



## AMERICAN SOCIETY OF SAFETY PROFESSIONALS

Connecticut Valley Chapter

### SEPTEMBER

#### MONTHLY OBSERVANCES

Atrial Fibrillation Month  
 Immunization Awareness Mon.  
 Suicide Prevention Month  
 National Preparedness Month  
 Chimney Safety Week (25 -1)  
 9/11 Remembrance Day (11th)  
 Eat an Apple Day (17th)

### APPLE TRIVIA

- The science of apple growing is called pomology.
- It takes about 36 apples to create one gallon of apple cider.
- Apples are 25% air.
- Apples ripen up to 10 times faster at room temperature than if they are refrigerated.
- Apple juice was one of the earliest prescribed antidepressants.
- An apple has about 80 calories. They are fat-free, sodium-free, and cholesterol-free and also are an excellent source of fiber.
- A medium apple is about 80 calories.
- Johnny Appleseed was a vegetarian.
- Apples were discovered by Alexander the Great.

## ATRIAL FIBRILLATION

Atrial fibrillation (A-fib) is an irregular and often very rapid heart rhythm (arrhythmia) that can lead to blood clots in the heart. A-fib increases the risk of stroke, heart failure and other heart-related complications.

During atrial fibrillation, the heart's upper chambers (the atria) beat chaotically and irregularly — out of sync with the lower chambers (the ventricles) of the heart. For many people, A-fib may have no symptoms. However, A-fib may cause a fast, pounding heartbeat (palpitations), shortness of breath or weakness.

Episodes of atrial fibrillation may come and go, or they may be persistent. Although A-fib itself usually isn't life-threatening, it's a serious medical condition that requires proper treatment to prevent stroke.

Treatment for atrial fibrillation may include medications, therapy to reset the heart rhythm and catheter procedures to block faulty heart signals.

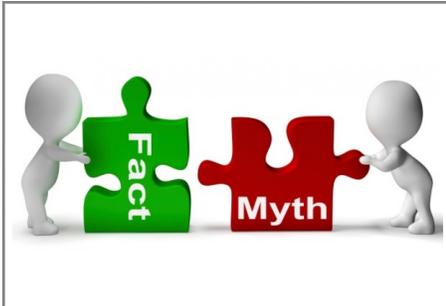
A person with atrial fibrillation may also have a related heart rhythm problem called atrial flutter. Although atrial flutter is a different arrhythmia, the treatment is quite similar to atrial fibrillation.

### Symptoms

Some people with atrial fibrillation (A-fib) don't notice any symptoms. Those who do have atrial fibrillation symptoms may have signs and symptoms such as:

- Sensations of a fast, fluttering heartbeat (palpitations)
- Chest pain





## 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.

- Dizziness
- Fatigue
- Lightheadedness
- Reduced ability to exercise
- Shortness of breath
- Weakness

Atrial fibrillation may be:

Occasional (paroxysmal atrial fibrillation). A-fib symptoms come and go, usually lasting for a few minutes to hours. Sometimes symptoms occur for as long as a week, and episodes can happen repeatedly. Symptoms might go away on their own. Some people with occasional A-fib need treatment.

Persistent. With this type of atrial fibrillation, the heart rhythm doesn't go back to normal on its own. If a person has A-fib symptoms, cardio-version, or treatment with medications may be used to restore and maintain a normal heart rhythm.

Long-standing persistent. This type of atrial fibrillation is continuous and lasts longer than 12 months.

Permanent. In this type of atrial fibrillation, the irregular heart rhythm can't be restored. Medications are needed to control the heart rate and to prevent blood clots.

