



AMERICAN SOCIETY OF  
SAFETY PROFESSIONALS

Connecticut Valley Chapter

## OCTOBER

### MONTHLY OBSERVANCES

Breast Cancer Month  
Protect Your Hearing Month  
Mental Illness Awareness Mon.  
World Egg Day (14th)  
Halloween (31st)

## HEARING TRIVIA

- Fish do not have ears, but they can hear pressure changes through ridges on their body.
- The ear's malleus, incus and stapes (otherwise known as the hammer, anvil and stirrup) are the smallest bones in the human body. All three together could fit together on a penny.
- The ear continues to hear sounds, even while you sleep.
- Ears not only help you hear, but also aid in balance.
- Sitting in front of the speakers at a rock concert can expose you to 120 decibels, which will begin to damage hearing in only 7 1/2 minutes.
- Wearing headphones for just an hour will increase the bacteria in your ear by 700 times.

## BREAST CANCER

October is Breast Cancer Awareness Month! October can feel different for each of us — some wear pink to celebrate, some quietly observe the month, some feel grief, and some feel unseen or misunderstood. We want to normalize it all. Here's what you need to know about Breast Cancer Awareness Month.

Breast cancer is the second most common cancer in women, after skin cancer. The chance of developing invasive breast cancer at some time in a woman's life is a little less than 1 in 8 (12%). The chance that a woman will die from it is about 1 in 35 (about 3%).

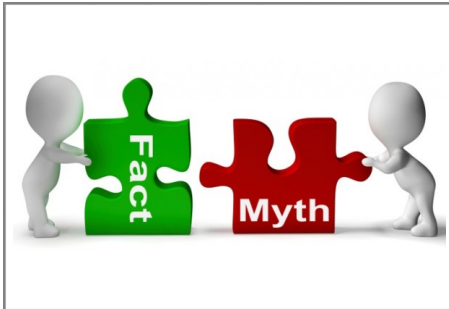
Men can develop the disease as well. The lifetime risk for breast cancer for a man is about 1 in 1,000. In 2021, U.S. President Joe Biden designated October 17 to October 23 Men's Breast Cancer Awareness Week. About 2,710 American men this year are expected to be diagnosed with breast cancer, and about 530 are expected to die from the disease. But lack of awareness and stigma can be barriers to detection and care. Some men, trans men, and non-binary people choose to call their cancer chest cancer.

All women are at risk. It's unknown exactly what causes breast cancer, but women can make choices that lower their risk.

### *Breast Cancer Awareness: Statistics*

In 2022 in the United States, it's estimated that 43,780 people — 43,250 women and 530 men — are going to die from breast cancer. According to the CDC, about 9% of all new cases of breast cancer in the U.S. are found in women younger than 45; breast cancer risk increases as women get older. Black women are less likely to be diagnosed with breast cancer than white women but are 41% more likely to die from the disease. About 170,000 people in the United States are living with metastatic breast





## Mental Illness Myths

**Myth 1: Having a mental illness means you are “crazy.”** False. It means you are vulnerable. It means you have an illness with challenging symptoms — the same as someone with an illness like diabetes.

**Myth 2: People with mental illness are violent and dangerous.** False. Only 5% of violent crimes in the U.S. are committed by people with serious mental illness.

**Myth 3: Post-Traumatic Stress Disorder (PTSD) is only a military disease.** False. Anyone can have PTSD. A rape or sexual assault victim, a domestic abuse victim, a survivor of a natural disaster, someone who's suffered a loss or even a person who did not face any violence or physical threats themselves directly, but happened to witness someone else who did (i.e. vicarious trauma).

**Myth 4: Psychiatric medications are bad.** False. People tend to believe that psychiatric medicine is harmful or are simply “happy pills” & “an easy way out” for those with mental illness. For some individuals with mental illness, medication is needed for survival.

cancer.

## Warning Signs

Just being a woman and growing older are the two biggest risk factors for breast cancer. Those factors are difficult to change, but you can change other risk factors, such as smoking, drinking alcohol, and not exercising regularly.

Possible indications of breast cancer in both women and men include:

- A lump or swelling, which is usually, but not always, painless
- Lump or swelling under the arm or around the collar bone
- Skin irritation, dimpling, or swelling of all parts of the breast
- Breast or nipple pain, or nipple turning inward
- Redness, scaliness, or thickening of the nipple or breast skin
- Nipple discharge

These signs do not always indicate cancer, but signal that it is time to see your healthcare professional as soon as possible.

You can lower your risk for breast cancer addressing lifestyle issues. Hormone replacement therapy, alcohol consumption, the use of birth control pills, being overweight after menopause, and the lack of physical activity are all risk factors that you can have impact on.

A healthcare professional can assess your personal risk based on your family history and lifestyle and can recommend the best prevention and detection measures for you.

The American Cancer Society recommends that all women should be familiar with how their breasts normally look and feel, and promptly report any changes to their healthcare professional.

## The Best Protection is Early Detection

Health experts recommend that all women follow a schedule of breast cancer screenings. Early detection lowers the risk of breast cancer death by finding cancer when it is most often treatable.



The American Cancer Society is available 24 hours a day for information and support. Visit [www.cancer.org](http://www.cancer.org) or call 1-800-ACS-2345. All services are free.

