



AMERICAN SOCIETY OF
SAFETY PROFESSIONALS

Connecticut Valley Chapter

AUGUST

MONTHLY OBSERVANCES

Immunization Awareness Mon.
Eye Exam Month
Wellness Month
National CBD Day (8th)
Honey Bee Day (21st)
Grief Awareness Day (30th)

GRIEF TRIVIA

- Grief is not a disease. It is the normal, human response to a significant loss.
- Grief may be one of the most challenging experiences of your life. But you are not crazy, or weak, or "not handling things".
- A grief response is often referred to as "Grief-work". It requires more energy to work through than most people expect. It takes a toll on us physically and emotionally.
- How long will grief last? It is finished when it is finished. The first few months may be particularly intense. The first year is difficult: especially the holiday, the first birthday, anniversary, "a year ago today day" and many other times that remind us of our loss.

WHAT'S ALL THE BUZZ ABOUT?

August 21st is National Honeybee Day!

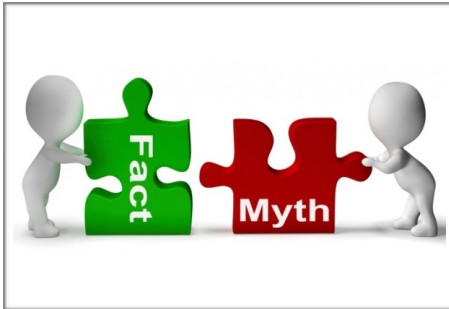
Bees pollinate over 80% of all flowering plants grown in the United States. This pollination is vital to food production, making this day our day to pay homage to their hard work and contribution to human life. It is important that we understand bees, be able to identify different kinds of bees, and know how to care for ourselves when we are around them.

There are 4,000 different species of bees in the United States. While many bees are non-aggressive pollinators, there are wasps and hornets out there out there that can be very aggressive and knowing how to protect yourself is knowledge that will keep you safe and bees working to make sure we have food to eat (including that delicious honey, the only food that NEVER spoils!).

How can we help the bees?

- Reduce the use of pesticides and look for bee friendly pesticides like Organocide Bee Safe 3-in-1 Garden Spray.
- Don't be afraid of bees when they swarm. They are reproducing to form new colonies and that's good for everyone!
- Call a local beekeeper instead of an exterminator to have bee colonies moved away from your space and into something more suitable for everyone, including them.
- Protect safe havens like parks, wildlife refuges, and national parks.
- Plant pollinator-friendly plants like flowering foods and decorative plants.
- Know your bees!





Eye Care Myths

Myth 1: Your Eyes Can Wear Out From Too Much Use False. You may experience some strain if you read in low light, and your eyes may feel tired after reading fine print, but this does not mean your eyes are being damaged. Your eyesight may change as you age, but will not wear out from too much use.

Myth 2: It Is Okay To Go Swimming In Soft Contact Lenses False. Opening your eyes underwater while wearing soft contact lenses could result in a very dangerous infection.

Myth 3: Sitting Too Close To The TV Is Bad For Your Children's Eyesight

False. While sitting so close may seem uncomfortable to adults, it isn't causing any permanent damage to your child's eyesight.

Myth 4: You Only Need To See An Eye Doctor If You Notice A Problem False. It is important to visit your eye doctor regularly to monitor prescription changes, but your checkup is more than your contacts prescription. Your eye doctor will also check for diseases like glaucoma, which can show up long before you reach old age. Your eye doctor may even notice signs of other health problems like diabetes or high cholesterol.



For Safety's Sake

The National Institute of Occupational Safety and Health offers the following recommendations for staying safe around Bees, Wasps and Hornets:

- Wear light-colored, smooth-finished clothing
 - Avoid perfumed soaps, shampoos, and deodorants
 - Stay clean (sweat may anger bees)
 - Wear long sleeves and pants
 - Avoid flowering plants when possible
 - Keep work areas clean. Wasps love to be in places where humans discard food.
 - Remain calm and stay still until the insect leaves the area.
- DON'T SWAT!**
- If a bee gets into your vehicle, pull over, open all the windows, and if you can safely exit, leave the vehicle until the insect leaves.
 - Anyone with a history of a severe allergic reaction to insect bites or stings should consider carrying an epinephrine auto injector (EpiPen) and should wear a medical identification bracelet or necklace stating their allergy.

If you ever find yourself being attacked by several stinging insects, run away from them and go indoors. If that is not an option, a shaded area is better than an open and sun-filled area. Do not attempt to jump into water. (Some bees are known to hover above the water, continuing to sting when you surface for air.)



