



AMERICAN SOCIETY OF SAFETY PROFESSIONALS

Connecticut Valley Chapter

MARCH

MONTHLY OBSERVANCES

Ladder Safety Month

Nutrition Month

Poison Prevention Wk (20-26)

Int. Women's Day (8th)

Pi Day (14th)

Red Nose Day (18th)

PI TRIVIA

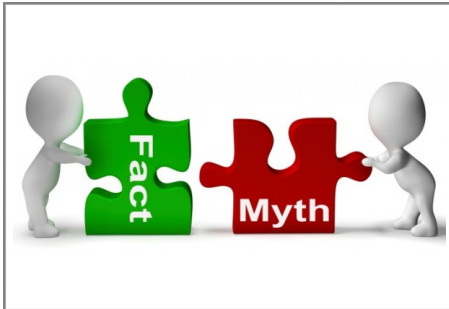
- Pi is the # of times a circle's diameter will fit around its circumference.
- There is no zero in the first 31 digits of Pi.
- Pi has 6.4 billion known digits - it would take 133 yrs to recite all of them without stopping.
- We'll never be able to find all the digits of pi because it's defined as an irrational number.
- The record for the most digits of pi memorized belongs to Rajveer Meena of Vellore, India, who recited 70,000 decimal places of pi on March 21, 2015, according to Guinness World Records.
- The most common number in the first 100,000 decimal places of pi is number one, which occurs 10,137 times.

NUTRITION FACTS

March is Nutrition Month. What better time is there to review some facts about nutrition?

- ♦ Asparagus is a good source of vitamins A, C and E, B-complex vitamins, potassium and zinc.
- ♦ An avocado has more than twice as much potassium as a banana.
- ♦ Broccoli contains twice the vitamin C of an orange and almost as much calcium as whole milk, and the calcium is better absorbed!
- ♦ Celery is the best vegetable source of naturally occurring sodium.
- ♦ Kale contains lutein and zeaxanthin, which protect the eyes from macular degeneration.
- ♦ To increase the protein in peanut butter, Brewer's yeast can be mixed in - a useful tip for vegetarians.
- ♦ Pumpkin seeds are high in zinc, which is good for the prostate and building the immune system.
- ♦ Lemons are considered one of the world's healthiest foods - one lemon contains your daily dose of vitamin C, it cleanses the liver, boosts your immunity and aids in weight loss. Try adding it to a mug of warm water to kick start your day!
- ♦ Eggs contain the highest quality food protein known. All parts of an egg are edible, including the shell which has a high calcium content.
- ♦ Mushrooms are the only non-animal natural source of vitamin D.





Ladder Myths

Myth 1: If a person accidentally eats or drinks a poisonous substance, he or she should immediately vomit. False. Potentially more serious medical problems can occur from the act of vomiting than from the potential poison, especially if substances make their way into the lungs

Myth 2: Drinking milk, ingesting raw eggs or using salt water will counteract any ingested poison. False. Milk is not a magical poison eliminator, and in many cases it can upset an individual's stomach. Neither raw eggs nor salt water are effective treatments for poison. Plus, raw eggs may make the individual sick, and too much salt water may make the brain swell. Call the poison control center first to find out the best way to treat the individual.

Myth 3: If you get acid on your skin, neutralize it with a base. False. Combining an acid and a base will produce heat. This will cause burns to the skin in addition to any burns caused by the acid. Rinse the area with water and then call the poison control center for further instruction.

A healthy balanced diet is the best way to consume all the nutrients we need. Sometimes however this isn't possible and then supplements can help. This article isn't intended to replace medical advice. Please consult your healthcare professional before trying any supplements or herbal medicines.

LADDERS

Selection for portable ladders depends on:

- Purpose for which the ladder was designed to be used
- Specific job and work being performed using the ladder
- The person using the ladder
- The environment including uneven/unstable ground, slippery conditions, clearance, etc.
- Height of work surface to be reached for work
- Load put on the ladder
- Worker position in relation to the task
- Regulatory requirements including requirements for length, duty rating and overlapped length

Ladders need to be inspected by a qualified person for visible defects before each use. While in use, a ladder may go through conditions that may impact its integrity. A ladder with compromised integrity will not be safe for use.

Employees should conduct inspections for general ladder safety for all portable ladder types by checking the followings:

- Ladders should not have any damage, lack of structural integrity, missing components or loose parts
Warning
Damaged or worn ladders should be destroyed.
- The steps or rungs must be tight and secure to the side rails.
- All hardware and fittings need to be properly and securely attached.
- Movable parts must be tested to see that they operate without binding or without too much free play.



