



AMERICAN SOCIETY OF SAFETY PROFESSIONALS

Connecticut Valley Chapter

JANUARY

MONTHLY OBSERVANCES

Glaucoma Awareness Month
 Volunteer Blood Donor Month
 Radon Action Month
 New Years Day (1st)
 Human Trafficking Awareness
 Day (11th)
 Data Privacy Day (28th)

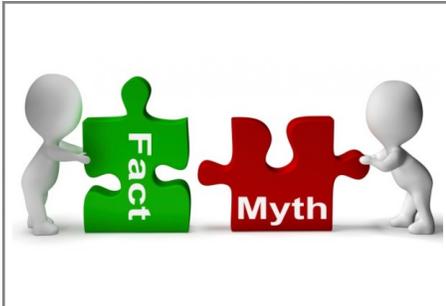
JANUARY 1st TRIVIA

- 1622 - January 1st became the start of the "New Year" (it was March 25 before that)
- 1862 - U.S. income tax began, with 3% of incomes over \$600, 5% of incomes over \$10,000.
- 1908 - 1st New Year's ball drop at Times Square, NYC
- 1910 - The Hydrox "biscuit bonbon," a chocolate sandwich cookie with creme filling, was introduced. Oreos came out in 1912.
- 1915 - Aspirin made available for the 1st time in tablet form and had been available only in powder form before that.
- 1997 - The Emergency Broadcast System was replaced by the Emergency Alert System

OSHA's Top 10 Cited For 2021

1. Fall Protection General Requirements 1926.501 Total Violations = 5,271. This standard outlines where fall protection is required, which systems are appropriate for given situations, the proper construction and installation of safety systems, and the proper supervision of employees to prevent falls.
2. Respiratory Protection 1910.134 Total Violations = 2,521. This standard directs employers on establishing or maintaining a respiratory protection program. It lists requirements for program administration; work-site specific procedures; respirator selection; employee training; fit testing and medical evaluation; respirator use, cleaning, maintenance, and repair.
3. Ladders 1926.1053 Total violations = 2,018. This standard covers general requirements for all ladders.
4. Scaffolding 1926.451. Total violations = 1,943. This standard covers general safety requirements for scaffolding, which should be designed by a qualified person and constructed and loaded in accordance with that design. Employers are bound to protect workers from falls and falling objects while working on or near scaffolding at heights of 10 feet or more.
5. Hazard Communication 1910.1200. Total violations = 1,939. This standard addresses chemical hazards - both those chemicals produced in the workplace and those imported into the workplace. It also governs the communication of those hazards to workers.
6. Lockout/Tagout 1910.147. Total violations = 1,670. This standard outlines minimum performance requirements for the control of hazardous energy during service and maintenance of machines and equipment.





Glaucoma Myths

Myth 1: Glaucoma only affects the elderly. False. Glaucoma can affect people of all ages. The risk of glaucoma increases as we get older and the majority of a specific type of glaucoma called open-angle glaucoma is age-related; however, glaucoma can affect people of all ages, even newborns.

Myth 2: If you have 20/20 vision and no symptoms, you won't develop glaucoma. False. Having perfect vision does not mean that you won't develop glaucoma. Glaucoma is often called the "silent thief of sight" because people will not notice symptoms until the disease has reached moderate or advanced stages.

Myth 3: Glaucoma only occurs if you have elevated eye pressure. False. While it is true that elevated eye pressure is a major risk factor of (and can cause) glaucoma, some people with elevated eye pressure do not develop this eye disease. It is also possible to have severe glaucoma with so-called "normal" eye pressures. People in the first group have ocular hypertension and people in the latter group have normal-tension glaucoma (NTG).

7. Fall protection - Training requirements 1926.503. Total violations = 1,660. This standard addresses training requirements for employers in regard to fall protection.

8. Personal Protective and Life Saving Equipment - Eye & Face Protection. 1926.102. Total violations = 1,451. This standard addresses appropriate personal protective equipment (PPE) for workers exposed to eye or face hazards such as flying particles and chemical gasses or vapors.

9. Powered Industrial Trucks (Forklifts). 1910.178. Total violations = 1,404. This standard covers the design, maintenance, and operation of powered industrial trucks, including forklifts and motorized hand-trucks. It also covers operator training requirements.

10. Machine guarding. 1910.212. Total violations = 1,105. This standard covers guarding of machinery to protect operators and other employees from hazards including those created by point of operation, in-going nip points, rotating parts, flying chips, and sparks.

Let The Sun Shine In

The reduced level of sunlight in fall and winter may cause winter-onset SAD. This decrease in sunlight may disrupt your body's internal clock and lead to feelings of depression. Serotonin levels. A drop in serotonin, a brain chemical (neurotransmitter) that affects mood, might play a role in SAD.

Seasonal affective disorder (SAD) is a type of depression that's related to changes in seasons — SAD begins and ends at about the same times every year. If you're like most people with SAD, your symptoms start in the fall and continue into the winter months, sapping your energy and making you feel moody. These symptoms often resolve during the spring and summer months. Less often, SAD causes depression in the spring or early summer and resolves during the fall or winter months.

In most cases, seasonal affective disorder symptoms appear during late fall or early winter and go away during the sunnier days of spring and summer. Less commonly, people with the opposite pattern have symptoms that begin in spring or summer.



In either case, symptoms may start out mild and become more severe as the season progresses.