To help that OUCH!

- If you do get stung, first aid is pretty simple unless you have an allergic reaction.
- Wash the stung area with soap and water.
- If the stinger is embedded in the skin, it can be removed by scraping a fingernail over it or using a piece of gauze to wipe over the top. Do not squeeze the stinger or use tweezers, which can release more poison into the skin.
- Apply ice to the area to reduce swelling
- Do not scratch the sting. Doing this may increase swelling and itching, and brings the risk of infection.

CBD & THC - What you need to know.

Recreational marijuana is now legal in CT. Medical marijuana is available in a variety of states and is easily transported into other states. Many companies have policies to deal with marijuana use by their employees but the CBD craze that is sweeping the nation is a different story. Let's look at CBD versus THC and how that

One of the biggest concerns about CBD is whether it contains THC and if using it means they are using a form of marijuana. THC stands for Tetrahydrocannabinol. It gives a euphoric feeling,

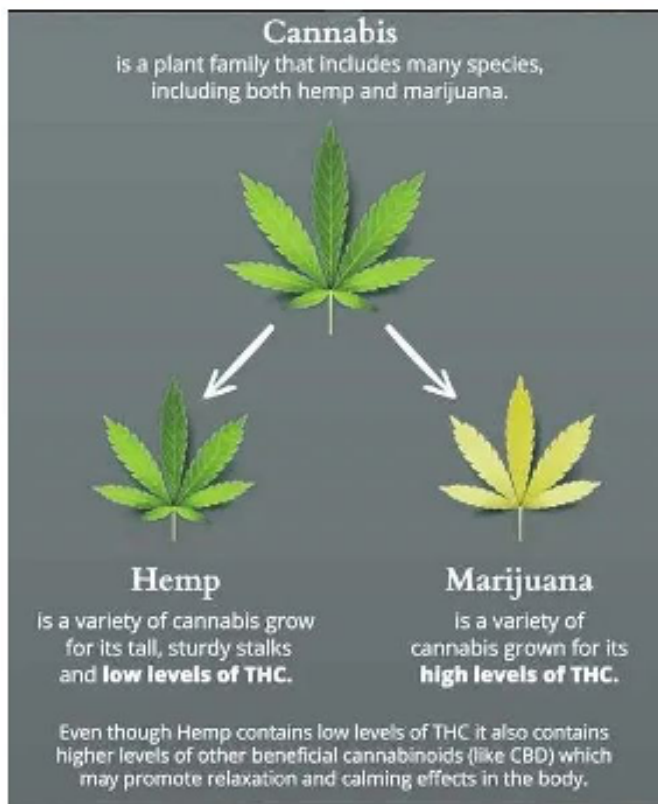
often referred to as "getting high". THC interacts with CB1 receptors, mainly in the brain and central nervous system.

CBD stands for Cannabidiol. It is a compound that comes from the hemp plant, also known as Cannabis sativa. This compound is part of a complex body system called the Endocannabinoid System

THC is responsible for the drug's psychoactive effect, and it's what makes you feel high.

CBD does not interact with the body the same way and has no psychoactive properties. There is no euphoric feeling or altered mental state.

The majority of CBD products you'll find on the market today are made from hemp, which by law can contain up to a maximum of 0.3 percent THC. This means hemp-derived, full-spectrum CBD



products are likely to contain low amounts of THC. Hemp is higher in CBD, while any cannabis that has a THC concentration of greater than 0.3% is classed as marijuana, according to the Drug Enforcement Administration (DEA).

CBD products can still be problematic, however, when it comes to drug testing. Though drug tests screen for THC, not CBD, many CBD products contain a trace amount of THC which will be detected in your bloodstream during a drug test.

THC can be detected in a urine test for up to 15 days, depending on how often and how much you use. It leaves the bloodstream in about five hours, but substances your body makes from THC (THC metabolites) can show up for as long as 7 days. CBD tends to stay in the bloodstream from 2 to 5 days, depending on dosage and frequency. If you have been using CBD for a while, it can stay in your body for up to 30 days or more.

CBD will not show up in a drug test because drug tests are not screening for it. CBD products may well contain THC, however, so you can fail a drug test after taking CBD products.

If your company has a zero-tolerance policy for a failed drug test, you should be sure to educate your employees that if they are using some form of CBD and their drug test results return positive, their employment will be immediately terminated, even if they claim that it is "just CBD". Please be aware and choose wisely.