- All labels should be intact and readable.
- Ladders shall be free of oil, grease, or slippery materials.
- A ladder that has been exposed to fire or strong chemicals should be discarded.
- All accessories such as leg levelers, paint shelves, stand-off shelves, etc. are in good condition.
- The ladder base shall be placed on a secure and level footing. When necessary, ladder levelers shall be used to achieve equal rail support on uneven surfaces.
- The ladder base must have the slip resistant material.

In addition to the general inspection elements mentioned above, there are ladder type specific elements that also need to be inspected. Do not use the ladder if you find any of the ladder-specific conditions listed below present in the type of ladder you are inspecting.

For metal ladders, also check for the followings:

- loose rungs, nails, bolts screws and other metal parts
- dented rungs or rails
- sharp edges, corners and burrs
- damage from corrosion
- bends and breaks
- tags or stickers reading "CAUTION-Do Not Use Around Electrical Equipment" or similar wording.

For wooden ladders also inspect the followings:

- integrity of rungs and rails
- chips, splits, cracks and splinters in the rails
- holes and knots
- loose / wiggly parts
- painted wooden parts (transparent paint is OK)

Fiberglass or plastic ladders should be inspected for the following elements as well:

- cracks, chips and splinters
- deformed rails or rungs from heat, chemical or environmental exposure
- bends and breaks



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 February belongs to Greg Perricone: “This is 911 - What’s your emergency?”. Thank you for your humor.

The March photo in need of a caption is:



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





A Safety Line From Liz

Hello fellow Connecticut Valley Chapter members! March is here, and it looks like Spring will be right around the corner! Hope you all are getting ready for that Spring Fever!

Upcoming Events:

On March 15th at 12:00 PM, we will be having an OSHA Update from Dale Varney, OSHA Area Director! You do not want to miss the latest on local and national compliance news!

The next Western Massachusetts section meeting will be Friday March, 18th at 10:00 AM. The topic for this session will be from the "Massachusetts Technical Rescue Team" and it

will be presented virtually by Zoom.

Please visit <https://ctvalley.assp.org/event/> to register for these events. Also, keep an eye on your email for new events! 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.

Helping Students:

We are supporting the Connecticut Science and Engineering Fair again this year as we always do. If anyone would like to be a judge for the fair, please contact me. All judging will be done through Zoom from March 7th-19^h.

We are still looking for people who want to be more involved in the chapter. Currently, we do have our President-Elect Position open for the next year. If you are interested in volunteering please contact Kevin Galotti who is heading up our Nominations and Elections Committee. Elections will be coming out at the end of March 2022. If you are interested in getting involved and helping to make a difference in the chapter, please reach out to me at president@ctvalley.assp.org.

Looking forward to seeing you all at our next events!

Elizabeth Velky; CLCS, RRE
Chapter President



Flavor of the Month

Home fires are always a concern, as they can be deadly and devastating. Please consider the following tips for preventing home fires.

Source: Ready.gov



Cooking

- Stay in the kitchen when you are frying, grilling or broiling food. If you leave the kitchen for even a short period, turn off the stove.
- Do not wear loose clothing while cooking.
- Position barbecue grills at least 10 feet away from siding and deck railings, and out from under eaves and overhanging branches.
- Keep a fire extinguisher in or near the kitchen.

Electrical and Appliance Safety

- Frayed wires can cause fires. Replace all worn, old or damaged appliance cords immediately and do not run cords under rugs or furniture.
- If an appliance has a three-prong plug, use it only in a three-slot outlet. Never force it to fit into a two-slot outlet or extension cord.
- Immediately shut off, then professionally replace, light switches that are hot to the touch and lights that flicker.

Fireplaces and Woodstoves

- Inspect and clean woodstove pipes and chimneys annually and check monthly for damage or obstructions.
- Use a fireplace screen heavy enough to stop rolling logs and big enough to cover the entire opening of the fireplace to catch flying sparks.
- Make sure the fire is completely out before leaving the house or going to bed.

Children

- Take the mystery out of fire play by teaching children that fire is a tool, not a toy.
- Store matches and lighters out of children's reach and sight, preferably in a locked cabinet.
- Never leave children unattended near operating stoves or burning candles.

More Prevention Tips

- Never use a stove range or oven to heat your home.
- Keep combustible and flammable liquids away from heat sources.
- Portable generators should NEVER be used indoors and should only be refueled outdoors and in well ventilated areas.



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?

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