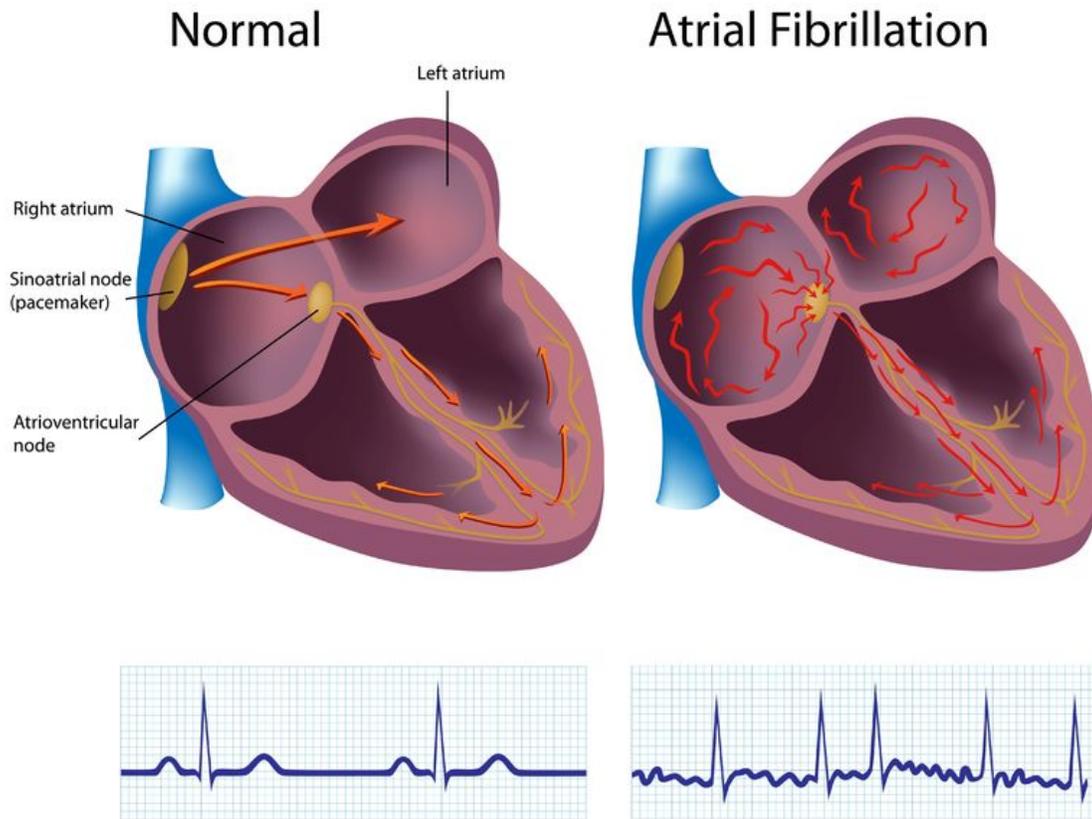
Certain situations can trigger an episode of atrial fibrillation, including: drinking excessive amounts of alcohol, particularly binge drinking, being overweight (read about how to lose weight) drinking lots of caffeine, such as tea, coffee or energy drinks.

If you have atrial fibrillation (A-fib), your heart has episodes when it beats irregularly. The condition can cause troubling symptoms and serious medical complications, including blood clots that can lead to stroke and heart failure. A-fib is a type of arrhythmia, or abnormal heart rhythm.

Atrial fibrillation isn't usually life-threatening or considered serious in people who are otherwise healthy. However, atrial fibrillation can be dangerous if you have diabetes, high blood



pressure or other diseases of the heart. Either way, this condition needs to be properly diagnosed and managed by a doctor.