AUGUST FUN FACTS

- Dolphins sleep with one eye open.
- One of the earliest known vacuum cleaners was so large that it had to be hauled from house to house via a horse-drawn carriage.
- The largest padlock in the world weighs 916 pounds.
- Pandas poop most of what they eat. They eat only bamboo and about 30 pounds each day - defecating about four-fifths of what they eat.
- The first McDonald's Drive Thru was based near the Fort Huachuca military installation. Military rules forbade the soldiers from wearing their military uniforms in public, and they weren't about to change into civilian clothes just to grab a burger and run back to base, so the solution: cut a hole into the wall and allow members of the military to pick up their orders without stepping out of their car. The idea quickly caught on.
- Alfred Hitchcock was frightened of eggs.
- The fuller the fridge, the more energy-efficient it is.
- For 20 years, a cat served as mayor of an Alaskan town.
- 1/4 of all your bones are located in your feet. 52 bones in your feet of the 206 bones in your body.
- Children of identical twins are genetically siblings, not cousins.
- A cornflake in the shape of Illinois sold on eBay for \$1,350.



- A cloud can weigh more than a million pounds.
- Bumblebees can fly higher than Mount Everest.
- When your insides make a little noise, you can accurately call that borborygmus. That's the word for the noisy rumbling and gurgling that comes from your midsection. It's caused by fluids or gas moving in your intestines.

Security Tip of the Week – Spot the Homoglyph

Cybercriminals use homoglyphs to trick you into thinking a domain belongs to a trusted company.

Microsoft recently announced legal action against domains that impersonate the brand using homoglyphs. A homoglyph is a letter or character that closely resembles another letter or character. Cybercriminals use homoglyphs to trick you into thinking a domain belongs to a trusted company.

Here's an example: Scammers could use a zero (o) in place of a capital letter "O" or they could use a lowercase letter "l" in place of a capital letter "I". Using these examples, the bad guys can impersonate MICROSOFT[dot]COM as MICR0SoFT[dot]COM. Some cybercriminals take this method one step further by using characters from other languages. For example, the Russian character "Б" could be used in place of an English letter "b".

Don't fall for this trick! Remember the tips below:

- Be cautious when you receive an email that you were not expecting. This trick can be used to impersonate any company, brand, or even a person's name.
- Before you click, always hover over a link to preview the destination, even if you think the email is legitimate. Pay close attention to the characters in the URL.
- If you're asked to log in to an account or an online service, navigate to the official website and log in there. That way, you can ensure you're logging in to the real website and not a phony look-alike website.

Stop, Look, and Think. Don't be fooled.

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 July is: "How grounded are you?" Congratulations to Peter LeMay for your entry and your humor!



The August photo in need of a caption is:

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



LETTER FROM THE PRESIDENT

Hello fellow Connecticut Valley ASSP Members, and happy August! I can't believe the summer is well underway. Your Connecticut Valley ASSP Board has been hard at work prepping for the busy year ahead. After August 31st, it is recommended by the Society that we can continue and add "In-Person" meetings to our schedule. I am looking forward to meeting you all in the near future! We will do our best as a Board to accommodate all of our members, and ensure that everyone remains safe and healthy as we balance both Live and Virtual sessions.

For our new members that have joined in June and July- Welcome to our chapter! We hope you will call CT Valley ASSP your official forever home. I am truly looking forward to meeting you all at our future events. As a re-cap of our last letter, we are officially a Platinum Level Chapter! Thank you to our Past- President's leadership, Kevin Galotti. We truly have big shoes to fill this year. Another re-cap of our July, our Western Mass Section hosted the Trenching Safety Meeting. A total of 50 Safety Professionals attended. I highly recommend our members join both our Western Mass meetings and CT Valley meetings whenever possible. This is a great opportunity to network with all of our community across the Connecticut and Massachusetts line.

As a reminder, please feel free to reach out to our Board or myself at evelky.assp@gmail.com if you would like to present at any future meetings. Currently, our calendar still has openings for



the 2021-2022 year. Also to our members, if you are aware of employers who are searching for local Safety Professionals, we would be happy to post and communicate job opportunities on our Connecticut Valley ASSP website! We have recently received many requests for new job listings to be added; please feel free to check our website as these opportunities are continuously being updated.

Thank you again for everyone who has reached out, and has dedicated all their work into our Chapter. There is plenty more fun in store for the year ahead! As always, stay safe and have an exciting rest of your Summer! We will see you all soon.

Best,

Elizabeth Velky; CLCS, RRE

President, Connecticut Valley Chapter

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