



AMERICAN SOCIETY OF
SAFETY PROFESSIONALS

Connecticut Valley Chapter

JULY

MONTHLY OBSERVANCES

Eye Injury Prevention Month

Garlic Month

UV Safety Month

Summer Dog Days (11th-24th)

Independence Day (4th)

Mac & Cheese Day (14th)

GARLIC TRIVIA

- On average you eat 2 lbs. of garlic per year
- Garlic can make glue
- 2/3's of all garlic is grown in China - 46 billion pounds/yr.
- When you think of garlic you think of the bulb, but there's more to the plant than that and it's edible. Some varieties produce green shoots called scapes that are reminiscent of a scallion but with a garlicky flavor.
- Garlic is a natural mosquito repellent. What a great reason to eat more this summer!
- Once you cut garlic, which then turns garlic's thio-sulfinate compounds into allicin, an antibiotic and antifungal that is believed to reduce "bad" cholesterol, as it inhibits enzymes from growing in liver cells.

ULTRA VIOLET LIGHT SAFETY

Ultraviolet (UV) radiation is a form of non-ionizing radiation that is emitted by the sun and artificial sources, such as tanning beds. While it has some benefits for people, including the creation of Vitamin D, it also can cause health risks.

Our natural source of UV radiation is the sun. Some artificial sources of UV radiation include:

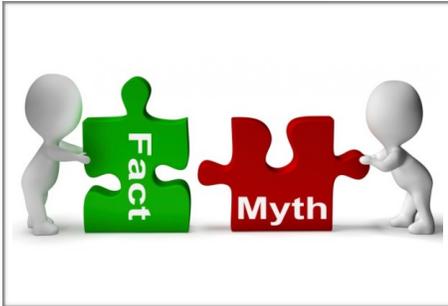
- Welding activities
- Tanning beds
- Mercury vapor lighting
- Some halogen, fluorescent, and incandescent lights
- Some types of lasers

Types of UV radiation

UV radiation is classified into three primary types: ultraviolet A (UVA), ultraviolet B (UVB), and ultraviolet C (UVC). These groups are based on the measure of their wavelength, which is measured in nanometers (nm= 0.000000001 meters or 1×10^{-9} meters).

All of the UVC and most of the UVB radiation is absorbed by the earth's ozone layer, so nearly all of the ultraviolet radiation received on Earth is UVA. UVA and UVB radiation can both affect health. Even though UVA radiation is weaker than UVB, it penetrates deeper into the skin and is more constant throughout the year. Since UVC radiation is absorbed by the earth's ozone layer, it does not pose as much of a risk.





UV Myths

Myth 1: Older people are more susceptible to UL light.

False. An estimated 50 percent of lifetime exposure to UV rays occurs before age 18. This is because youth spend more time outdoors, have larger pupils, clearer lenses, and few wear sunglasses or hats.

Myth 2: UV lights do not damage the skin.

False. UVC radiation can cause severe burns (of the skin) and eye injuries (photokeratitis). Avoid direct skin exposure to UVC radiation and never look directly into a UVC light source, even briefly.

Myth 3: There's no need to worry about UV rays when it's cloudy outside.

False. Over 90 percent of UV rays penetrate through clouds. Even in overcast weather, the eyes are still heavily exposed to UV rays. UV radiation also reflects off of surfaces like water, snow, concrete, sand, and glass.

Myth 4: Most sunglasses block 100 percent of UV radiation from reaching the eye.

False. 45 percent of UV rays can still reach the eyes of sunglass wearers. Large, wrap-around, UV-blocking sunglasses provide the most protection and should be worn completely.

Benefits

Beneficial effects of UV radiation include the production of vitamin D, a vitamin essential to human health. Vitamin D helps the body absorb calcium and phosphorus from food and assists bone development. The World Health Organization (WHO) recommends 5 to 15 minutes of sun exposure 2 to 3 times a week.

Risks

Sunburn is a sign of short-term overexposure, while premature aging and skin cancer are side effects of prolonged UV exposure.

Some oral and topical medicines, such as antibiotics, birth control pills, and benzoyl peroxide products, as well as some cosmetics, may increase skin and eye sensitivity to UV in all skin types.

UV exposure increases the risk of potentially blinding eye diseases, if eye protection is not used.

