



AMERICAN SOCIETY OF  
SAFETY PROFESSIONALS

Connecticut Valley Chapter

## DECEMBER

### MONTHLY OBSERVANCES

Safe Toy/Gift Month  
World AIDS Day (1st)  
Hanukkah ends (6th)  
Nat. Cotton Candy Day (7th)  
Human Rights Day (10th)  
Christmas (25th)  
Kwanza (28th)  
New Year's Eve (31st)

## DECEMBER TRIVIA

- An almanac prediction states that if snow falls on Christmas Day, Easter will be warm, green and sunny.
- The name December comes from the Latin decem for "ten", as it was the 10th month in the Roman Calendar.
- The term Yuletide comes from a Norse tradition of cutting and burning a tree to bring in the Winter Solstice & was to last through 12 days - which became the 12 days of Christmas.
- December 12th is Poinsettia Day.
- Saint Nickolas, eventually called Santa Claus, was the patron saint of children, thieves and pawnbrokers!

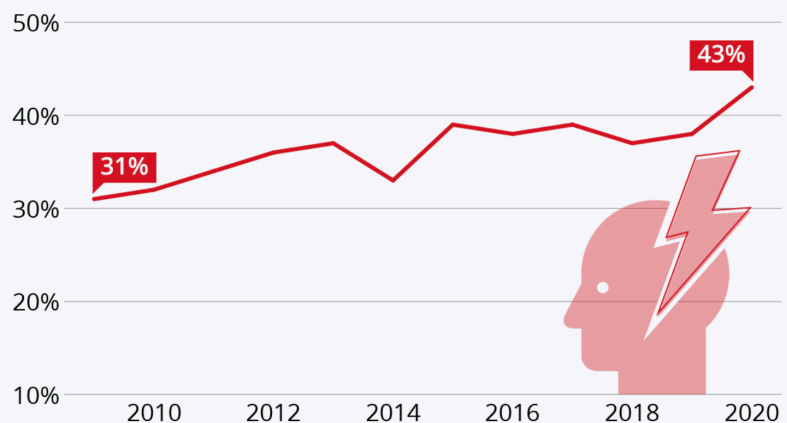
## Employees Increasingly Under Stress

Worry, stress, anger and sadness among employees worldwide have been on the rise over the past decade, reaching record levels in 2020. This is according to a survey for the 'State of the Global Workplace 2021 Report' conducted by Gallup in 116 countries.

The report highlights that due to "global border closures, workplace closures and job cuts, workers' daily stress reached a record high" last year. Specifically, 43% of respondents in more than 100 countries claimed to have experienced stress for much of the previous day, while this percentage was 38% in 2019.

### Employees Increasingly Under Stress

Share of employees saying they experienced feelings of stress a lot of the previous day



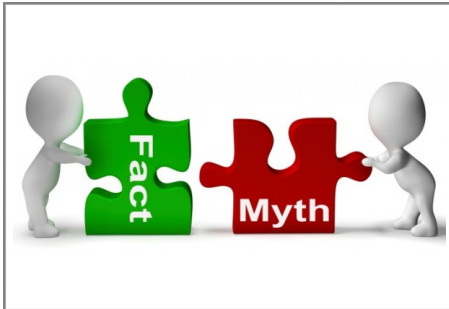
Based on surveys of at least 1,000 employees in >100 countries.

Source: Gallup



statista





## AIDS Myths

**Myth 1: HIV is a death sentence.** False. Since 1996, with the advent of highly active, antiretroviral therapy, a person with HIV with good access to antiretroviral therapy (ART) can expect to live a normal life span, so long as they take their prescribed medications

**Myth 2: Straight people don't have to worry about HIV infection.** False. Heterosexuals accounted for 24% of new HIV infections in 2016, & about 2/3 of those were women.

While the rates of Black gay and bisexual men living with HIV has remained relatively the same in the US, overall rates of new HIV cases have decreased since 2008 by 18%. Diagnoses among heterosexual individuals in general decreased by 36%, and decreased among all women by 16%.

