regions in the atmosphere or ground temporarily equalize themselves, causing the instantaneous release of as much as one gigajoule of energy.

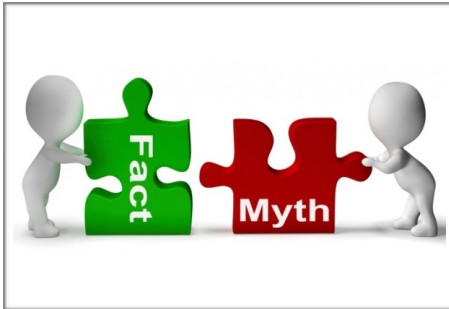
"Sheet lightning" describes a distant bolt that lights up an entire cloud base. Other visible bolts may appear as bead, ribbon, or rocket lightning.

During a storm, colliding particles of rain, ice, or snow inside storm clouds increase the imbalance between storm clouds and the ground, and often negatively charge the lower reaches of storm clouds. Objects on the ground, like steeples, trees, and the Earth itself, become positively charged—creating an imbalance that nature seeks to remedy by passing current between the two charges.

Lightning causes thunder! Energy from a lightning channel heats the air briefly to around 50,000 degrees Fahrenheit, much hotter than the surface of the sun. This causes the air to explode outward. The huge pressure in the initial outward shock wave decreases rapidly with increasing distance and within ten yards or so has become small enough to be perceived as the sound we call thunder.

Thunder can be heard up to 25 miles away from the lightning discharge, but the frequency of the sound changes with distance





Onion Myths

Myth 1: Onions contain a lot of vitamins. False. They do contain important nutrients like dietary fiber, folic acid and a bit of vitamin C & B6

Myth 2: Cooking onions decreases the nutrients found in onions. False. Cooked or raw, onions retain the same nutritive value.

Myth 3: Onions haven't been shown to have any medicinal usages. False. Onions contain quercetin, a phytochemical with antioxidant properties, that is found in tea and apples. Onions have been evaluated in various diseases, including heart disease, certain cancers, stomach ulcers and even osteoporosis.

Myth 4: Cut or leftover onions are poisonous. False. People believe that "leftover onions are huge magnets for bacteria" but the onion's own juices are antimicrobial, which means they will fight bacteria rather than attract it.

Myth 5: Eating an onion a day will whiten your teeth. Completely false. Nothing more to say.

from the lightning channels that produce it, because higher frequencies are more quickly absorbed by the air. Very close to lightning, the first thunder you hear is from the closest channels, which produce a tearing sound, because that thunder contains high frequencies. A few seconds later, you hear a sharp click or loud crack from lightning channels a little farther away, and several tens of seconds later the thunder from the most distant part of a flash has quieted to low frequency rumbling.

Because light travels through the air roughly a million times faster than sound does, you can use thunder to estimate the distance to lightning. Just count the number of seconds from the time you see a flash until you hear lightning. Sound travels approximately one fifth of a mile per second or one third of a kilometer per second, so dividing the number of seconds by 5 gives the number of miles to the flash and dividing by 3 gives the number of kilometers.

Although the odds of being struck by lightning in a given year are less than 1 in a million, some factors can put you at greater risk. Lightning most often strikes people who work outside or engage in outdoor recreational activities. Regional and seasonal differences can also affect your risk of being injured by lightning.

In 2019, Florida and Texas had the most lightning deaths. Florida is considered the "lightning capital" of the country, with more than 2,000 lightning injuries over the past 50 years.

The consequences of lightning strikes are serious. Lightning is one of the leading causes of weather-related fatalities. From 2009–2018, lightning caused an average of average of 27 deaths per year in the United States.

Safety Precautions Outdoors

- If the weather forecast calls for thunderstorms, postpone your trip or activity.
- When thunder roars, go indoors. Find a safe, enclosed shelter.
- Don't forget the 30-30 rule. After you see lightning, start counting to 30. If you hear thunder before you reach 30, go indoors. Suspend activities for at least 30 minutes after the last clap of thunder.
- If no shelter is available, crouch low, with as little of your body



touching the ground as possible. Lightning causes electric currents along the top of the ground that can be deadly over 100 feet away.

- Stay away from concrete floors or walls. Lightning can travel through any metal wires or bars in concrete walls or flooring. Although you should move into a non-concrete structure if possible, being indoors does not automatically protect you from lightning. In fact, about one-third of lightning-strike injuries occur indoors.

