



AMERICAN SOCIETY OF
SAFETY PROFESSIONALS

Connecticut Valley Chapter

APRIL

MONTHLY OBSERVANCES

Distracted Driving Month
Stress Awareness Month
Parkinson's Awareness Month
National Garlic Day
Earth Day (22nd)
World Book Day (23rd)

EARTH DAY TRIVIA

- Senator Gaylord Nelson conceived Earth Day in the early 1960s.
- 1st Earth Day was in 1970
- Earth Day helped inspire the US Environmental Protection Agency (EPA), as well as the Clean Air, Clean Water, and Endangered Species acts.
- About 1,000,000,000 people recognize Earth Day annually
- Earth Day always falls on April 22.
- Earth's diameter from North to South Pole is 7,900 miles, while through the equator it is 7,926 miles.
- Ironically, the driest place in the world – the Atacama Desert in northern Chile – is next to the biggest body of water – the Pacific Ocean. Average rainfall is just 0.3"

PARKINSON'S AWARENESS

April is Parkinson's Awareness Month. Parkinson's disease (PD) is a neurodegenerative disorder that affects predominately dopamine-producing ("dopaminergic") neurons in a specific area of the brain called substantia nigra. Scientists believe a combination of genetic and environmental factors are the cause of Parkinson's disease (PD). PD is an extremely diverse disorder. While no two people experience Parkinson's the same way, there are some commonalities. PD affects about one million people in the United States and ten million worldwide.

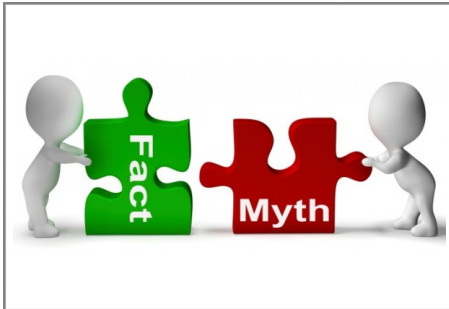
Symptoms generally develop slowly over years. The progression of symptoms is often a bit different from one person to another due to the diversity of the disease. People with PD may experience:

- Tremor, mainly at rest and in the hands
- Other forms of tremor are possible
- Bradykinesia
- Limb rigidity
- Gait and balance problem

In addition to movement-related ("motor") symptoms, Parkinson's symptoms may be unrelated to movement ("non-motor"). People with PD are often more impacted by their non-motor symptoms than motor symptoms. Examples of non-motor symptoms include: apathy, depression, constipation, sleep behavior disorders, loss of sense of smell and cognitive impairment.

The cause remains largely unknown. Although there is no cure, treatment options vary and include medications and surgery. While Parkinson's itself is not fatal, disease complications can be





Stress Myths

Myth 1: Stress is the same for everyone. False. We don't all experience stress the same way. It's different for everybody. You may be stressed out by a high-pressure job, while your coworker thrives on it.

Myth 2: Stress is always bad for you. False. Stress itself — especially a little stress — keeps life in balance. What's important is how we manage it. When we handle it well, we are productive and happy. Mismanage it, and we may fail or become even more stressed.

Myth 3: Only major stress symptoms require attention. False. "Minor" symptoms — like headaches or stomach acid — are early warnings that your life is getting out of hand, and should not be ignored. Don't wait for a major stress symptom, such as a heart attack, or it may be too late. Making lifestyle changes, like more exercise or a healthier diet, will pay big benefits in time, money and well-being.

Myth 4: Stress is everywhere — you can't do anything about it. An effective strategy is to set priorities and work on solving simple problems first, before tackling more complex challenges.

serious. The Centers for Disease Control and Prevention (CDC) rated complications from PD as the 14th cause of death in the United States.

It is possible to have a good to great quality of life with PD. Working with your doctor and following recommended therapies are essential in successfully treating symptoms

GARLIC

Garlic (*Allium sativum*) is an herb related to onion, leeks, and chives. It is commonly used for conditions related to the heart and blood system.

Garlic produces a chemical called allicin. This is what seems to make garlic work for certain conditions. Allicin also makes garlic smell. Some products are made "odorless" by aging the garlic, but this process can also change the effects of garlic.

People commonly use garlic for high blood pressure, high levels of cholesterol or other fats in the blood, and hardening of the arteries. It is also used for the common cold, osteoarthritis, and many other conditions, but there is no good scientific evidence to support these uses. There is also no good evidence to support using garlic for COVID-19.

WebMD reports that garlic is "possibly" effective for:

- Painful uterine disorder (endometriosis). Taking garlic powder tablets by mouth daily for 3 months seems to improve pain in people with this condition.
- Hardening of the arteries (atherosclerosis). Taking garlic powder by mouth, alone or with other ingredients, seems to help slow hardening of the arteries.
- Diabetes. Taking garlic powder by mouth seems to reduce pre-meal blood sugar levels by a small amount in people with or without diabetes. It seems to work best if it is taken for at least 3 months. It's unclear if garlic reduces post-meal blood sugar levels or HbA1c levels.
- High levels of cholesterol or other fats (lipids) in the blood (hyperlipidemia). Taking garlic by mouth daily for at least 8 weeks



might reduce total cholesterol and low-density lipoprotein (LDL, "bad" cholesterol) in people with high cholesterol levels. But any benefit is probably small. And taking garlic doesn't help increase high-density lipoprotein (HDL, "good" cholesterol) or lower levels of other blood fats called triglycerides.