**Myth 3: HIV-positive people can't safely have children.** False. Because treatment for HIV has advanced so much, if a woman takes her HIV medicine daily as recommended by a healthcare provider throughout her entire pregnancy (including labor and delivery), and continues medicine for her baby for 4 to 6 weeks after birth, the risk of transmitting HIV to the baby can be as low as 1% or less.

Although stress globally reached record highs in 2020, not all regions of the world experienced the same levels. According to Gallup, workers in the United States and Canada recorded the highest levels of daily stress globally (57%), while in Western Europe, stress decreased to 39%, from 46% in 2019.

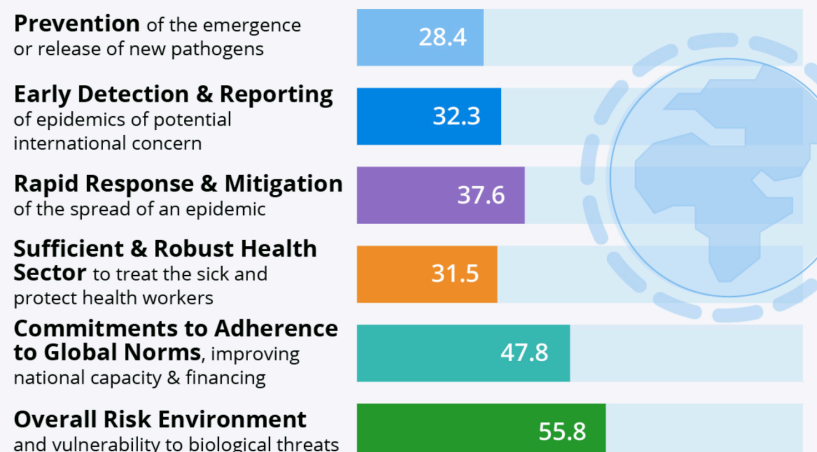
## The World Is Ill-Prepared to Prevent Another Pandemic

While the world's overall preparedness score in the 2021 Global Health Security Index isn't particularly good, it is markedly worse in the Prevention category. The global average score for the prevention of the emergence or release of pathogens is just 28.4 out of 100, as 113 countries are found to show "little to no attention" to zoonotic diseases, i.e. diseases that are transmitted from animals to humans, such as Covid-19 according to current knowledge.

As the chart shows, other categories also score far below the maximum of 100, with just one of the six pillars of health security

### The World Is Ill-Prepared to Prevent Another Pandemic

Global average score in the 2021 Global Health Security Index, by category (maximum score = 100)



Source: 2021 Global Health Security Index



statista



reaching a global average score above 50. Worryingly, it's the early stages of an epidemic, pandemic where the world seems particularly vulnerable. With a global average Prevention score of 28.4 out of 100 and an Early Detection & Reporting score of 32.3, the world seems dangerously underprepared to stop a future epidemic before it becomes a pandemic.

## DECEMBER FUN FACTS

- Dolphins sleep with one eye open.
- The largest padlock in the world weighs 916 pounds.
- Dueling is legal in Paraguay.
- There is a town called Calama has never experienced rain.
- Recycling glass jars save energy. One glass jar can attain enough energy to power a television. This power can last up to three hours from one jar alone.
- The match was invented after the lighter. The first match was made in 1826. However, the first cigarette lighter was made in 1823.
- San Francisco's cable cars are counted as a national monument. They are also the only monuments that can move. They are also able to carry passengers along its tracks.
- The chicken came before the egg. At least, according to the Christian bible. This is stated in Genesis 1:20-22.
- A kiss stimulates 29 muscles and chemicals. This causes the person to relax. Women are found to like light and gentle kisses, while men are found to enjoy more intense ones.
- Arizona forbids camel hunting. This act has been made illegal within Arizona's borders. Any misdemeanors towards camels are also forbidden.
- There is a Superman in every episode of Seinfeld.
- Peas are the oldest vegetables. The oldest known vegetable is the pea which tracks back to Stone Age settlements over 8,000 years ago. This vegetable has been cultivated by humans for centuries.
- A potato's skin is much healthier than its core. To absorb all of the potato's minerals and vitamins, the skin should also be consumed. It is better to leave the skin on potatoes while cooking because all its vitamins are in the skin.
- The Arabic word for fingers translates to 'banana'.
- Eating too many onions can cause sleepiness.
- About one cluster of grapes make up one glass of wine. This is around a total of 75 grapes.
- The tooth of an elephant weighs around 9 pounds.
- A tarantula can survive two years without food.
- Our bum crack is medically referred to as the intergluteal cleft.