Safety Precautions Indoors

- Avoid water during a thunderstorm. Lightning can travel through plumbing.
- Avoid electronic equipment of all types. Lightning can travel through electrical systems and radio and television reception systems.
- Avoid corded phones. However, cordless or cellular phones are safe to use during a storm.
- Avoid concrete floors and walls.

Lightning strikes may be rare, but they still happen and the risk of serious injury or death is severe. Take thunderstorms seriously.

SUPPLY CHAIN RISK

As we like to say in the crisis management business, having one crisis does not prevent another from rearing its head. While the rapidly evolving COVID-19 pandemic upended operations around the world last year, enterprises had to scramble to prepare for hurricanes, typhoons, wildfires and other natural disasters. Although some of the issues that we saw in the early part of the pandemic may have subsided somewhat, several industries are still struggling with supply chain issues stemming from COVID-19.

Now that we are more than a year into the pandemic, Atlantic hurricane season is approaching, reminding businesses and risk professional that it is time to reassess and prepare.

These disruptions have taken all shapes and sizes, from the obvious supply shortfalls that arose from an over reliance on single-sourcing in impacted areas, to more complex issues like the toilet paper shortages that resulted when commercial toilet paper production (which involves large rolls and thinner paper) couldn't be easily converted to consumer toilet paper production—in spite of the huge spike in demand. But within that overarching challenge, there are any number of smaller challenges that will define your success or failure under these virtually unprecedented circumstances. Perhaps unsurprisingly, these don't look that different from the top challenges of years past—it's just that the pandemic has shed new light on them and, in many cases, made them more acute.

Enterprise risk, business continuity and disaster response should be reassessed bearing in mind the supply chain disruption that remains late in the global pandemic. One example is the resurgence of the construction industry and its effect on sourcing lumber products - this could be a serious issue when trying to board up windows ahead of an approaching hurricane. Consider the potential for further disruption to both supplies and services in the event of one or more natural catastrophies that may occur this year.



Companies must separate business continuity planning into three phases: planning and prevention (resolve phase), disaster response (respond phase) and, return to normal (rebuild phase). They must also think about three levels of disruption because disasters vary widely in scope and complexity.

FUN FACTS

- In 1963, major league baseball pitcher Gaylord Perry remarked, "They'll put a man on the moon before I hit a home run." On July 20, 1969, an hour after Neil Armstrong set foot on the surface of the moon, Perry hit is first, and only, home run while playing for the San Francisco Giants.
- The Olympic flag's colors are always red, black, blue, green, and yellow rings on a field of white. This is because at least one of those colors appears on the flag of every nation on the planet.
- In Calama, a town in the Atacama Desert of Chile, it has never rained.
- A ten-year-old mattress weighs double what it did when it was new due to debris that it absorbs over time. That debris includes dust mites (their droppings and decaying bodies), mold, millions of dead skin cells, dandruff, animal and human hair, secretions, excretions, lint, pollen, dust, soil, sand, and a lot of perspiration, which the average person loses at a rate of a quart a day. Good night!
- In space, astronauts cannot cry because there is no gravity and tears can't flow.
- Leonardo Da Vinci invented scissors.
- A "jiffy" is an actual unit of time: 1/100th of a second.
- If you have three quarters, four dimes, and four pennies you have \$1.19. you also have the largest possible amount of money in coins without being able to make change for a dollar.
- Recycling one glass jar saves enough energy to operate a television for three hours.
- The cigarette lighter was invented before the match.
- An average of 100 people choke to death on ballpoint pens every year.
- Antarctica is the only continent without reptiles or snakes.
- The cruise liner Queen Elizabeth 2 moves only six inches for each gallon of fuel it burns.
- San Francisco cable cars are the only National Monuments that can move.
- February 1865 is the only month in recorded history not to have a full moon.
- Nutmeg is extremely poisonous if injected intravenously.
- You are more likely to be infected by flesh-eating bacteria than you are to be struck by lightning.
- According to Genesis 1:20-22, the chicken came before the egg.
- Babies are born without kneecaps. They appear between the ages of 2 and 6.
- Men can read smaller print than women. Women can hear better.
- Wearing headphones for just an hour will increase the bacteria in your ear by 700 times.
- Horses can't vomit.



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 May.



The June 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! June is here which means it is the last month of the chapter year. With that said, this is my last month as President for the chapter. It has been my pleasure to serve as President this year. I have had the pleasure of meeting many of you, albeit virtually on zoom calls. I cannot wait to meet you all in person!

