



AMERICAN SOCIETY OF SAFETY PROFESSIONALS

Connecticut Valley Chapter

AUGUST

MONTHLY OBSERVANCES

Immunization Awareness Mon.
Pedestrian Safety Month
Cataract Awareness Month
Safe & Sound Week (15-21)
World Mosquito Day (20th)

MOSQUITO TRIVIA

- Only female mosquitoes bite
- Mosquitoes are the world's deadliest animals. Mosquitoes are known as 'vectors' for several harmful diseases such as Malaria, Zika and Dengue. It is believed that mosquitoes are responsible for around 1 million deaths per year!
- Carbon dioxide is one of the main ways in which mosquitoes locate their next feast. They use a special organ called a maxillary palp to follow the smell of CO₂ released from our breath.
- There are over 3,000 different species of mosquitoes
- Mosquitoes are as old as the Dinosaurs, with evidence of these biting insects dating back to the Triassic Period!

CATARACTS

A cataract is a clouding of the normally clear lens of the eye. For people who have cataracts, seeing through cloudy lenses is a bit like looking through a frosty or fogged-up window. Clouded vision caused by cataracts can make it more difficult to read, drive a car (especially at night) or see the expression on a friend's face.

Most cataracts develop slowly and don't disturb your eyesight early on. But with time, cataracts will eventually interfere with your vision.

At first, stronger lighting and eyeglasses can help you deal with cataracts. But if impaired vision interferes with your usual activities, you might need cataract surgery. Fortunately, cataract surgery is generally a safe, effective procedure.

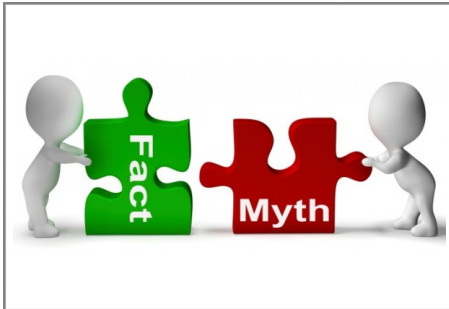
Symptoms

Signs and symptoms of cataracts include:

- Clouded, blurred or dim vision
- Increasing difficulty with vision at night
- Sensitivity to light and glare
- Need for brighter light for reading and other activities
- Seeing "halos" around lights
- Frequent changes in eyeglass or contact lens prescription
- Fading or yellowing of colors
- Double vision in a single eye

At first, the cloudiness in your vision caused by a cataract may affect only a small part of the eye's lens and you may be unaware





Immunization Myths

Myth 1: You can delay routine vaccinations until the coronavirus pandemic is over. False. Delaying vaccination can be harmful to your health and the health of your community.

Myth 2: Vaccines can make you sick. False. Vaccines will not make you sick. Some people can experience mild side effects from some vaccines, such as soreness at the injection site or a low-grade fever, but they dissipate quickly. According to WHO, serious side effects from vaccines rarely occur.

Myth 3: Natural immunity is healthier and more effective than vaccine-induced immunity. False. Vaccines allow you to build immunity without the damaging effects that vaccine-preventable diseases can have.

These diseases can cause serious health problems and even be life-threatening. For example, Haemophilus influenzae type b (Hib) can cause intellectual disability and measles can lead to death. All of these effects can be avoided by simply getting vaccinated.

of any vision loss. As the cataract grows larger, it clouds more of your lens and distorts the light passing through the lens. This may lead to more-noticeable symptoms.

Causes

Most cataracts develop when aging or injury changes the tissue that makes up the eye's lens. Proteins and fibers in the lens begin to break down, causing vision to become hazy or cloudy.

Some inherited genetic disorders that cause other health problems can increase your risk of cataracts. Cataracts can also be caused by other eye conditions, past eye surgery or medical conditions such as diabetes. Long-term use of steroid medications, too, can cause cataracts to develop.

How a cataract forms

A cataract is a cloudy lens. The lens is positioned behind the colored part of your eye (iris). The lens focuses light that passes into your eye, producing clear, sharp images on the retina — the light-sensitive membrane in the eye that functions like the film in a camera.