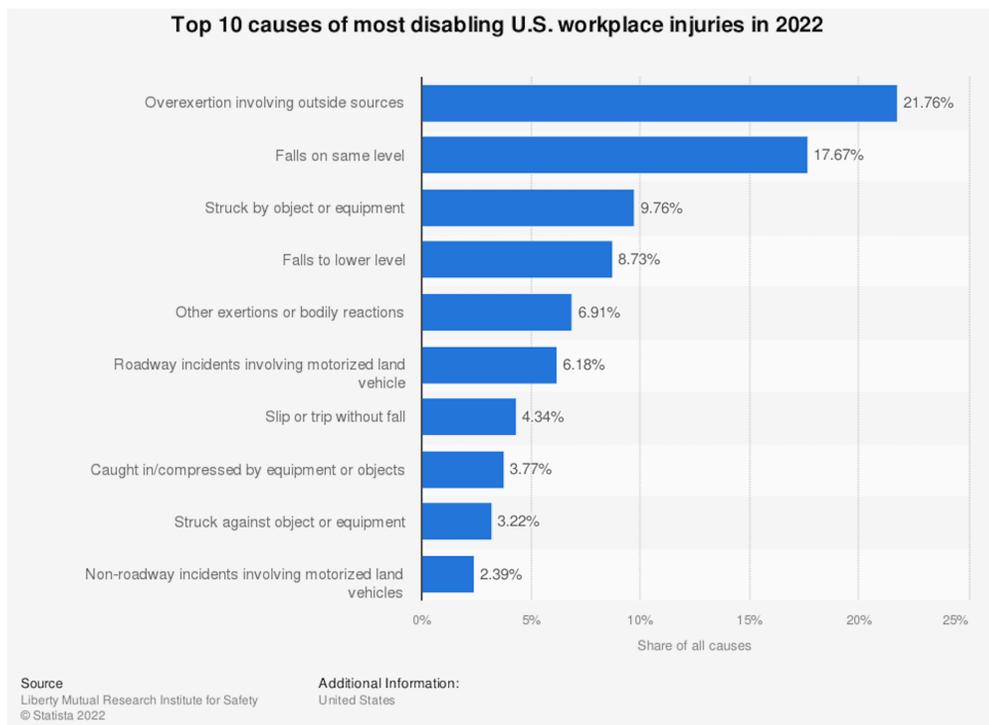
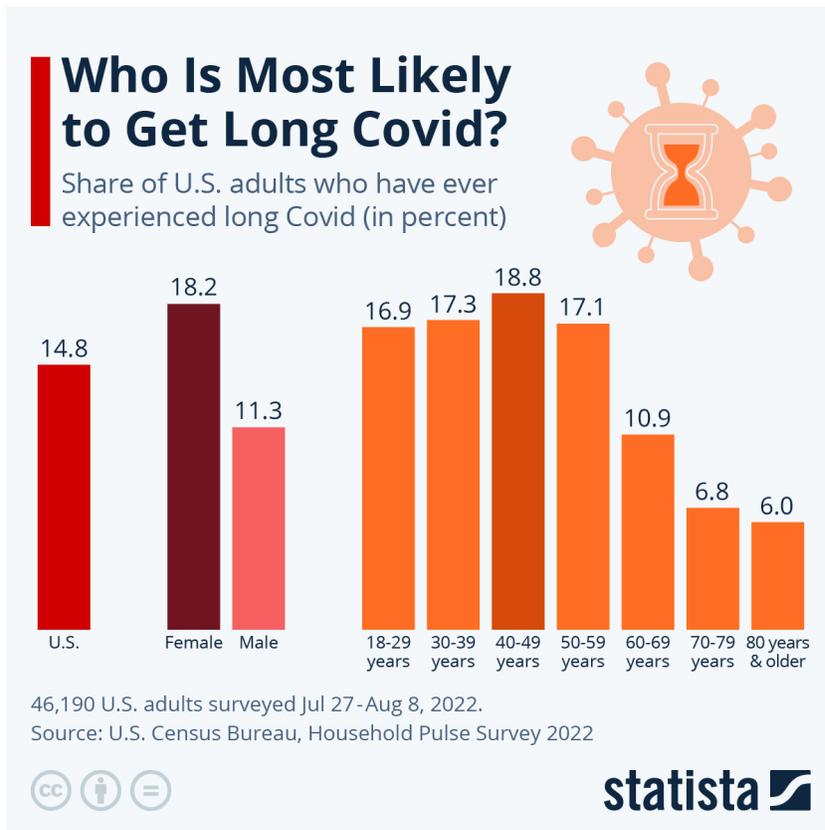


## FUN FACTS

- Your nose is always visible to you, but your brain ignores it through a process called Unconscious Selective Attention.
- More than 1/5 of all the calories consumed by humans worldwide is provided by rice alone.
- People can have a psychological disorder called Boanthropy that makes them believe that they are a cow. They try to live their life as a cow.
- If you sneeze while traveling at 60 mph, your eyes are closed for an average of 50 feet.
- “lbs” comes from the Latin word “libra,” which means “pound.”
- The scientific term for brain freeze is “sphenopalatine ganglioneuralgia.”
- Researchers have found that flossing your teeth can help your memory. Flossing prevents gum disease, which prevents stiff blood vessels, which cause memory issues.



## Interesting Infographics



## 'Quiet Quitting' Is All the Rage – Or Is It?

Awareness and understanding of the term “quiet quitting” among U.S. adults

Heard about “quiet quitting”



Those who heard about it think it means...