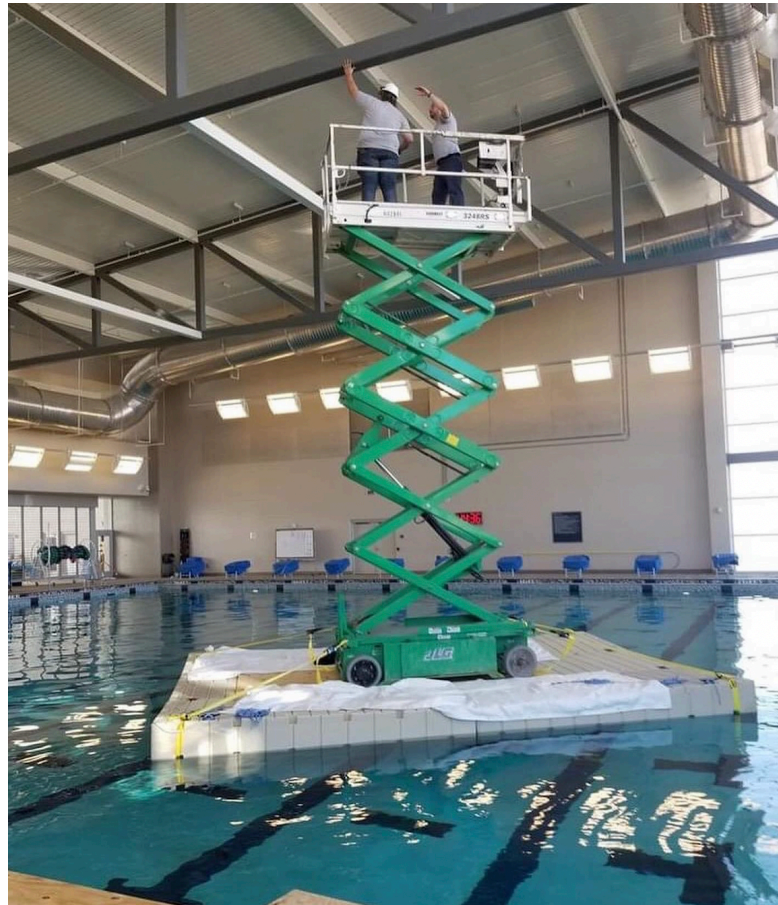


## CAPTION CONTEST

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 November.

The December 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)







## Liz's Safety Scoop

Hello fellow Connecticut Valley Chapter members! It is hard to believe that it is already December and 2021 is coming to a close.

I truly hope you are all staying safe and healthy with the Holidays ahead. I would like to share some recent news. This month we did try to have our Past Presidents In person meeting. However, with COVID numbers increasing the Executive Board made the decision to postpone. This December please join us on Thursday December 16th at noon

for our virtual event with James D'Errico, CSP on the "Internet of Things". In addition, if you cannot make our December 16th virtual event WMOSHA will be giving an OSHA 2021 Update on December 17th at 10am. Please feel free to register on our website:

### [Events – ASSP Connecticut Valley Chapter](#)

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)

I want to wish you and your families a happy and safe holiday season.

See you all in 2022!

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!

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?

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