As you age, the lenses in your eyes become less flexible, less transparent and thicker. Age-related and other medical conditions cause proteins and fibers within the lenses to break down and clump together, clouding the lenses.

As the cataract continues to develop, the clouding becomes denser. A cataract scatters and blocks the light as it passes through the lens, preventing a sharply defined image from reaching your retina. As a result, your vision becomes blurred.

Cataracts generally develop in both eyes, but not always at the same rate. The cataract in one eye may be more advanced than the other, causing a difference in vision between eyes.

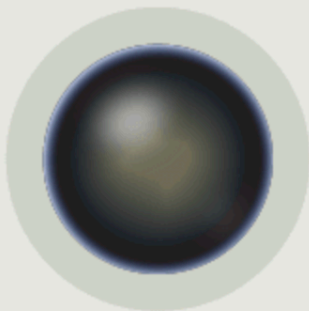
Types of cataracts

Cataract types include:

- **Cataracts affecting the center of the lens (nuclear cataracts).** A nuclear cataract may at first cause more nearsightedness or even a temporary improvement in your

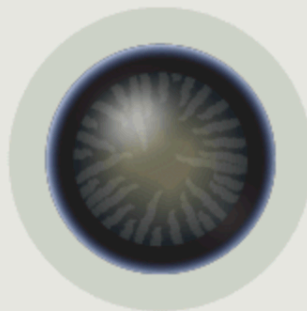


- reading vision. But with time, the lens gradually turns more densely yellow and further clouds your vision. As the cataract slowly progresses, the lens may even turn brown. Advanced yellowing or browning of the lens can lead to difficulty distinguishing between shades of color.
- **Cataracts that affect the edges of the lens (cortical cataracts).** A cortical cataract begins as whitish, wedge-shaped opacities or streaks on the outer edge of the lens cortex. As it slowly progresses, the streaks extend to the center and interfere with light passing through the center of the lens.
- **Cataracts that affect the back of the lens (posterior sub-capsular cataracts).** A posterior sub-capsular cataract starts as a small, opaque area that usually forms near the back of the lens, right in the path of light. A posterior sub-capsular cataract often interferes with your reading vision, reduces your vision in bright light, and causes glare or halos around lights at night. These types of cataracts tend to progress faster than other types do.
- **Cataracts you're born with (congenital cataracts).** Some people are born with cataracts or develop them during childhood. These cataracts may be genetic, or associated with an intrauterine infection or trauma. These cataracts may also be due to certain conditions, such as myotonic dystrophy, galactosemia, neurofibromatosis type 2 or rubella. Congenital cataracts don't always affect vision, but if they do, they're usually removed soon after detection.
- Risk factors
 - Factors that increase your risk of cataracts include:



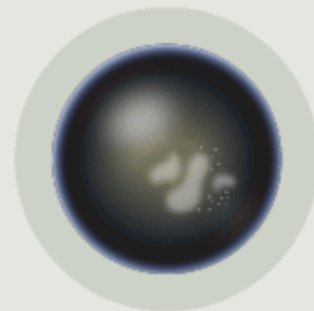
Nuclear Sclerotic

These cataracts form deep in the nucleus. The yellowing and hardening of the central portion of the crystalline lens occurs slowly over years.



Cortical

These cataracts have white opaque "spokes" that start to affect peripheral vision and work toward the center. Progression is variable, with some progressing over years and others in months.



Posterior Subcapsular

Progression is variable but tends to progress more rapidly than nuclear sclerotic cataracts. They affect diabetics and people who use high doses of steroids.