Our chapter was faced with many challenges this past year, but we were still able to host 18 chapter meetings with guest speakers for each one. We will also be hosting the upcoming OSHA Summer Summit. This year we volunteered with the CT Science Fair, helped students from Keene State, Offered CEUs at our meetings, attended two ROC meetings, and participated in the annual leadership conference. We also collaborated with the New Jersey, New York, Hudson Valley, Granite State, and CT Valley AIHA chapters for our meetings. With all of these accomplishments and more, our chapter will likely earn the PLATINUM level status for the 2020-2021 chapter year for the first time! Congratulations to the entire executive board for making this happen!

I would like to thank the entire executive board because I would not have gotten through this year without all of their help and support. I would also like to thank all the speakers at our meetings who gave great incite on various topics in the safety field. I would like to give special thanks to Laura Casey for putting these amazing newsletters together for the chapter each month! It takes great deal of work to put these newsletters together and I appreciate all of her efforts! Finally, I would also like to give a special thanks to Maryanne Steele for running the Western Massachusetts Section of the chapter, coordinating the Western Massachusetts monthly OSHA meetings, and for organizing the annual OSHA Summer Summit.

As far as chapter finances go, we have had very few expenses over the last year. Therefore, we had a net gain of about \$3,000 over the course of the year. The executive board has made the decision to get more aggressive with giving away scholarship and grant money to students and other professionals who are seeking to better themselves. If you are interested in applying for a scholarship or grant, please email me. Thank you to Walt Tucker for maintaining our financial reporting and keeping us fiscally responsible. Thank you to Liz Velky, Nate Fague, and Jeremy Card for conducting our financial audit this year.

I have been working closely with the incoming President, Liz Velky, to ensure a seamless transition for the following year. Bradley York will be the incoming President-Elect. Welcome to the team Brad! Finally, Thank you to the entire chapter for everything you do for our profession every day.



Upcoming Events:

In Middle to late June, we plan to have a 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. Please keep an eye on your email and the website for updates about this event.

The OSHA Summer Summit is this month! 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 earn .5 CEUs! Early bird registration ends on June 9th. The price is currently only \$30 and will go up to \$45 starting on the 10th. 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:

Summer is here which means it is getting hotter outside and people will be working outside. Whether you are mowing the lawn, raking leaves, or just enjoying the outdoors, you should know the signs and symptoms of the various levels of heat stress.

Tips to Avoiding Heat Stress

- Wear light, breathable clothing when possible.
- Acclimate yourself to the heat and heavier work.
- Take more breaks in extreme heat/humidity.
- Drink water frequently (even when not thirsty).
- Avoid caffeine, alcohol or large amounts of sugar.
- Always monitor yourself and those around you for heat stress
 - If someone is showing symptoms of heat stress,
 - Get the person into an air-conditioned room
 - Have the person drink lots of water
 - If you are in doubt as to their condition, seek immediate medical attention or call 911.



Heat Related Illnesses

Illness	What is it?	Symptoms
Heat Rash	A skin irritation caused by excessive sweating particularly related to hot humid weather.	Red clusters of “pimples” or small blisters likely to occur on neck, upper chest, or elbow creases.
Heat Cramps	Caused by low salt and fluid levels in the body typically occur during hot, strenuous work.	Muscle pain or spasms typically in the abdomen, arms, or legs.
Fainting	Associated with prolonged standing or sudden rising from sitting or lying.	Loss of consciousness caused by dehydration and lack of acclimation to the
Heat Exhaustion	The body’s reaction to excess loss of water usually related to excessive sweating	Heavy Sweating, weakness or fatigue, dizziness, confusion, nausea, clammy moist skin, muscle cramps, slightly elevated body temperature, fast and
Heat Stroke	Most serious heat related disorder. The body’s sweating mechanism fails causing the body to not be able to, control its temperature. Body temperature can rise above 106°F in just 10 to 15 minutes	Hot dry skin (no sweating), hallucinations, chills, throbbing headache, high body temperature, confusion, dizziness, slurred speech.

Welcome New Members

Julia Lindberg

Nate Testerman

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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PRESIDENT ELECT Elizabeth Velky	TREASURER & GOVERNMENT AFFAIRS CHAIR Walt Tucker
SERETARY Jeremy Card	MEMBERSHIP CHAIR Marcia Walsh CSP
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WESTERN MASSACHUSETTS CHAIR Maryanne Steele	AWARDS & HONORS CHAIR David Butterfield
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NEWSLETTER WRITER / EDITOR Laura Casey CSP, CHST, EMT-P	SOCIAL MEDIA & WEBSITE Melissa Noyes