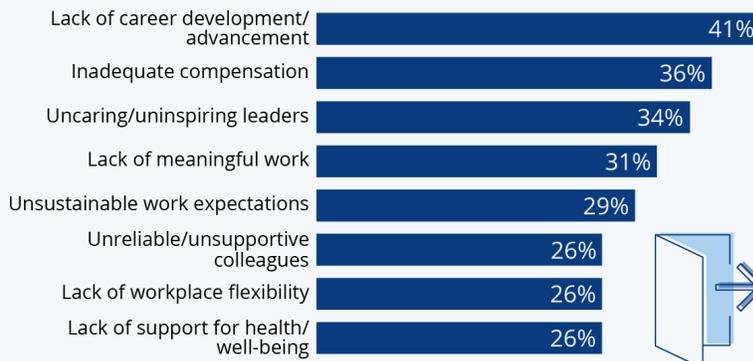


990 U.S. adults surveyed in August 2022  
Source: YouGov



## Why People Are Quitting Their Jobs

Most common reasons given for quitting previous job (Apr '21 - Apr '22)



Based on a survey of 13,382 employees in Australia, Canada, India, Singapore, United Kingdom and United States.  
Source: McKinsey & Company



## 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 August.



The September 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)

## 10 Chimney Safety Tips

1. Get an annual chimney inspection. Have your chimneys inspected and swept if needed. If the chimney (fireplace & furnace/water heater/flue) is clean and free of obstructions, there is less danger of a chimney fire or carbon monoxide poisoning.
2. Free and Clear. Make sure that the top of the chimney is free and clear of tree branches, ivy, or overhanging branches.
3. Cap it. Have a chimney cap installed on all of the flues. New chimney caps are usually constructed of stainless steel and do not rust. They keep out rain, birds, raccoons, squirrels, leaves and other debris that could obstruct the flow of flue gasses in your chimney.
4. The right fuel for the job. Well seasoned hard wood yields the most Btu’s (heat) for your fireplace or wood stove. Wood that has been split and stacked for 6 months out of the rain will be dry enough. Do not burn Christmas trees,mpressure treated or painted scrap lumber in your fireplace or wood stove.



5. Liquid free light. Do not use any type of liquid fire starters (lighter fluid, charcoal grill lighter, gasoline, etc.) to start the fire. Only use fire starters specifically designed for fireplaces and wood stoves. Besides the inherent danger of out of control flames inside the home, some of these accelerants can leave residues that may ignite inside the flue (chimney fire).
6. Keep it clear. Keep all furniture and combustible furnishings at least 36 inches away from the fireplace or wood stove. Exposure to heat can lower the ignition temperature of combustible items over time, and they can catch fire.
7. Screens or doors. Have a fireplace screen or set of glass doors with a screen in front of your fireplace during operation. Flying sparks from sappy wood can burn holes in your carpet or furniture. Remember, if you have glass doors, they must be open during the operation of your fireplace, do not close them if a fire is burning. The glass is not rated for those temperatures and the fire will be starved of oxygen and may smoke up the home.
8. Smoke detectors and carbon monoxide detectors are a must. Some of the newer units will detect both smoke and carbon monoxide, but both types should be installed through out the home. Optimum placement is on the ceiling because that is where the smoke and carbon monoxide will be. Plug in units are convenient but near the floor is not ideal.
9. Treat your fire like a toddler, watch them. Tumbling logs off the grate can knock over a fireplace screen and start a house fire. Do not leave them unattended.
10. Pick the right company. Do your homework on the company you choose to inspect and sweep your fireplace/ furnace flues. What kind of certifications and training do they have? What do on line services like Angie's List and the Consumer's Checkbook say? Ask your friends about their favorite companies.

---

## NATIONAL PREPAREDNESS MONTH

---

### HURRICANE PREPAREDNESS GUIDANCE\*

#### **COMMON SENSE PRECAUTIONS**

- If you are in a hurricane prone area or if you have a coastal home, install hurricane rated windows, shutters or other protection for your home.
- Consider purchasing a gas or propane powered generator.
- Back up all computer files to iCloud or to a USB drive/disc/ back up drive kept in a waterproof container.
- Ensure dead tree limbs are pruned.
- Scan important family documents: wills, deeds, stocks & bonds, insurance policies, passports, S.S. cards, credit card and bank account numbers, family records (birth, marriage, death certificates), doctors' numbers or portal passwords etc. Store important documents in waterproof containers.
- Review your insurance policies for adequate coverage.



## **STAY OR GO DECISION**

The decision to evacuate is a personal one. However, there are some things you should take into account.

