



AMERICAN SOCIETY OF SAFETY PROFESSIONALS

Connecticut Valley Chapter

JULY

MONTHLY OBSERVANCES

National Hot Dog Month
Fireworks Safety Month
Independence Day
World Against Trafficking in
Persons Day (30th)
National Tequila Day (24th)

TEQUILA TRIVIA

- To be tequila, a spirit must be at least 51% blue agave.
- Blue agave takes 8 - 12 yrs to harvest and can grow to 7 feet tall.
- The agave is not a cactus.
- Only the agave heart is used to make tequila.
- There are 5 classifications of tequila. Blanco, known as Silver tequila, and Joven aka Gold, are typically unaged or sometimes "rested" for a month or two to smooth the bite & may be marketed as Suave. Jovens are generally blended, with tequilas & sweeteners; most commonly used in making cocktails. Reposado tequilas have the least aging, resting in barrels for 2 - 12 months. Añejo is aged 1 to 3 years, and Extra Añejo ages for a minimum of 3 years.

HEAT ILLNESS PREVENTION

Heat Illness Prevention is also an OSHA National Emphasis Program this year. Your personnel should be trained on the topic. The following information can help you meet this requirement.

"Heat Illness" means a serious medical condition resulting from the body's inability to cope with a particular heat load, and includes heat cramps, heat exhaustion, heat syncope, and heat stroke.

Heat illness can develop very rapidly and is not always obvious before it becomes life-threatening. During high heat, heat illness can develop faster and even employees who have been doing their job for some time are at risk.

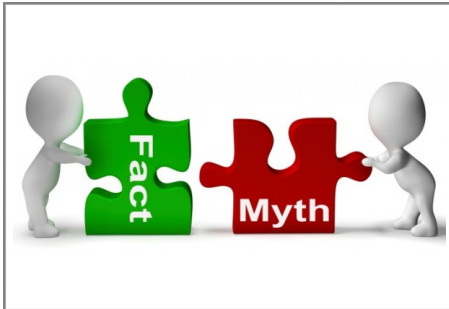
Never discount any discomfort or symptoms you are experiencing when working in heat, after work or before the next workday. Heat illness symptoms can occur even after work has stopped. You should immediately report any problems you are experiencing to a supervisor and coworker, or a family member to seek prompt medical attention.

Heat Rash (Prickly Heat) - Heat rash is a skin irritation caused by excessive sweating and clogged pores during hot, humid weather.

General Symptoms:

- Can cover large parts of the body
- Looks like a red cluster of pimples or small blisters
- Often occurs on the neck, chest, groin, under the breasts, or in elbow creases
- Uncomfortable so it can disrupt sleep and work performance





Human Trafficking Myths

Myth 1: Human trafficking involves moving, traveling or transporting a person across state or national borders. False. Human trafficking is often confused with human smuggling, which involves illegal border crossings. In fact, the crime of human trafficking does not require any movement whatsoever. Survivors can be recruited and trafficked in their own home towns, even their own homes.

Myth 2: All human trafficking involves commercial sex. False. Human trafficking is the use of force, fraud or coercion to get another person to provide labor or commercial sex. Worldwide, experts believe there are more situations of labor trafficking than of sex trafficking.

Myth 3: Human trafficking only happens in illegal or underground industries. False. Human trafficking cases have been reported and prosecuted in industries including restaurants, cleaning services, construction, factories and more.

- Complicated by infections

Heat Cramps - Heat cramps affect people who sweat a lot during strenuous work activity. Sweating makes the body lose salts and fluids and minerals. If only the fluids are replaced and not the salts and minerals painful muscle cramps may result.

General Symptom:

- Painful muscle spasms in the stomach, arms, legs, and other body parts may occur after work or at night

Fainting (Heat Syncope) - Employees who stand for long periods or suddenly get up from a sitting or lying position when working in the heat may experience sudden dizziness and fainting. In both cases, the fainting is caused by a lack of adequate blood supply to the brain. Dehydration and lack of acclimatization to work in warm or hot environments can increase the susceptibility to fainting. Victims normally recover consciousness rapidly after they faint.