Overexposure to UV radiation can lead to serious health issues, including cancer. Skin cancer is the most common cancer in the United States. The two most common types of skin cancer are basal cell cancer and squamous cell cancer. Typically, they form on the head, face, neck, hands, and arms because these body parts are the most exposed to UV radiation. Most cases of melanoma, the deadliest kind of skin cancer, are caused by exposure to UV radiation.

Anyone can get skin cancer, but is more common in people who:

- Spend a lot of time in the sun or have been sunburned.
- Have light-color skin, hair, and eyes.
- Have a family member with skin cancer.
- Are over age 50.

To protect yourself from UV radiation:

- Stay in the shade, especially during midday hours.
- Wear clothes that cover your arms and legs.
- Consider options to protect your children.
- Wear a wide brim hat to shade your face, head, ears, and neck.
- Wear wraparound sunglasses that block both UVA and UVB



rays.

- Use sunscreen with sun protection factor (SPF) 15 or higher, for both UVA and UVB protection.
- Avoid indoor tanning. Indoor tanning is particularly dangerous for younger users; people who begin indoor tanning during adolescence or early adulthood have a higher risk of developing melanoma.

Please visit CDC's Radiation and Your Health website for more information.

FUN FACTS

- July's birth flowers are the larkspur and water lily.
- The July birthstone is the ruby, which is believed to protect its wearer from evil.
- July was named after the famous Roman general Julius Caesar; it was selected by the Roman senate, being the month he was born in.
- As the second month of Summer, July is, on average, the warmest month of the year in the northern hemisphere. Its southern hemisphere equivalent is January.
- Banging your head against a wall for one hour burns 150 calories.
- Pteronophobia is the fear of being tickled by feathers.
- Cherophobia is the irrational fear of fun or happiness.
- 7% of American adults believe that chocolate milk comes from brown cows.
- If you lift a kangaroo's tail off the ground, it can't hop.
- Bananas are curved because they grow towards the sun.
- During your lifetime, you will produce enough saliva to fill 50 bathtubs!
- If Pinocchio said "My Nose Will Grow Now," it would create a paradox.
- Car manufacturer Volkswagen makes sausages. Specifically currywurst sausages.
- The smallest bone in your body is in your ear. This tiny bone is, on average, just 0.09 × 0.11 inches (3 × 2.5 mm) in size. It is called the stapes because it looks quite similar to a stirrup, which in Latin is Stapes.
- Tennis players can be fined up to \$20,000 for swearing while playing at Wimbledon.
- Only 5% of the ocean has been explored.
- Most people fart around 14 to 23 times a day! While farting may sometimes be embarrassing, it's perfectly natural. The foods most linked to farting include beans, broccoli, milk, corn, high-fiber foods such as fruit or peas, and cabbage.
- There is a species of spider called the Hobo Spider.
- Saint Lucia is the only country in the world named after a woman.
- A baby spider is called a spiderling.
- The United States Navy uses Xbox controllers for their periscopes.



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 June is: “That was an ARROWING experience!” Congratulations Rick Kaletsky.

The July photo in need of a caption is:



Submissions should be emailed to Laura Casey and place “Caption Contest” in the subject : casey@safeconsolutions.com

9 Best Foods That Improve Your Brain Power

As the control center of your body, your brain is responsible for almost all functions. From keeping your heart beating to your lungs breathing, and even allowing you to feel, more, and think – your brain does everything! This is why it is important to keep your brain running in peak condition. You may not be aware of this, but the foods you eat play a vital role in keeping your brain healthy while improving certain mental tasks, including memory and concentration.

Fatty Fish



When it comes to brain foods, fatty fish tops the list. Fatty fish, including salmon, sardines, and trout, are all rich sources of omega-3 fatty acids. Almost 60% of your brain is made of fat, half of which is omega-3 fatty acids. The brain uses omega-3 to build brain and nerve cells, making these fats essential for improving memory and learning. Consuming healthy amounts of fatty fish can help slow down age-related mental decline and reduce the chances of Alzheimer's disease.

Coffee

If your morning is incomplete without coffee, you would be more than happy to know that coffee is good for you. The two main elements of coffee – caffeine and antioxidants – are great for your brain. The caffeine in coffee helps make your brain more alert by blocking adenosine, a chemical that makes you feel sleepy. Caffeine also helps improve your mood by boosting “feel-good” neurotransmitters, such as serotonin. Research also revealed that drinking coffee reduces the risk of neurological diseases, such as Alzheimer's and Parkinson's in the long run.

