



AMERICAN SOCIETY OF  
SAFETY PROFESSIONALS

Connecticut Valley Chapter

## OCTOBER

### MONTHLY OBSERVANCES

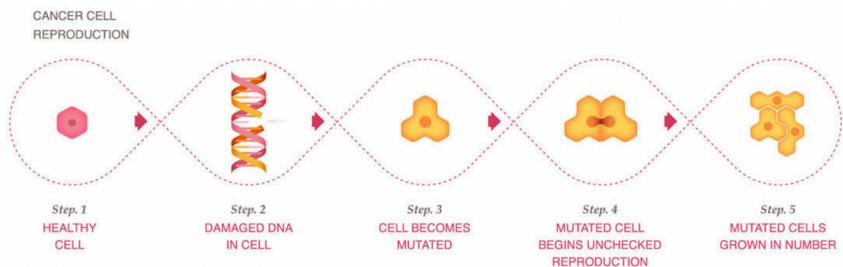
National Apple Month  
National Book Month  
Breast Cancer Awareness Month  
Fire Prevention Week (4th)  
National Golf Day (4th)  
Columbus Day (11th)  
All Hallow's Eve (31st)

## APPLE TRIVIA

- The crabapple is the only apple native to North America.
- Apples come in all shades of reds, greens, and yellows.
- 2,500 varieties of apples are grown in the United States.
- Some of the best tasting apple varieties are Honeycrisp, Pink Lady, Fuji, Ambrosia, and Cox's Orange Pippin. These varieties are most flavorful when picked at peak ripeness and eaten within a few months of harvest.
- Apples are a member of the rose family of plants, along with pears, peaches, plums and cherries.
- The science of apple growing is called pomology.

## BREAST CANCER

Breast cancer is a disease in which malignant (cancer) cells form in the tissues of the breast. Cancer is a broad term for a class of diseases characterized by abnormal cells that grow and invade healthy cells in the body. Breast cancer starts in the cells of the breast as a group of cancer cells that can then invade surrounding tissues or spread (metastasize) to other areas of the body.

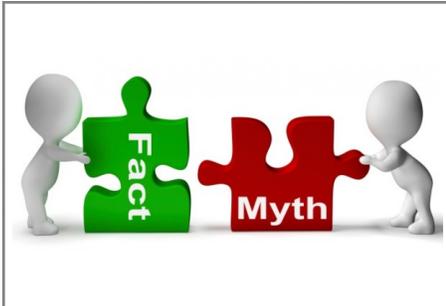


Cancer begins in the cells which are the basic building blocks that make up tissue. Tissue is found in the breast and other parts of the body. Sometimes, the process of cell growth goes wrong and new cells form when the body doesn't need them and old or damaged cells do not die as they should. When this occurs, a build up of cells often forms a mass of tissue called a lump, growth, or tumor.

Breast cancer occurs when malignant tumors develop in the breast. These cells can spread by breaking away from the original tumor and entering blood vessels or lymph vessels, which branch into tissues throughout the body. When cancer cells travel to other parts of the body and begin damaging other tissues and organs, the process is called metastasis.

When you're told that you have breast cancer, it's natural to wonder what may have caused the disease. But no one knows the exact causes of breast cancer. Doctors seldom know why one





## Fire Myths

**Myth 1: When there's a fire, the flames cause the most casualties.** False. The majority of fire related deaths are actually due to the smoke. Smoke from a fire can be toxic because of the carbon monoxide, which can spread throughout the entire building within minutes. The smoke from the fire can cause people to choke or become disoriented after they breathe it in.

**Myth 2: Non-residential fires lead to more casualties than residential fires.** False. According to the Federal Emergency Management Agency (FEMA), residential fires result in the most fire related damages, injuries, and deaths. That's why fire protection is an important part of both your home and business, especially in the kitchen.

**Myth 3: Fire doesn't spread very quickly, so there's no need to escape right away when the fire alarms go off.** False. Even a small flame can spread quickly and turn into a massive fire in under minutes, especially if there are flammable materials around. Once a fire begins to spread, there's no slowing it down until it's completely distinguished.

woman develops breast cancer and another doesn't, and most women who have breast cancer will never be able to pinpoint an exact cause. What we do know is that breast cancer is always caused by damage to a cell's DNA.