Signs and symptoms of SAD may include:

- Feeling listless, sad or down most of the day, nearly every day
- Losing interest in activities you once enjoyed
- Having low energy and feeling sluggish
- Having problems with sleeping too much
- Experiencing carbohydrate cravings, overeating and weight gain
- Having difficulty concentrating
- Feeling hopeless, worthless or guilty
- Having thoughts of not wanting to live
- Treatment for SAD may include light therapy (phototherapy), psychotherapy and medications.

Don't brush off that yearly feeling as simply a case of the "winter blues" or a seasonal funk that you have to tough out on your own. Take steps to keep your mood and motivation steady throughout the year.

This winter, don't burrow yourself into hibernation. You may need treatment or a prescribed therapy, but these products can make it feel a little more like summer and *may* help.

1. Daylight Bulbs - Brands such as Philips and Sylvania now market light bulbs designed to mimic natural light. The secret: more blue in the light spectrum. In comparison, soft white bulbs are more yellow; bright light bulbs are more white. Daylight bulbs have become popular for kitchens and bathrooms.
2. Sunrise alarm clocks or smart phone applications - Gradually brightening starting about 30 minutes before the alarm goes off mimics the sunrise. The generated light or soft sounds seeps into your brain and promotes a gentle awakening, which is less shocking than a traditional audio alarm.
3. Light therapy lamps and boxes - These products provide high level lights up to 10,000 lux, designed primarily for people with seasonal affective disorder. Doctors discourage light therapy without medical consultation.

Mental Health Stigma Inhibits Employees

According to a recent study by The Hartford, 70% of employers recognize that employee mental health is a significant workplace issue and 31% said the strain on employee mental health is having a severe or significant financial impact on their company. What's more, 72% of the employers report that the stigma associated with mental illness prevents workers from seeking help. While most employers have become more supportive of employee mental health initiatives, perceptions differ between the two groups on how



effective those efforts have been - 79% of employers said they have an open and inclusive environment that encourages a dialogue about mental health, but only 52% of workers agreed. To help foster a more supportive workplace, The Hartford suggested that employers provide mental health training to managers and senior leaders that includes information about mental illnesses, potential warning signs, and guidelines to avoid stigmatizing language. Companies should also offer an employee assistance program, as well as sleep management, mindfulness or other programs that help improve mental and physical health. In addition, they should communicate often about benefits and programs that support overall well being so employees know how to access these resources when needed.

2021 - The Year in Risk - Some Large Events

- January 1 - following a year long transition period and a last minute deal finalized on December 25th, 2020., the United Kingdom officially left the European Union. On top of Covid 19, the new UK immigration and economic rules have created disruptions such as a labor shortage, supply chain issues, and a record trade upset, with UK exports to the EU dropping 41% and imports from the EU dropping 29%.
- February 5 - a hacker gained access to a water treatment system for the city of Oldsmar, FL, and attempted to change chemical levels in the local water supply which would have risked poisoning thousands of residents.
- February 13th - a massive winter storm slammed into Texas and surrounding states and left millions of people stranded without power or running water. Facing an unusually high demand for electricity and heating during the storm, power grids failed.
- March 2nd - Virginia and Colorado pass consumer data privacy laws. Both laws will go into effect in 2023 and expand the rights of consumers to control the personal information businesses collect.
- March 23rd - Ever Given ran aground in Suez Canal. The canal was blocked for six days after one of the world's largest container ships became jammed across the waterway in high winds. More than 300 vessels and container ships were stranded, disrupting global trade. The shipping industry estimated that the blockage held up more than \$9.6 billion worth of traded goods every day it was stuck in place.
- May 7th - A ransomware attack forced an 11 day shut-down of a major pipeline that supplies gasoline, diesel, and jet fuel to the eastern half of the United States. The pipeline's operator, Colonial Pipeline, ultimately paid the attackers \$4.4M in bitcoin to restore service.
- August 14th - A magnitude 7.2 earthquake struck Haiti killing at least 2, 248 people, injuring 12, 763, and damaging or destroying more than 137,000 buildings, according to government officials. It was the deadliest natural disaster of 2021.
- August 31st - The Treasury Department opened an inquiry into insurance industry climate risks. The assessment will consider climate-related issues or gaps in the regulation of insurers. Following President Biden's executive order on climate related financial risks, the SEC also announced in June, that it may



soon require companies to disclose their climate risks and how their operations impact the environment.

- September 1st - Hurricane Ida devastated Louisiana before sweeping up the East Coast and inundating the Northeast with record rainfall. It is estimated that Ida caused \$31-\$44 billion in insured losses, yet AccuWeather estimated that the total was closer to \$95 billion.
- October 25th - Firefighters were finally able to contain the Dixie fire, which rages throughout Northern California for three months and burned more than 963,000 acres and over 1,300 buildings.
- November 5th - At least 10 people were killed and more than 300 injured in a massive crowd surge at rapper Travis Scott’s AstroWorld Festival in Houston. Victims were crushed and trampled over a 40 minute period while Scott performed on stage with fellow artist Drake. Neither noticed the incident. Concert organizers were criticized for their lack of preparation for a range of safety issues and their inadequate response.

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 December belongs to Tim Healey: “What is more unstable - the top-heavy, homemade vessel OR the two unrestrained Yahoos riding it at elevation?” Thank you for your humor.



CORRECTION: I mistakenly reported that there were no entries for November. Our winning entry belongs to Rick Kaletsky: “THE HOLE STORY: Elevate hazard recognition before you go down... about 6 feet!”

Apologies Rick! Thanks for your entry and your humor!



The January photo in need of a caption is:



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

Please look forward to a separate update from the Chapter President. Stay Well!



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