Blueberries

Blueberries are phenomenal fruits with numerous health benefits to offer, some that are specifically for your brain. Blueberries help deliver anthocyanins, compounds with anti-inflammatory and antioxidant effects. This helps protect against oxidative stress and inflammation, conditions that make significant contributions to neurodegenerative diseases and brain aging. Some antioxidants found in blueberries gather in the brain and help in the improvement of communication between brain cells.

Tumeric

Turmeric has gained a lot of popularity lately. This spice has numerous benefits to offer to the brain. Curcumin is an active ingredient in turmeric that crosses the blood-brain barrier, which means that it can enter the brain directly to benefit the cells there. This anti-inflammatory compound and potent antioxidant have been associated with improvement in memory, especially in those with Alzheimer's.

Curcumin is also linked with boosting serotonin and dopamine, both of which improve one's mood and relieve symptoms of depression. Curcumin is also associated with boosting brain-derived neurotrophic factor, a growth hormone that aids brain cells to grow.

Pumpkin Seeds

Pumpkin seeds are loaded with powerful antioxidants that protect the brain and body from free radical damage. These seeds are also a great source of iron, zinc, magnesium, and copper, all of which are important for brain health. Zinc helps with nerve signaling while magnesium is very important for learning and memory. Iron deficiency often causes brain fog and impaired brain function, while out-of-whack copper levels increase the risk of neurodegenerative disorders. Since pumpkin seeds are loaded with these nutrients, they greatly help improve brainpower.

Dark Chocolate



Both cocoa powder and dark chocolate are packed with brain-boosting compounds, such as caffeine, antioxidants, and flavonoids. Flavonoids gather in parts of the brain that deal with learning and memory. According to research, these compounds help improve memory and slow down age-related mental decline.

Nuts

According to research, nuts improve heart health and also promote healthy brain function. A 2014 review also suggested that nuts improve cognitive function and prevent neurodegenerative diseases. Additionally, according to another research, women who consumed nuts on a regular basis over several years had a sharper memory, compared to those who didn't consume nuts.

Nuts are packed with some fantastic nutrients, including healthy fats, vitamin E, and antioxidants, all of which have a myriad of benefits for the brain. Vitamin E has been shown to protect cell membranes from free radical damage, slowing down mental decline. Even though all nuts are good for your brain, walnuts have extra edges, since they are also packed with omega-3 fatty acids.

Oranges

A single orange can fulfill your daily vitamin C requirements. Vitamin C is considered extremely vital for brain health since it helps prevent mental decline. According to a research study, consuming ample quantities of foods rich in vitamin C can protect against Alzheimer's disease age-related mental decline. Vitamin C is an extremely potent antioxidant. It helps fight off free radicals that can harm brain cells. Moreover, vitamin C also supports a healthy brain. Apart from oranges, you can also receive sufficient amounts of vitamin C through kiwis, tomatoes, and bell peppers.

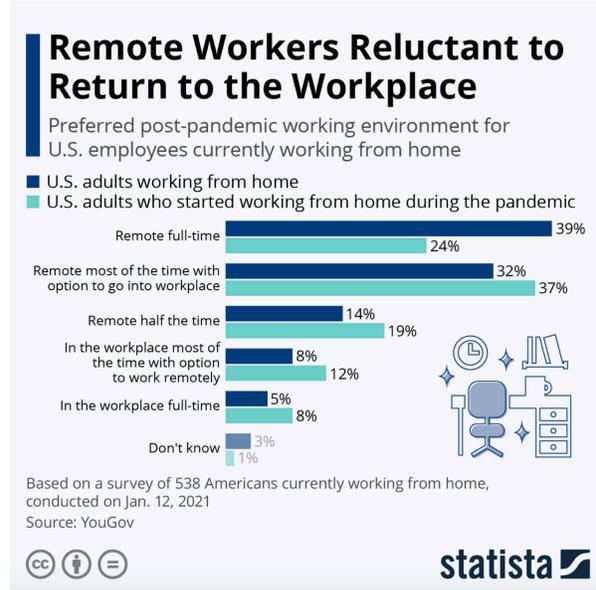
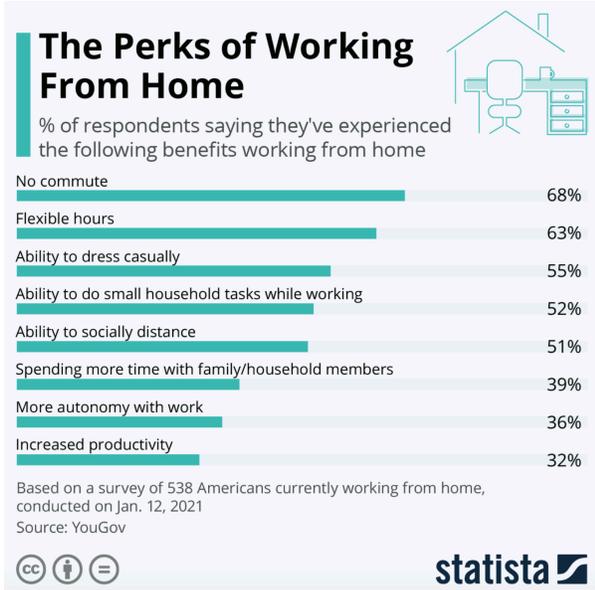
Eggs