- About five days before a storm is predicted to hit your area, plane flights fill up, roads become jammed, gas lines begin to form, and water, batteries and other important supplies sell out. Unfortunately, the best time to leave is before you know whether or not the storm will hit our area. The closer the storm gets, the more difficult the evacuation.
- You will find that according to news outlets, one of the primary concerns is storm surge. The definition of storm surge is no longer the water depth above sea level. The new definition measures the water depth above the ground level wherever you are. We recognize that this is not totally accurate, in that it does not take into account your distance inland or your actual elevation. However, the networks are generally giving you a worst-case scenario, and you should make your decision to stay or evacuate based on that. At a minimum, if Stonebridge is in an evacuation zone, you should evacuate

## **BEFORE THE STORM**

- Listen to news reports for up-to-date progress of an approaching hurricane.
- Clear your porch and yard of anything that might become a projectile in the storm, including door mats and garden hoses .
- Consider removing some screening panels from your pool cage or cutting the screens with an X to reduce the pressure on lanai frames and potentially save your cage.
- Protect your non-hurricane rated windows and doors with shutters or plywood.
- Have several flashlights and/or battery powered lanterns on hand with sufficient batteries and test the flashlights.
- If any of your devices use D-cell batteries, stock up early. They were among the first things to disappear from hardware store shelves. If buying equipment for use during a storm, consider standardizing on one battery type (double A as an example) so you can keep an adequate supply on hand.
- Fill your auto gas tanks and propane tanks for grills and generators .
- Consider purchasing a battery operated fan.
- Consider purchasing a crank or battery operated radio. If the power goes out, the radio may be your only way to stay informed.
- Do accumulated laundry before the storm hits.
- Purchase bottled water early and fill bathtub with water for drinking. You should test your tub stopper to ensure it holds water for several days. You can use plastic wrap to seal it if it leaks. Each family member and pet should have a gallon a day set aside.
- Have on hand enough non-perishable food for at least three days. With Irma, the number was more like five days.
- Have a manually operated can opener on hand.
- Make and/or purchase ice. You can keep your frozen perishables for several days if you fill your freezer with ice, frozen water bottles, and freezer packs. Large blocks of ice last longer than cubes.
- Make a list of all prescriptions and ensure adequate prescription and non-prescription medications are on hand to last at least one week. Store in water-proof plastic bag/container. During Irma, many pharmacies could not fill prescriptions because local inventories had been exhausted.



- Fully charge cell phones and computers. Consider leaving them plugged in until the power goes out.
- Take pictures of every room in your house, for use with insurance companies later.
- Identify a way to get out of your home when the power is out. Make sure that you can raise at least one hurricane shutter without power.
- If you plan to stay through the storm, ensure there is a white ribbon tied to your light fixture signifying you are in residence. If none has been placed there by your Neighborhood Leader, please tie something white to the fixture yourself.
- Turn government alerts on.
- Remove blades from external fans.
- Turn off hot water heater, etc.
- Eat your ice cream.

### **IF YOU CHOOSE OR ARE REQUIRED TO EVACUATE**

- Let someone, preferably your Neighborhood Leader, know you are leaving.
- Protect your important papers and valuables from flooding. One suggestion in case of evacuation is to place papers in your waterproof dishwasher and close it before leaving. If you do this, we recommend shutting off the breaker for the washer.
- Consider taking photos of each room in your home for insurance purposes.
- Back up important computer files and store in a safe place or take with you.
- Just before you leave, take down the white ribbon on your light fixture.
- Pack bedding and towels for use at a shelter.

### **DURING THE STORM**

- Stay inside and away from windows, skylights and glass doors.
- Identify a safe area in your home, such as an interior room, a closet, or bathroom, to use at the height of the storm.
- If the power goes out, turn off electricity to all major appliances, pool equipment and air conditioning at the electrical panel or by unplugging to protect from surges.
- If flooding threatens your home, turn off electricity at the main breaker switch.
- Do not use electrical appliances, including your computer, to protect against damage from electrical surges.
- Stay indoors to avoid being hit by flying debris. If the eye of the storm passes over your area, there will be a short period of calm, but at the other side of the eye, the wind speed will rapidly increase from the opposite direction.
- Beware of lightning.
- Do not use the house phone or take a bath or shower during the storm.

### **AFTER THE STORM**

- Dial 911 if assistance is needed.
- When safe to do so, begin to help clear drains to prevent flooding. · Check on neighbors.
- DO NOT drive through flooded areas.