**Pink Out Day for Breast Cancer is 21 October --- PINK OUT!!**



**FACTS.NET**



## FUN FACTS

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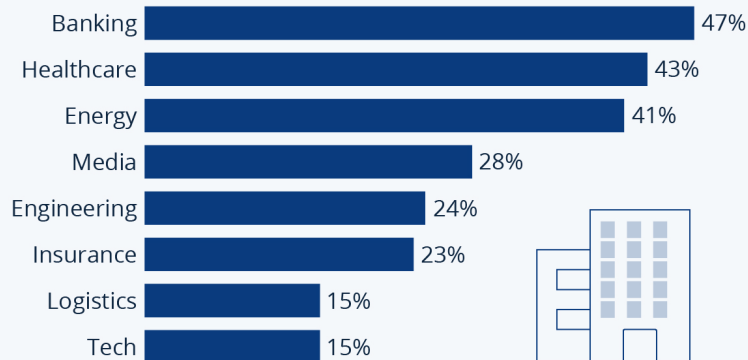
- The hashtag symbol is technically called an octothorpe.
- We can thank plant-based marine organisms for all that fresh air, according to the National Oceanic Service. Plankton, seaweed, and other photosynthesizers produce more than half of the world's oxygen.
- On Venus, and other moons and planets, rain is made of sulfuric acid or methane.
- Human cells make up only 43% of the body's total cell count. The rest are bacteria, viruses, and fungi – the greatest amount of these microbes are in our bowels.
- Hot water freezes more quickly than cold water.
- The principle of hot liquids freezing faster than cold ones is called the Mpemba effect.
- You spend 1/3 of your life sleeping.
- About 50-70 million US adults suffer sleep disorders.
- When we sleep, cerebrospinal fluid flushes through the brain to wash away the day's worth of harmful, excess proteins and toxins.
- The sudden feeling of falling while you sleep is called a myoclonic jerk.
- A snail can sleep for three years.
- In Japan, napping at your job is seen as a sign of diligence—you worked so much to the point of exhaustion.
- The total U.S. workforce decreased from 158.7 million in 2019 to 148.9 million in 2020.
- While women are less likely to die on the job, they are disproportionately more likely to be victims of workplace homicide.
- Fishing and hunting workers suffer the highest rate of workplace fatality at 132 per 100,000 workers.
- Telemarketing is considered the safest job in the U.S. by Indeed.
- The Halloween we know today can trace its roots back to the ancient Celtic end-of-harvest festival of Samhain. During Samhain, people would light bonfires and wear costumes to ward off evil spirits.
- The word "witch" comes from the Old English wicce, meaning "wise woman."
- In Ireland, where Halloween originated, people celebrate by setting off fireworks.
- Pumpkins are classified as a fruit, not as a vegetable. Basically, anything that originates from the likes of a flower is technically a fruit.



## Interesting Infographics

### Return to the Office? Don't Bank On It

Average daily share of workforce attending the office  
in June/July 2022, by sector



Based on surveys in 13 countries, 13 sectors, 28 organizations and 79 offices  
(representing 77,410 employees)

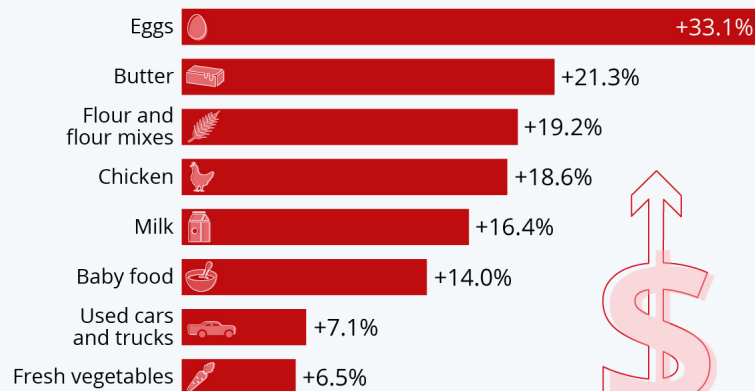
Source: Advanced Workplace Associates



statista

### 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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## CAPTION CONTEST

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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 September.



The October 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 Halloween Safety Tips

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1. All costumes, wigs and accessories should be fire-resistant.
2. Wash hands before and after handling candy.
3. Do not pass candy out from inside of your home; give out candy from the porch or drive way instead of from the front door
4. Only give commercially packaged candy. Only eat candy in original wrapper
5. Place a table between the person handing out candy and the trick or treaters to help maintain 6 feet social distance
6. Establish ground rules with children before trick-or-treating
7. Limit the number of houses you visit and consider sticking to houses you know
8. Bring a flashlight, use glow sticks, and add reflective tape to costumes
9. Wear light-colored clothing and consider adding reflective tape
10. Watch out for traffic - cross only at crosswalks whenever possible

## LETTER FROM THE CHAPTER PRESIDENT

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I was fortunate enough to take a vacation to Florida recently but had the misfortune of being caught in Hurricane Ian. We were fortunate the storm was pretty mild where we were staying.

I was impressed with the response and preparation from the staff at the resort we stayed at. It goes to show that a written plan is only as good as how your team is trained and equipment maintained.

While we always see messages about things like hurricane season how often do you wait until the threat of a storm to check equipment or discuss it with your team? How often have you actually tested that written plan beyond a classroom discussion?

While we may not experience hurricanes in New England very often preparing for severe weather events well ahead of time can help to lower the risk to your team and your family.

Now on to some better news - the New England PDC is right around the corner on November 8th and 9th. It will be held in Warwick RI this year and should be a great two day event. Registration is open now. I'm looking forward to meeting some of you there.

Best Regards.  
Brad York, CSP/CBCP





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