



## AMERICAN SOCIETY OF SAFETY PROFESSIONALS

Connecticut Valley Chapter

### MAY

#### MONTHLY OBSERVANCES

National Water Safety Month  
National Egg Month  
B/P Education Month  
Sun Safety Week (2nd - 8th)  
Safe Boating Week (21st - 27th)  
National Wine Day (25th)  
Hamburger Day (28th)

### EGG TRIVIA

- Eggs are good for your eyes. They contain lutein which prevents cataracts and muscle degeneration.
- An average hen lays 300 to 325 eggs per year.
- Duck eggs are higher in fat and better for baking.
- An egg shell can have as many as 17,000 pores.
- Egg yolks are one of the few foods that naturally contain Vitamin D.
- Breed determines egg shell color. Commercial eggs are brown or white, but some breeds can also lay blue, green, or pink eggs.
- To tell the difference between a raw egg and a hard cooked one, spin it. Hard cooked eggs spin easily, raw eggs wobble.

### BLOOD PRESSURE AWARENESS

You check notifications on your phone 120 times a day...

But have you checked your blood pressure? It may save your life.

Without a blood pressure check, you may never know if you're among the 86 million Americans with high blood pressure. That's one in every three American adults.

High blood pressure, or hypertension, is a major health problem that is common in older adults. Your body's network of blood vessels, known as the vascular system, changes with age. Arteries get stiffer, causing blood pressure to go up. This can be true even for people who have heart-healthy habits and feel just fine.

High blood pressure is called the "silent killer" because it often has no warning signs or symptoms, and many people do not know they have it. That's why it is important to check your blood pressure regularly.

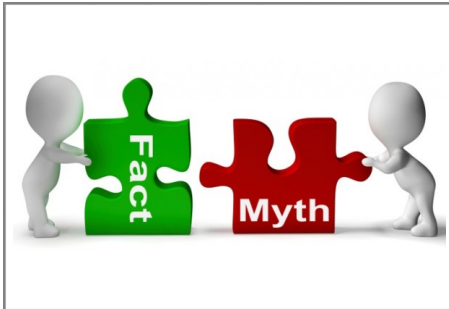
May is National High Blood Pressure Education Month, so now is the perfect time to take these steps to avoid the "domino effect" of health problems like heart attack, stroke, kidney disease, sexual dysfunction and vision loss that can go along with high blood pressure:

Have your BP checked to see if it's in a normal range. It's an important step to protecting your heart, brain and kidneys.

Calculate your blood pressure-related risks and see how simple changes can make all the difference.

Blood pressure is the force of blood pushing against the walls of arteries as the heart pumps blood. When a health care professional measures your blood pressure, they use a blood pressure cuff around your arm that gradually tightens. The results are given in two numbers. The first number, called systolic blood pressure, is the pressure caused by your heart contracting and pushing out blood.





## Sun Myths

**Myth 1: Sun damage is not possible on windy, cloudy or cool days.** False. You can get sun damage on windy, cloudy and cool days. Sun damage is caused by ultraviolet (UV) radiation, not temperature.

**Myth 2: A fake tan darkens the skin, protecting the skin from the sun.** False. Fake tanning lotion does not improve your body's ability to protect itself from the sun, so you will still need sun protection. Some fake tans have an SPF rating but this should not be relied on for continued protection.

**Myth 3: People with olive skin are not at risk of skin cancer.** False. People with skin types that are less likely to burn can still receive enough UV exposure to risk developing skin cancer. Care still needs to be taken in the sun.

**Myth 4: If you tan but don't burn, you don't need to bother with sun protection.** There's no such thing as a safe tan. If skin darkens, it is a sign of skin cells in trauma, even if there is no redness or peeling.

Skin darkens as a way to protect itself because the UV rays are damaging living cells. If you tan easily, you are still at risk of skin cancer.

The second number, called diastolic blood pressure, is the pressure when your heart relaxes and fills with blood.

A blood pressure reading is given as the systolic blood pressure number over the diastolic blood pressure number. Blood pressure levels are classified based on those two numbers.

- Low blood pressure, or hypotension, is systolic blood pressure lower than 90 or diastolic blood pressure lower than 60. If you have low blood pressure, you may feel lightheaded, weak, dizzy, or even faint. It can be caused by not getting enough fluids, blood loss, some medical conditions, or medications, including those prescribed for high blood pressure.
- Normal blood pressure for most adults is defined as a systolic pressure of less than 120 and a diastolic pressure of less than 80.
- Elevated blood pressure is defined as a systolic pressure between 120 and 129 with a diastolic pressure of less than 80.
- High blood pressure is defined as 130 or higher for the first number, or 80 or higher for the second number.

For older adults, often the first number (systolic) is 130 or higher, but the second number (diastolic) is less than 80. This problem is called isolated systolic hypertension and is due to age-related stiffening of the major arteries. It is the most common form of high blood pressure in older adults and can lead to serious health problems in addition to shortness of breath during light physical activity, lightheadedness upon standing too fast, and falls.