- High blood pressure. Taking garlic by mouth seems to reduce systolic blood pressure (the top number) by about 7-9 mmHg and diastolic blood pressure (the bottom number) by about 4-6 mmHg in people with high blood pressure.
- Build up of fat in the liver in people who drink little or no alcohol (nonalcoholic fatty liver disease or NAFLD). Taking garlic powder by mouth seems to help to improve liver health in people with NAFLD. People who eat more garlic also seem to be less likely to be diagnosed with NAFLD.
- A serious gum infection (periodontitis). Taking aged garlic extract by mouth twice daily for 18 months can help improve gum health in people who have mild or moderate periodontitis.

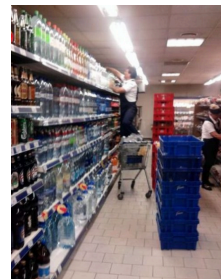
There is interest in using garlic for a number of other purposes, but there isn't enough reliable information to say whether it might be helpful.

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 the March Caption Contest.

The April 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! April is here which means there are only a few months left of the chapter year. That being said, our chapter elections will take place this month! All members have the right to choose the officers that represent our chapter. So please vote when you see the email come through.

We are always looking for people who want to be more involved in the chapter. If you are interested in getting involved, please reach out to me at president@ctvalley.assp.org.

All candidates are running unopposed. Voting ends April 29, 2022. Our slate of candidates is as follows:

President	Bradley York
President-Elect	Benjamin Weidman
Vice President	Chip Darius
Treasurer	Walt Tucker
Secretary	Kevin Galotti

In addition to voting for our 2022 Executive Board, we will also be asking membership to vote on the amended Connecticut Valley ASSP By-Laws that have been approved by the Executive Board. Voting will also end April 29, 2022.

Upcoming Events:

We have a lot going on this month. I hope you take the opportunity to attend one or more of these events!

This month we will be co-sponsoring an event with the Hudson River Valley ASSP Chapter. We are finalizing dates for mid to end of April. All updates will be sent to members via e-mail and the event registration will be on both the Hudson River Valley Event Page and Connecticut Valley ASSP Event Page.



The next Western Massachusetts section meeting will be Friday April 15th at 10:00 AM. The topic for this session will be "Heat Awareness for Indoor and Outdoor Industries" This meeting will be presented virtually.

The OSHA Summer Summit is back on and will be virtual this year! The date will be Wednesday, June 22, 2022 and it will be an all-day event. This is a great opportunity to get some CEUs! Registration begins on April 1st. Please save the date in your calendars and find the event information on our website.

Also The Keene State College OSHA Training Institute Fall Protection hands on 1-day course July 14th will be open for registration with the link below:
<https://oshaedne.com/ncsh-424/>

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.

Thank you all, and have a safe and fun April!

Looking forward to seeing you all at our next events!

Elizabeth Velky, CLCS, RRE
Chapter President

Flavor of the Month

The weather is getting warmer which means people want to be outside more (especially with the COVID-19 pandemic). Please be mindful of the dangers of ticks.

Source: CDC.gov



A tick bite can cause serious diseases such as:

- Anaplasmosis
- Babesiosis
- Ehrlichiosis
- Lyme disease
- Rocky Mountain spotted fever
- Southern tick-associated rash illness
- Tick-borne relapsing fever
- Tularemia
- Colorado tick fever
- Powassan virus infection.



Know where to expect ticks. Ticks live in grassy, brushy, or wooded areas, or even on animals, so spending time outside camping, gardening, or hunting could bring you in close contact with ticks.

Keep Ticks & Mosquitoes Out of Your Yard

Ticks and mosquitoes can carry dangerous diseases. Keep your family safe by making your yard less attractive to these insects.

Mass.gov

Sources:
Department of Public Health (DPH)
U.S. Environmental Protection Agency (EPA)

1

Trim Grass, Shrubs & Plants



Mow grass and clear leafy areas ticks love

2

Remove Standing Water



Eliminate mosquito habitats and breeding areas

3

Elevate Wood Piles & Bird Feeders



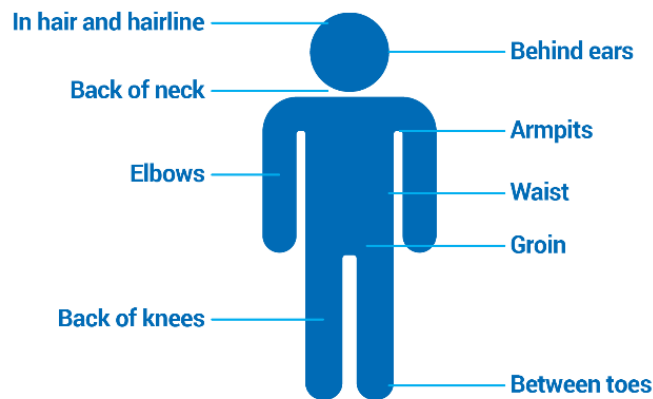
Keep tick-carrying mice and rodents away

4

Create Barriers Between Yard & Woods



Ticks are unlikely to cross 3-foot barriers of mulch or gravel



Treat clothing and gear with products containing permethrin. Permethrin can be used to treat boots, clothing, and camping gear and remain protective through several washings.

Check your clothing for ticks. Remove any ticks and wash clothes or put them in the dryer if damp. Tumble dry clothes in a dryer on high heat for 10 minutes to kill ticks. When washing clothes first, use hot water.

Check your body for ticks after being outdoors. Conduct a full body check when coming from potentially tick-infested areas (even your back yard). Check yourself and your children for ticks after coming indoors.

Shower soon after being outdoors. Showering within two hours of coming indoors has been shown to reduce your risk of getting Lyme disease and may be effective in reducing the risk of other tick-borne diseases. Showering may help wash off unattached ticks and it is a good opportunity to do a tick check.



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