### THESE DO NOT CAUSE BREAST CANCER



Women with certain risk factors are more likely than others to develop breast cancer. A risk factor is something that may increase the chance of getting a disease. Some risk factors (such as drinking alcohol) can be avoided. But most risk factors (such as having a family history of breast cancer) can't be avoided. Having a risk factor does not mean that a woman will get breast cancer. Many women who have risk factors never develop breast cancer.

## Men & Breast Cancer

All people, whether male or female, are born with some breast cells and tissue. Even though males do not develop milk-producing breasts, a man's breast cells and tissue can still develop cancer. Even so, male breast cancer is very rare. Less than one percent of all breast cancer cases develop in men, and only one in a thousand men will ever be diagnosed with breast cancer.

Breast cancer in men is usually detected as a hard lump underneath the nipple and areola. Men carry a higher mortality than women do, primarily because awareness among men is less and they are less likely to assume a lump is breast cancer, which can cause a delay in seeking treatment. The majority of men diagnosed are over the age of 50.

Of the men who develop breast cancer, the vast majority of those cases are Infiltrating Ductal Carcinoma (IDC), which means cells in or around the ducts begin to invade surrounding tissue. Very rarely, a man might be diagnosed with inflammatory breast cancer or Paget disease of the nipple, which is Ductal Carcinoma In Situ (DCIS) contained within the nipple and usually areola.



Risk Factors for breast cancer in men include: radiation exposure, high levels of the hormone estrogen and a family history of breast cancer, especially breast cancer that is related to the BRCA2 gene.

Male breast cancer can exhibit the same symptoms as breast cancer in women, including a lump. Anyone who notices anything unusual about their breasts, whether male or female, should contact their physician immediately.

Most men find their own lump while in the shower and it is usually located underneath the nipple and areola. It is common for men to delay reporting the lump to a physician which can result in the patient requiring more treatment.

Nearly all breast cancer in men is estrogen receptor positive with treatment including hormonal therapy, just as it does for 70% of women. Survival rates and treatment for men with breast cancer are very similar to those for women. Early detection of breast cancer increases treatment options and often reduces the risk of dying from breast cancer.

Although treatment outcomes are very similar to women at the same stage of detection, a man diagnosed with breast cancer should also consider seeing a genetics counselor for a consultation. If a man tests positive for a defective gene (most commonly either BRCA1 or BRCA2) that can lead to a future diagnosis of breast cancer and his children have a 50% chance of carrying the gene. In addition:

A male child of a man with breast cancer who inherits the defective BRCA2 gene has only approximately 6% chance of eventually developing breast cancer and just over 1% with BRCA1.

A female child of a man with breast cancer who inherits the defective gene has a risk between 40% and 80% of eventually developing breast cancer.

Men with a genetic predisposition to breast cancer (carrying BRCA2 gene mutation) are also at higher risk of getting prostate cancer at a younger age than usually diagnosed, as well as being at higher risk for melanoma and pancreatic cancer.

## Facts About Breast Cancer In The United States

---

- In 2021, an estimated 281,550 new cases of invasive breast cancer will be diagnosed in women in the U.S. as well as 49,290 new cases of non-invasive (in situ) breast cancer.
- 63% of breast cancer cases are diagnosed at a localized stage (there is no sign that the cancer has spread outside of the breast), for which the 5-year survival rate is 99%.
- This year, an estimated 43,600 women will die from breast cancer in the U.S.
- Although rare, men get breast cancer too. In 2021, an estimated 2,650 men will be diagnosed with breast cancer this year in the U.S. and approximately 530 will die.
- 1 in 8 women in the United States will be diagnosed with breast cancer in her lifetime



- Breast cancer is the most common cancer in American women, except for skin cancers. It is estimated that in 2021, approximately 30% of all new women cancer diagnoses will be breast cancer.
- There are over 3.8 million breast cancer survivors in the United States.
- On average, every 2 minutes a woman is diagnosed with breast cancer in the United States.
- In recent years, perhaps coinciding with the decline in prescriptive hormone replacement therapy after menopause, we have seen a gradual reduction in female breast cancer incidence rates among women aged 50 and older. Death rates from breast cancer have been declining since about 1990, in part due to better screening and early detection, increased awareness, and continually improving treatment options.