Eggs are an excellent source of multiple nutrients, including folate and choline, vitamins B6 and B12 that are linked to improving brain health. Choline, is a crucial nutrient that creates acetylcholine, a neurotransmitter that helps improve your memory and mood. The B vitamins present in eggs also play an important role in brain health. Research shows that these vitamins may help slow down mental decline in the elderly. While there isn't much research linking the direct impact of eggs on brain health, there is enough research to support the advantages of the nutrients found in eggs on the brain.

Conclusion

Certain foods can help maintain a healthy brain. While foods, such as fruits and veggies, contain antioxidants that protect your brain from damage, other foods, such as eggs and nuts, are packed with nutrients that support brain development and memory.





LETTER FROM THE PRESIDENT

Hello fellow Connecticut Valley Chapter Members! My name is Elizabeth Velky, and I am your new Chapter President for the 2021-2022 year. Thank you to everyone who voted this year for the current board, and choosing me to lead your chapter in the months coming forward! Before we jump into the year, I also want to thank our Past-President, Kevin Galotti, who helped finish 2021 with a soon to be Platinum Level Status! As well, this would not have been possible without our Board and all of our volunteers in the Chapter. Thank you so much for all of your hard work and dedication! I know it will be another successful year ahead, and I cannot wait to see what we do.

As we begin this year, I would like to take the time for the Chapter to get to know a little about me. For some of you, you might know me as Liz Velky. I graduated from Keene State College in 2014 with a Bachelors of Science in Occupational Safety and Health Applied Sciences. During my time at Keene State College, I was actively involved in both the Safety Honor Society; Rho Sigma Kappa- President, and the Keene State College ASSP Student Section where I was Secretary. When I left Keene, I started my career at CNA Insurance in Melville, NY, out of their Risk Control Trainee Program. While in Long Island, ASSP was my life line to meeting new industry leaders, and getting to know the new state I resided. While in New York, I was eager to become involved, and became Secretary of the Long Island ASSP Chapter. I cannot say enough how very grateful for the friends and colleagues I met while I was there. After three years, I decided I wanted a new path, and came back home to the Nutmeg State where I worked for a Regional Insurance brokerage, People’s United Insurance Agency, and now Gallagher Global Brokerage out of Glastonbury, CT as a National Risk Control Consultant. During these past few years, you also might have seen me heavily engaged with the American Society of Safety Professionals Foundation. With the ASSP Foundation, I’ve volunteered at the



New England Area PDC Silent Auction, and am recently the newly appointed Chair of the Next Generation Board. With my experience and passion, I hope to bring some collaboration from other local chapters, across the regions, and with our local student sections. I truly am honored to be working with the Connecticut Valley Board, and I know we are dedicated to bringing a positive membership experience for all of our members.

Other goals I have for this year, are to also follow in the footsteps of our Past-President, Kevin Galotti, and achieve the Platinum Level Status. This year as we start to ease on COVID protocols, you will see us actively trying to engage in more in person meetings, as well as continue our virtual meetings. I am always open to hearing new ideas for membership activities, or if you are interested in speaking this coming year please feel free to reach out at evelky.assp@gmail.com. I'd be happy to sit on the phone and chat about your goals for the chapter, and how we can make your membership experience worthwhile!

Again, I look forward to serving as your President this year. Thank you all for your continued engagement with the Chapter. Please look for more information and details on our upcoming meeting in August 2021 on our Chapter website. If you have any questions, or would like to learn more on how to volunteer, please feel free to e-mail me at evelky.assp@gmail.com. Have a wonderful and safe summer!

Thank you, Elizabeth Velky; CLCS, RRE

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