General Symptoms:

- Sudden dizziness
- Light-headedness
- Unconsciousness

Heat Exhaustion - Heat exhaustion is the body's response to an excessive loss of the water and the salt contained in sweat. Cool skin temperature is not a valid indicator of a normal body temperature. Although the skin feels cool the internal body temperature may be dangerously high and a serious medical condition may exist.

General Symptoms:

- Heavy sweating
- Painful muscle cramps
- Extreme weakness and/or fatigue
- Nausea and/or vomiting
- Dizziness and/or headache



- Body temperature normal or slightly high
- Fainting
- Pulse fast and weak
- Breathing fast and shallow
- Clammy, pale, cool, and/or moist skin

Heatstroke - Heatstroke is usually fatal unless emergency medical treatment is provided promptly.

General Symptoms:

- No sweating because the body cannot release heat or cool down
- Mental confusion, delirium, convulsions, dizziness
- Hot and dry skin (e.g., red, bluish, or mottled)
- Muscles may twitch uncontrollably
- Pulse can be rapid and weak
- Throbbing headache, shallow breathing, seizures and/or fits
- Unconsciousness and coma
- Body temperature may range from 102° - 104° F or higher within 10-15 minutes

If the muscles begin to twitch uncontrollably, keep the person from self-injury. Do not place any objects in the mouth.

Monitor body temperature and continue cooling efforts until emergency medical treatment is provided to the victim.

So how do we prevent heat illness?

Stay **Cool**



Stay **Hydrated**



Stay **Informed**



STAY COOL

Wear Appropriate Clothing: Choose lightweight, light-colored, loose-fitting clothing.



Keep in mind: Electric fans may provide comfort, but when the temperature is in the high 90s, they will not prevent heat-related illness. Taking a cool shower or bath or moving to an air-conditioned place is a much better way to cool off. Use your stove and oven less to maintain a cooler temperature in your home.

Pace Yourself: Cut down on exercise during the heat. If you're not accustomed to working or exercising in a hot environment, start slowly and pick up the pace gradually. If exertion in the heat makes your heart pound and leaves you gasping for breath, STOP all activity. Get into a cool area or into the shade, and rest, especially if you become lightheaded, confused, weak, or faint.

Avoid Hot and Heavy Meals: They add heat to your body!

STAY HYDRATED

Drink Plenty of Fluids: Drink more fluids, regardless of how active you are. Don't wait until you're thirsty to drink.

- **Warning:** If your doctor limits the amount you drink or has you on water pills, ask how much you should drink while the weather is hot.
- **Stay away from very sugary or alcoholic drinks**—these actually cause you to lose more body fluid. Also avoid very cold drinks, because they can cause stomach cramps.

Replace Salt and Minerals: Heavy sweating removes salt and minerals from the body that need to be replaced. A sports drink can replace the salt and minerals you lose in sweat.

- If you are on a low-salt diet, have diabetes, high blood pressure, or other chronic conditions, talk with your doctor before drinking a sports beverage or taking salt tablets.

STAY INFORMED

Check for Updates: Check your local news for extreme heat alerts and safety tips and to learn about any cooling shelters in your area.

Know the Signs: Learn the signs and symptoms of heat-related illnesses and how to treat them.

Use a Buddy System: When working in the heat, monitor the condition of your co-workers and have someone do the same for you. Heat-induced illness can cause a person to become confused or lose consciousness. If you are 65 years of age or older, have a friend or relative call to check on you twice a day during a heat wave. If you know someone in this age group, check on them at least twice a day.

Monitor Those at High Risk: Although anyone at any time can suffer from heat-related illness, some people are at greater risk than others:

- Infants and young children



- People 65 years of age or older
- People who are overweight
- People who overexert during work or exercise
- People who are physically ill, especially with heart disease or high blood pressure, or who take certain medications, such as for depression, insomnia, or poor circulation

PREVENTION AIDS THROUGH FOOD & DRINK

Beating the heat with these body cooling foods and drinks can be good for the body and aid in heat illness prevention.