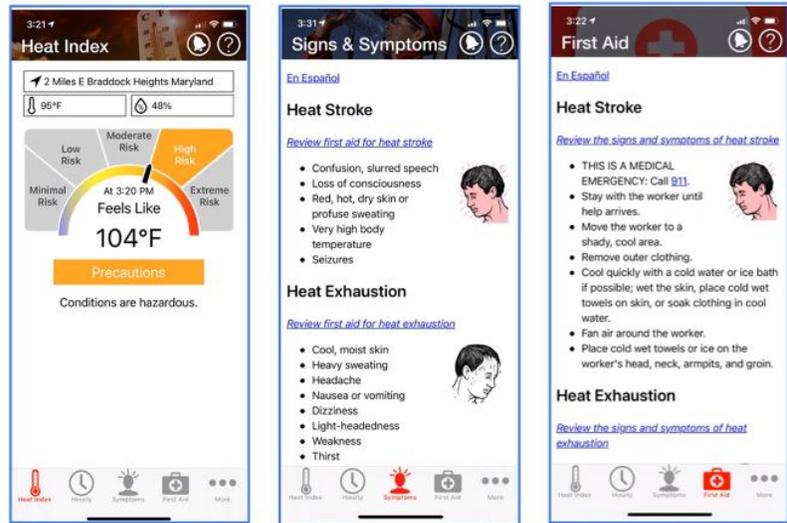
## OCTOBER FUN FACTS

- Vacuum cleaners were originally horse-drawn.
- The fuller the fridge, the more energy-efficient it is.
- Gene Autry is the only person to be awarded stars in all five categories on the Hollywood Walk of Fame (film, television, music, radio, and live performance).
- The word “PEZ” comes from the German word for peppermint – Pfefferminz.
- The hashtag symbol is technically called an octothorpe.
- There are 11 U.S. states have land farther south than the most northern point of Mexico.
- There is a Boring, Oregon and a Dull, Scotland. They have been sister cities since 2012.
- Actress Nichelle Nichols, who played Lieutenant Uhura in the original Star Trek, almost quit the show after one season, but was persuaded to stay on by Martin Luther King Jr., who felt the role was important to the Civil Rights Movement.
- The term “soccer” does not originate in America. The word is from Britain, where it was derived from a short form of “Association Football.”
- Defeated only once in roughly 300 matches, President Abraham Lincoln was inducted into the National Wrestling Hall Of Fame in 1992.
- The Sahara is the largest non-polar desert in the world. It is comparable in size to China or the United States.
- It’s been said that nearly 3% of the ice in Antarctic glaciers is penguin urine.
- The first tiger shark to hatch inside of its mother’s womb eats all the other embryos of its siblings. Even scientists admit that this is an unusual mode of survival.
- A group of flamingos is called a “flamboyance”.
- Prairie dogs say “hello” by kissing.
- Aulophobia is an exaggerated or irrational fear of flutes.



# OSHA-NIOSH Heat Stress App

- Being updated:
  - Three categories
  - Lower thresholds
  - Uses ANSI Z535 Signal Words:
    - Danger
    - Warning
    - Caution