One reason to visit your doctor regularly is to have your blood pressure checked and, if needed, plan how to manage your blood pressure. Encourage the people you care about to know their numbers too.

You can often lower your blood pressure by changing your day-to-day habits and by taking medication if needed. Treatment, especially if you have other medical conditions such as diabetes, requires ongoing evaluation and discussions with your doctor.

Lifestyle changes you can make to help prevent and lower high blood pressure:

Aim for a healthy weight. Being overweight adds to your risk of high blood pressure. Ask your doctor if you need to lose weight. In



general, to maintain a healthy weight, you need to burn the same number of calories as you eat and drink.

**Exercise.** Moderate activity, such as brisk walking or swimming, can lower high blood pressure. Set goals so you can exercise safely and work your way up to at least 150 minutes (2.5 hours) per week. Check with your doctor before starting an exercise plan if you have any health problems that are not being treated.

**Eat a heart-healthy diet.** A balanced diet of vegetables, fruits, grains, protein, dairy, and oils — such as the Dietary Approaches to Stop Hypertension (DASH) eating plan — can lower your blood pressure.

**Cut down on salt.** As you get older, the body and blood pressure become more sensitive to salt (sodium), which is added to many foods during processing or preparation. Limiting your amount of salt each day may help. DASH is a low-salt diet.

**Drink less alcohol.** Drinking alcohol can affect your blood pressure. For those who drink, men should not have more than two drinks a day and women no more than one a day to lower their risk of high blood pressure.

**Don't smoke.** Smoking increases your risk for high blood pressure, heart disease, stroke, and other health problems. If you smoke, quit. The health benefits of quitting can be seen at any age — you are never too old to quit.

**Get a good night's sleep.** Tell your doctor if you've been told you snore or sound like you stop breathing for moments when you sleep. This may be a sign of a problem called sleep apnea. Treating sleep apnea and getting a good night's sleep can help to lower blood pressure.

**Manage stress.** Coping with problems and reducing stress can help lower high blood pressure.

## WATER SAFETY

Every year, thousands of Americans are injured or killed in boating and swimming accidents. You can protect yourself and your family from such accidents by following these guidelines.

### *Boating safety*

- Check weather and water conditions before leaving shore.
- Don't drink and boat. Alcohol is a factor in many boating accidents. Choose a designated boat driver who will not drink.
- Insist that everyone wear a Coast Guard-approved personal flotation device or life jacket while on board.
- Always tell someone where you'll be boating, when you expect to be back, and what your boat looks like.
- Keep Coast Guard-approved visual distress devices, such as pyrotechnic red flares, orange distress flags, or lights on board.



- Don't carry more passengers than the maximum listed on the boat's capacity plate.

### *Home-pool safety*

Here's how to keep your family safe:

- Enclose your pool with a fence, wall, or other barrier at least 4 feet tall. Install self-latching gates that open outward.
- Don't assume your child can swim. Many youngsters forget how to swim when panicked.
- Keep a portable phone in the pool area and program emergency contacts on its speed dial.
- Keep a close eye on children and non-swimmers who are using inflatable toys, inner tubes, and mattresses. They could slide off them and drown.
- Closely supervise children when they are diving or jumping in the pool. Head and back injuries are likely to occur during these activities.
- Keep the pool's deck area clear of tripping hazards like toys, dishes, and hoses.
- Review safety measures and rules with guests before they swim.

### *Safety musts for children*

- Never leave a young child alone in a bathtub, wading pool, swimming pool, lake, or river. If you must answer the phone or get a towel, take the child with you.
- Be aware of backyard pools in your neighborhood or apartment building. Your child could wander off and fall in.
- Enroll children in swimming lessons taught by qualified instructors. But remember, the lessons won't make children "drown-proof."
- Teach your older children that they risk drowning when they overestimate their swimming ability or underestimate water depth.

### *Safety musts for adults*

- Take swimming lessons from a qualified instructor if you're not a strong, competent swimmer.
- Don't swim if you've been drinking alcohol.
- Don't swim alone or allow others to do so.
- Stay out of the water during thunderstorms and other severe weather. During lightning storms, seek shelter away from metal objects, open areas, and large, lone trees.
- Don't exceed your swimming ability. Know your limits and stick to them.



- Check the water level before diving into a pool, ocean, pond, reservoir, or lake. Always dive with your arms extended firmly over your head and your hands together.
- Don't dive into unknown bodies of water, like lakes, rivers, quarries, or irrigation ditches. Jump feet first to avoid hitting your head (and breaking your neck or back) on a shallow bottom, hidden rock, or other obstruction.

## 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 the April Caption Contest is:

“Look Ma’, No Hands!” Submitted by Greg Perricone. Thank you Greg for your entry and your humor!

The May 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)



**Upcoming Events:**

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](mailto:president@ctvalley.assp.org).

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

Looking forward to seeing you all at our next events!

Elizabeth Velky, CLCS, RRE  
Chapter President

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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