- Increasing age
- Diabetes
- Excessive exposure to sunlight
- Smoking
- Obesity
- High blood pressure
- Previous eye injury or inflammation
- Previous eye surgery
- Prolonged use of corticosteroid medications
- Drinking excessive amounts of alcohol
- Prevention

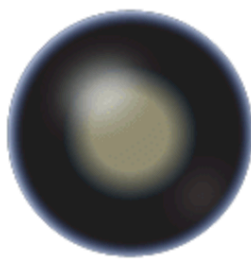
No studies have proved how to prevent cataracts or slow the progression of cataracts. But doctors think several strategies may be helpful, including:

- Have regular eye examinations. Eye examinations can help detect cataracts and other eye problems at their earliest stages. Ask your doctor how often you should have an eye examination.
- Quit smoking. Ask your doctor for suggestions about how to stop smoking. Medications, counseling and other strategies are available to help you.
- Manage other health problems. Follow your treatment plan if you have diabetes or other medical conditions that can increase your risk of cataracts.
- Choose a healthy diet that includes plenty of fruits and vegetables. Adding a variety of colorful fruits and vegetables to your diet ensures that you're getting many vitamins and nutrients. Fruits and vegetables have many antioxidants, which help maintain the health of your eyes.
- Wear sunglasses. Ultraviolet light from the sun may contribute to the development of cataracts. Wear sunglasses that block ultraviolet B (UVB) rays when you're outdoors.

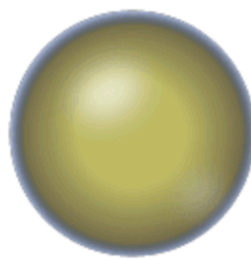
Stages of Cataract Progression



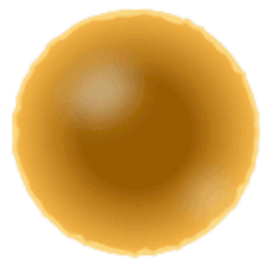
NORMAL



IMMATURE



MATURE



HYPERMATURE



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 caption for July is:

“SSSSShhhhh, don’t tell anyone... it’s a surprise.....”

Congratulations Greg Perricone.



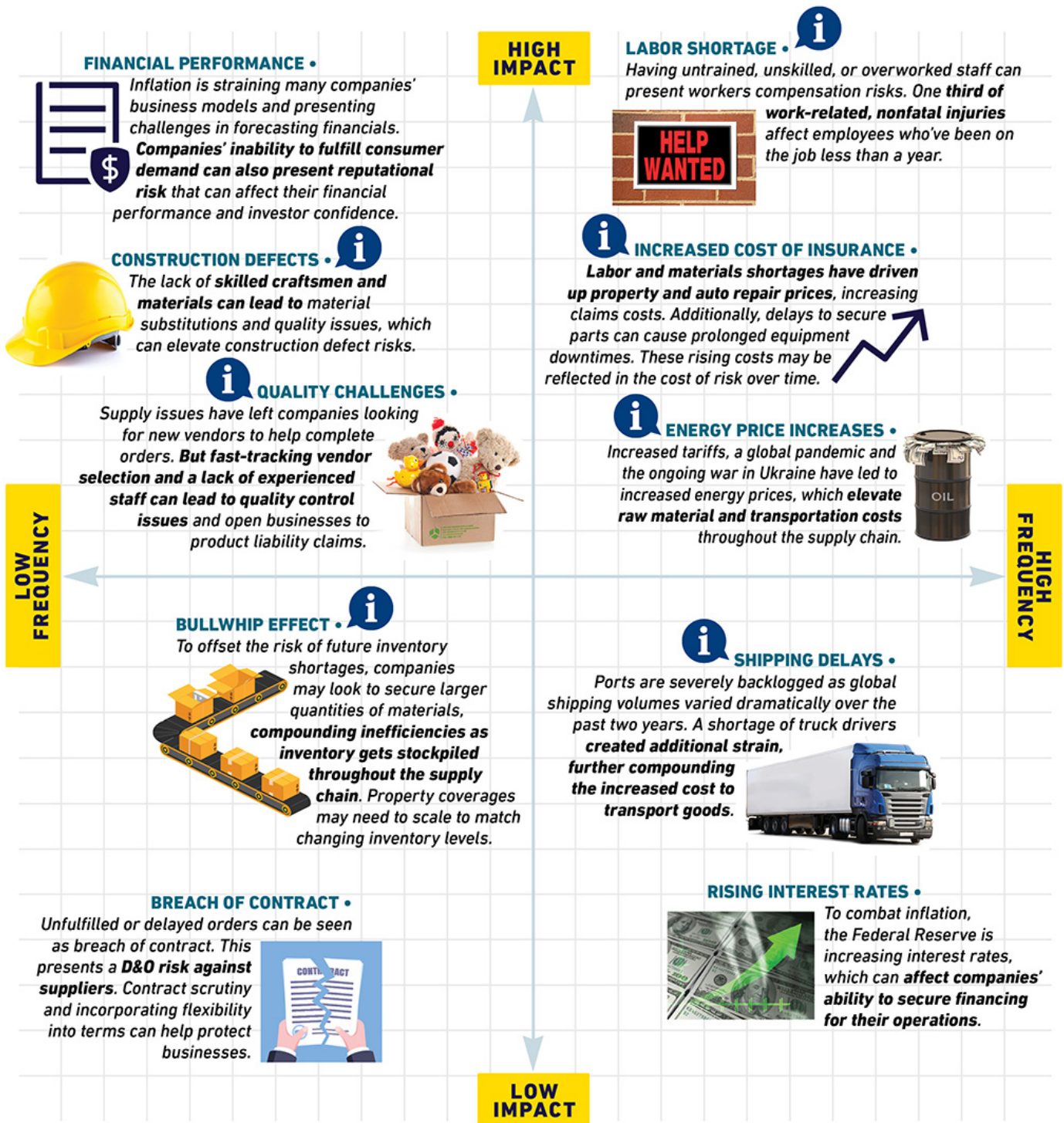
The August photo in need of a caption is:

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



INTERESTING INFOGRAPHICS

Supply Chain Disruptions



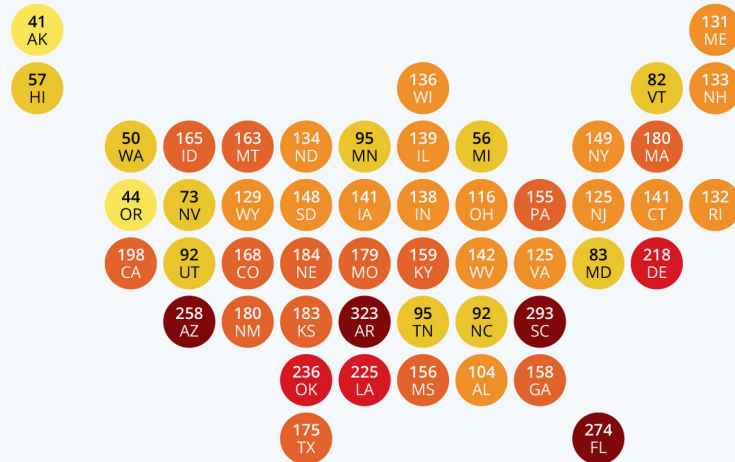
Note: The Risk Matrix is produced by the Risk and Insurance® editorial team. Liberty Mutual Insurance is the presenting sponsor and has no responsibility for the content.



America's Never-Ending Struggle To Ensure Workplace Safety

Years needed for OSHA to inspect all U.S. job sites by state at its current staffing levels*

0-49 50-99 100-149 150-199 200-249 250+



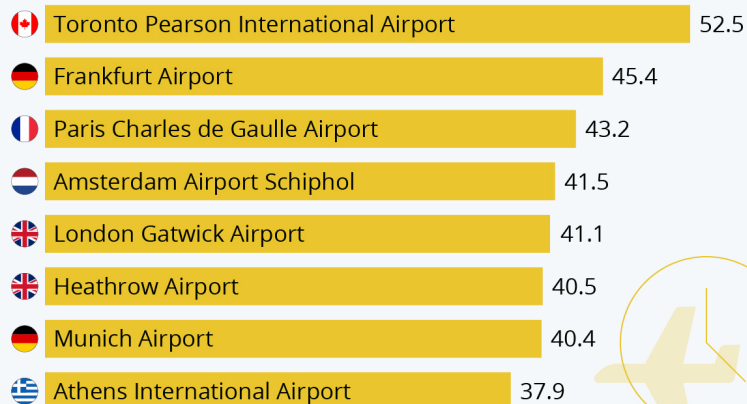
* OSHA - Occupational Safety and Health Administration (data as of FY2019).
Source: AFL-CIO