<https://www.cdc.gov/niosh/topics/heatstress/heatapp.html>

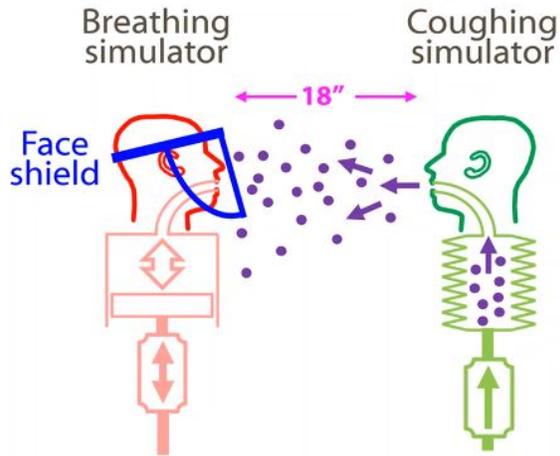
## Mask Performance as Source Control

Mask type	Blocking ability	Range for masks tested	Average
Gaiter, double ply (4 brands tested)	Good	Coughing range 48-65%	57%
		Breathing range 43-60%	52%
Cloth mask ( 2-4 ply) (9 brands)	Good	Coughing range 42-71%	55%
		Breathing range 36-66%	55%
Medical mask (procedure, surgical) (6 brands)	Very good	Coughing range 56-87%	70%
		Breathing range 42-91%	63%
N-95 respirator (3 brands)	Excellent	Coughing range 82-98%	93%
		Breathing range 95-99%	91%

Source: Lindsley, WG, FM Blachere, BF Law, DH Beezhold and JD Noti (2021). Aerosol Sci Technol 55(4): 449-457.  
<https://doi.org/10.1080/02786826.2020.1862409>



## Face Shields Reduce but do not Eliminate Exposure



- Coughed infectious particles 0.1  $\mu\text{m}$  to 100  $\mu\text{m}$ .
- Face shield blocked large particles.
- Small particles can circumvent the face shield.

### CAPTION CONTEST

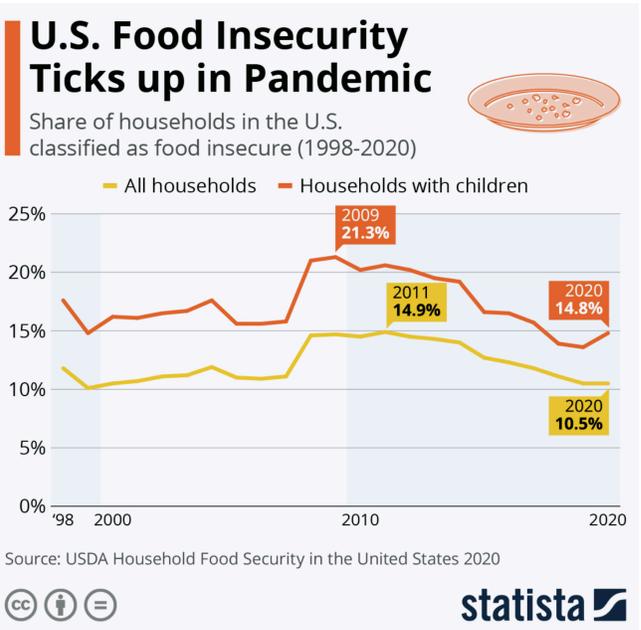
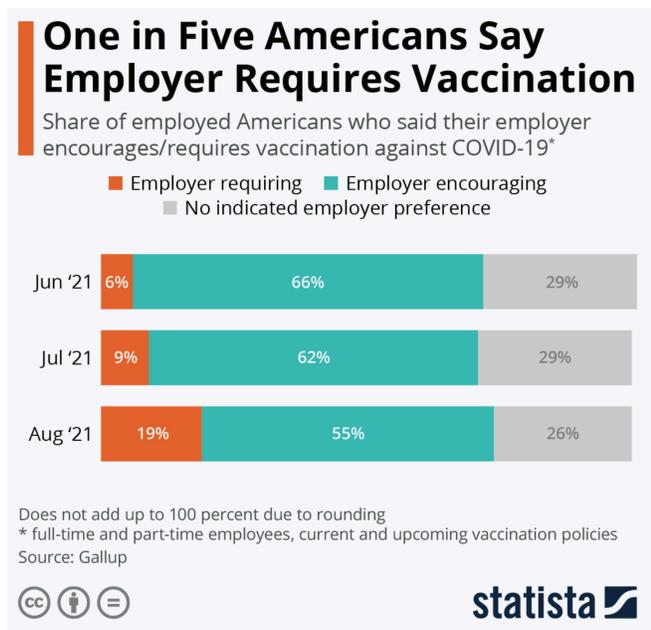
Join Us! The object of the contest is to write the funniest “safety related” caption to accompany the Safety Photo of the Month.