Watermelon: This super fresh food is one of the most loved summer fruits in India. Children love to have watermelon as such or as juice during sunny days. As watermelon contains 91.45 percent water, it helps to keep your body hydrated. Watermelon also has antioxidant properties that give you a cooling effect after intake.

Cucumber: Another watery food that you can have during the heat days is cucumber. Cucumber can be used in many ways during the summer to cool your body. You can either eat raw or slice and use it in salads. The crunchiness of cucumber makes it another favorite food of kids during summer.

Curd: Curd is another among the body cooling foods that can be used in many variations. You can either use it for making salads or mixing it with fruit juices to make smoothies. Curd taken in any form during summer is good for health and body. If it is hard to get curd, yogurt is a good substitute, although made industrially rather than homemade.

Coconut water: If you are looking for a satiating and refreshing drink in the summer, then go for coconut water. The cooling properties of coconut water keep your body fresh and is considered one of the best body cooling foods. It also contains essential nutrients and vitamins. Although it is an acquired taste, flavored coconut water is far more popular.

Mint: The cooling effect of mint is what makes it one of the demanded Body cooling foods in the summer. You can also prepare mint chutney and pair it with any bread. Mint keeps your body temperature cool and gives you a refreshing effect.

Lime water: Lime water is one of the best Body cooling foods you can quickly get. All you need is a lime, sugar, and some cold water. A glass of lime water not only cools your body but also provides many health benefits. A glass of lime water mixed with honey can result in weight loss.

Celery: If you are looking for some leafy vegetable on the list, then celery is a perfect choice. Celery covers a significant part of water along with sodium, potassium, iron, calcium, magnesium, phosphorus, and zinc.



Popsicles: You can easily make any fruit juice and pour it to the popsicle moulds to have that kulfi experience every day in the summer.

Avocado: Avocados have the highest amount of mono-saturated fatty acids that help remove the toxins from the body.

Bananas: An excellent cooling snack that gives you a satiating feeling for the day, bananas are good for the summers.

Berries: Berries are alkaline, which generate cold energy, cooling down the body temperature. It has high water that makes the blood thinner and releases excess body heat.

Coconuts: It is a versatile fruit used in several forms. It keeps the body hydrated throughout the day due to its natural electrolyte content.

Melons: Melons have 95% water, are low in calories, and are also diuretic, keeping away body toxins.

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 July photo in need of a caption is:

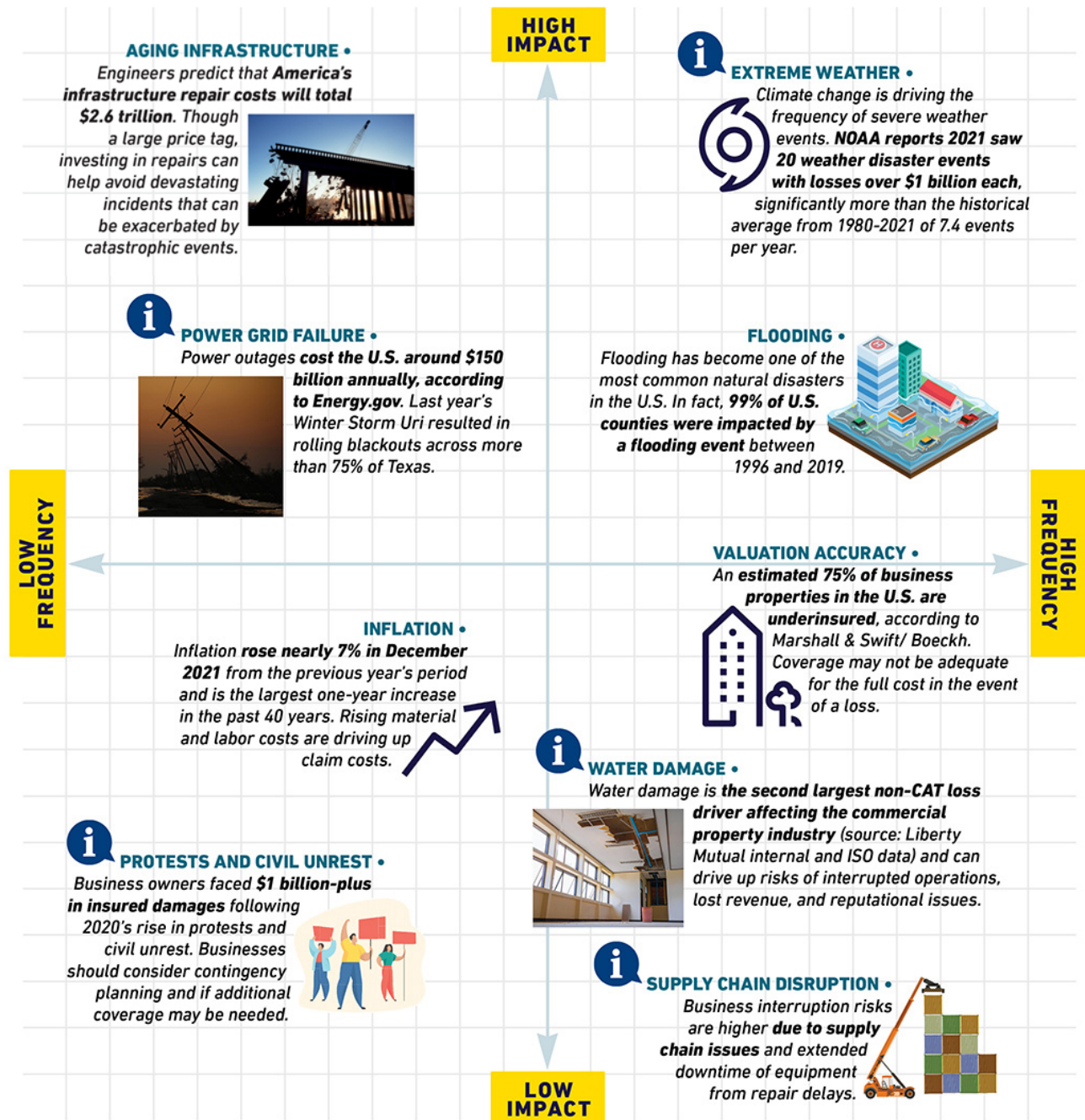


Submissions should be emailed to Laura Casey and place “Caption Contest” in the subject : casey@safeconsolutions.com



INTERESTING INFOGRAPHICS

9 Critical Commercial Property Risks to Watch



Note: The Risk Matrix is produced by the Risk and Insurance® editorial team. Liberty Mutual Insurance is the presenting sponsor and has no responsibility for the content.



10 Workers' Comp Items to Review Coming Out of a Year of Disruption



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LETTER FROM THE CHAPTER PRESIDENT

Hello CT Valley Chapter members! My name is Bradley York, and I am the newly elected President for 2022-2023.

I am honored to have been elected and would like to thank everyone for voting and providing me this opportunity to serve the Chapter. I would also like to thank Elizabeth Velky the outgoing president for all that she contributed over the last year as well as her role as ambassador going forward.

I look forward to meeting and learning from all of our members this year as well as seeing what we can do as a chapter.

Since we all may not have met yet I would like to take the opportunity to say a little about myself and my background.

- I served in the Navy for 20 years and performed numerous safety functions on submarines, shipyards, and other locations.
- After leaving the Navy I provided safety consulting for Colt Mfg. for a time and now work as a Senior Environmental Health and Safety Specialist at Medtronic in North Haven, Ct, Boston MA, and Woburn MA for Research and development and Robotics.
- I also hold CSP and CBCP certifications and a B.S. in Environmental Science with a concentration in Sustainability and Technology and M.A. in Executive Leadership.

Moving into this new year, I would like to explore more opportunities for the chapter to meet in person, engage with those newer to the field, and other ways for us to grow and learn as a chapter.

Please if you have any ideas on things the chapter can do or topics you're interested in having speakers for don't hesitate to contact me via email, phone, or on LinkedIn.

Thank you all again for this opportunity to serve as the chapter president for the year and I look forward to engaging with everyone.

Have a happy and healthy holiday!

Best Regards.
Brad York, CSP/CBCP



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