- Be VERY aware of downed electrical wires. **Assume all power lines to be live!**
- **Be alert for displaced critters, such as snakes, alligators or floating fire ants.**
- Do not drink tap water until it has been declared safe by authorities.
- **Do not connect generators to house power** unless the generator has a switch that prevents power from backing into the local power supply.
- If power remains out, use flashlights and battery powered lanterns and not candles.
- Assess damage including electrical, leaks, unsafe debris, and flooding, and report to Neighborhood Leader.
- Take photographs of damage for insurance claims.
- Conserve expendables such as water, gas, and food.
- Run ice maker for several cycles after power comes on.

### **IF YOU HAVE A PET**

- Research evacuation accommodations that accept pets: hotels, local shelters, OR friends. **\*\*Only service animals are allowed in ALL shelters.**
- Pre-register your pets with the a shelter that accepts pets.
- Ensure all required vaccinations are up to date.
- Have all pet papers, vaccinations, photos of your pet, proof of ownership, microchip information, together on a USB or in a waterproof bag /container.
- Have ID and vaccination tags properly secured on pets' collars.
- Label crates, carriers, bird cages etc. with name address, email and phone contact information.
- Collect a few favorite toys together to help calm your pet.
- Prepare a 3 day minimum emergency water and food supply. Wet food is also important because canned food lasts longer and moisture extends water rations if needed.
- Have an extra supply of any pet's medications in advance.
- Include doggy bags and cat litter.
- Keep spare leashes, collar and pet carriers handy.
- Give your pet a good potty break well before the storm arrives.
- Cover cages of birds with a blanket. Use a spray bottle to moisten feathers if hot weather. Have plenty of cage liners and a solid perch to grasp. Include bags of favorite seed etc.

#### **If you evacuate:**

- Take all pets with you. Many shelters now accept pets if you contain them in a crate. Most hotels will accept pets during emergency situations.
- Take plenty of food & water for your pet as well as your pet's vaccination records. Store dry food in waterproof containers and have a manual can opener attached to wet canned food. • Keep your dog on a leash at all times and under close supervision.

#### **If you stay:**

- Secure your pet(s). Have a crate on hand for your cat or dog and use a waterproof marker to write your name, address and phone number on the crate. Try to remain calm, as your pets will likely be stressed from the situation as well as the dropping barometric pressure. Move slowly and methodically.



## LETTER FROM THE CHAPTER PRESIDENT

As we move to the end of the third quarter of the year and begin heading into fall, I just wanted to pass along that a meeting schedule will be coming in the next couple of weeks to include some in person meetings. I know travel can be difficult due to the geographical size of the chapter, but my goal is to try and schedule events so the same areas aren't having to travel for each in person event.

The Region PDC will be held in Warwick RI in November so make sure to mark your calendars. This will also give everyone a great opportunity over a few days to network across the chapter and meet face to face.

Lastly expect to see an update to the approved bylaws soon that reflects the changes within the Societies organization. Once they are approved, the updated bylaws will be posted to the chapter's website so you can review them. Please let me know if you have any questions or concerns about them.

Lastly we are always looking for speakers or other opportunities for meetings if you have any suggestions, requests, or would like to open your location up for a tour and meeting please let me or anyone else in the leadership know.

Best Regards,  
Brad York, CSP/CBCP

CHAPTER OFFICERS &	COMMITTEE CHAIRS
<b>PRESIDENT</b> Bradley York CSP	<b>VICE PRESIDENT</b> Chip Darius OHST, CIT
<b>PRESIDENT ELECT</b>	<b>TREASURER &amp; GOVERNMENT AFFAIRS CHAIR</b> Walt Tucker
<b>SECRETARY</b> Kevin Galotti	<b>MEMBERSHIP CHAIR</b> Marcia Walsh CSP
<b>COMMUNICATIONS CHAIR, SCHOLARSHIP CHAIR &amp; HISTORIAN</b> Nathan Fague MS	<b>NOMINATIONS CHAIR</b> Maryanne Steele
<b>WESTERN MASSACHUSETTS CHAIR</b> Maryanne Steele CSP	<b>AWARDS &amp; HONORS CHAIR</b>
<b>FOUNDATION LIAISON</b> Allison Bresloff CSP	<b>STUDENT LIAISON</b>
<b>CONSTRUCTION PRACTICE SPECIALTY</b> Joe Bongiovanni	<b>JOBS CHAIR</b> Kevin Galotti
<b>NEWSLETTER WRITER / EDITOR</b> Laura Casey CSP, CHST, EMT-P	<b>SOCIAL MEDIA &amp; WEBSITE</b> Melissa Noyes