The winning entry for October is: “Now for a slip, tip, and flip, off the old block!” Congratulations to Rick Kaletsky for your entry and your humor!

The October photo in need of a caption is:



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



## LOSS CONTROL LIZ SAFETY LOUNGE

Hello Connecticut Valley Chapter members! Happy October, it is officially Autumn in New England! A lot has happened in the past month, Safety 2021, House of Delegates meetings, and some preparation for the many Conferences coming up in the next few months.

As some of you know, The House of Delegates Meeting occurred September 28, 2021. For this year’s meeting, we did not vote on the new governance proposal. The new governance proposal will be voted on by the Delegates in January of 2022. Instead, our meeting was focused on a few items;

- Provide more information on the task force process.
- Ask questions and listen to your feedback.
- Train delegates on the virtual technology that will be used for the vote in January 2022.

As Society official business comes out we will most certainly keep our members updated.

In the meantime, check out our <https://ctvalley.assp.org/> for upcoming events and Society information. We will be posting local PDCs, Leadership Conference updates, and our local events as we have them scheduled. In addition, this month we will be



offering more members to attend the Leadership Conference. If you are interested please contact Elizabeth Velky at [evelky.assp@gmail.com](mailto:evelky.assp@gmail.com) .

Events to stay updated on for CT Valley Members include:

#### WMOSHA

October 22, 2021  
Amherst College  
Construction Focus Four Hazards

CT Valley ASSP Virtual Call  
Monday October 4<sup>th</sup>  
Time TBD

ASSP Leadership Conference Virtual Event  
October 21<sup>st</sup>-22<sup>nd</sup>

November 15<sup>th</sup> and 16<sup>th</sup> New England Area PDC  
Equinox Golf Resort & Spa  
3567 Main St  
Manchester, VT 05254

Support the ASSP Foundation:

<https://foundation.assp.org/>

As always, 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](mailto:president@ctvalley.assp.org). We are always looking to expand our meetings, and still have openings into 2022.

REMINDER: October is National Protect Your Hearing Month. Check out information on Noise and Hearing Loss Prevention at <https://www.cdc.gov/niosh/topics/noise/>.

Stay safe and stay healthy!

Be Well,  
Elizabeth Velky; CLCS, RRE  
Chapter President



# Welcome New Members

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



CHAPTER OFFICERS &	COMMITTEE CHAIRS
<b>PRESIDENT</b> Liz Velky CLCS, RRE	<b>VICE PRESIDENT</b> Chip Darius OHST, CIT
<b>PRESIDENT ELECT</b> Bradley York CSP	<b>TREASURER &amp; GOVERNMENT AFFAIRS CHAIR</b> Walt Tucker
<b>SERETARY</b> Jeremy Card ARM-P, CSRM	<b>MEMBERSHIP CHAIR</b> Marcia Walsh CSP
<b>COMMUNICATIONS CHAIR, SCHOLARSHIP CHAIR &amp; HISTORIAN</b> Nathan Fague MS	<b>NOMINATIONS CHAIR</b> Maryanne Steele
<b>WESTERN MASSACHUSETTS CHAIR</b> Maryanne Steele CSP	<b>AWARDS &amp; HONORS CHAIR</b> David Butterfield
<b>FOUNDATION LIAISON</b> Allison Bresloff CSP	<b>STUDENT LIAISON</b> Teresa D'Amelio
<b>CONSTRUCTION PRACTICE SPECIALTY</b> Joe Bongiovanni	<b>JOBS CHAIR</b> Peter Kelly
<b>NEWSLETTER WRITER / EDITOR</b> Laura Casey CSP, CHST, EMT-P	<b>SOCIAL MEDIA &amp; WEBSITE</b> Melissa Noyes