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The Airports To Avoid This Summer

Airports with most delayed flights that had been scheduled between May 26-July 19, 2022 (in %)



Source: FlightAware

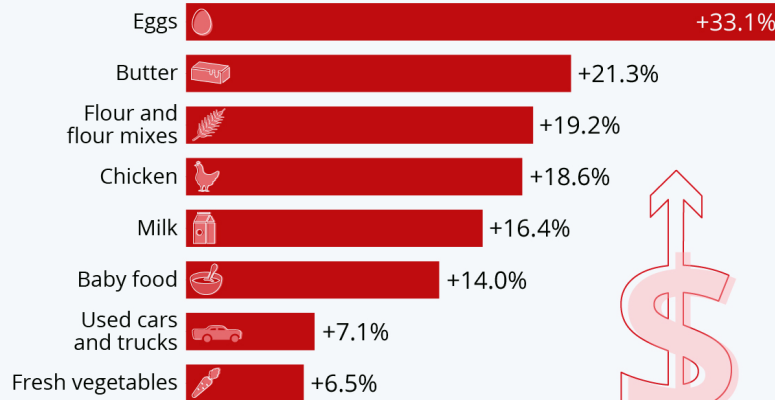


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U.S. Inflation Hits Food Staples Hardest

Year-over-year change in the price of selected items on the Consumer Price Index (June 2021 - June 2022)



Urban consumers

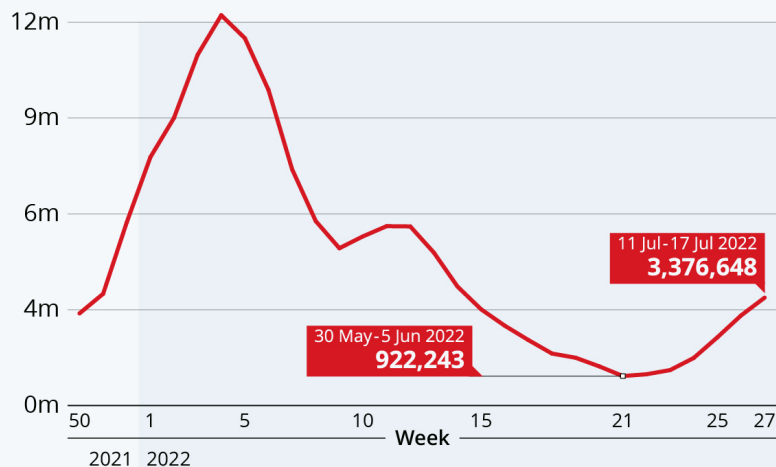
Source: Bureau of Labor Statistics



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Europe's Covid Cases Have Tripled in 6 Weeks

Rate of Covid cases in Europe per 7-day period



Source: WHO



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LETTER FROM THE CHAPTER PRESIDENT

I want to start by saying Congratulations to everyone's efforts achieving Platinum level for this past year!

There was a lot done to meet this goal and it is a great achievement for the chapter. It takes a lot of effort and coordination to reach the highest level of recognition for a chapter. So let's keep the momentum going this year.

As we move into August keep an eye out for meeting dates and times as well as some in person events. We have a lot of great members across Connecticut and Massachusetts so take advantage of the opportunity during chapter meetings/events to get to know each other as well as networking.

I wanted to close on how incredibly hot and humid this year has been with some time to go until cooler weather in the fall. Remember that Heat Illness Prevention is an OSHA National Emphasis Program this year. Maintain documentation of your efforts and of any training. While we all know that training on how to recognize heat illnesses is one key to success, one of the biggest challenges is keeping everyone hydrated and providing areas to cool off in, especially if they are performing heavy work or new to working in that environment.

Using simple reminders to drink water before coming to work to offering things that will aid in hydration from fruits with high water content like watermelon and many of the various products on the market will help and may make a positive difference to members of your team.

Best Regards.
Brad York, CSP/CBCP



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PRESIDENT ELECT	TREASURER & GOVERNMENT AFFAIRS CHAIR Walt Tucker
SECRETARY Kevin Galotti	MEMBERSHIP CHAIR Marcia Walsh CSP
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