



AMERICAN SOCIETY OF  
SAFETY PROFESSIONALS

Connecticut Valley Chapter

## DECEMBER

### MONTHLY OBSERVANCES

AIDS Awareness Month  
Safe Toys & Gifts Month  
National Human Rights Month  
Worldwide Food Service Safety Month

### Top 10 Accidental Deaths 2017

Unintentional deaths from injuries rose 5.3% from 2016 to 2017.

#10 Machinery	↓ 6.2 %
# 9 Struck By	↑ 2.0 %
# 8 Natural Heat/Cold	↓ 6.7 %
#7 Mech. Suffocation	↓ 2.9 %
# 6 Fire, Flame/Smoke	↑ 3.0 %
# 5 Drowning	↓ 2.0 %
# 4 Suffocation by Ingestion or Inhalation	↑ 8.0 %
# 3 Falls	↑ 4.8 %
# 2 MV Incidents	↓ 0.2 %
# 1 Poisoning Including Drug Overdose	↑ 11.1%



## Holiday Road Safety Tips

- Buckle up in every seat, on every trip, no matter how short
- Make sure children are always properly buckled in the back seat in a car seat, booster, or seat belt, appropriate for their weight, height, and age.
- Choose not to drive while impaired by alcohol or drugs, and help others do the same.
- Obey speed limits.
- Drive without distractions (such as a cell phone or texting)
- Ask your doctor or pharmacist to review medicines—both prescription and OTC—to reduce side effects and interactions effecting your driving capabilities.
- Have your eyes checked by an eye doctor at least once a year and wear corrective lenses as required.





## By The Numbers

**4 in 10 adults** could not cover a \$400 emergency expense without borrowing money or selling something.

**25 percent of adults** have no retirement savings or pension.

**Less than 40 percent of adults** think that their retirement savings are on track

*Source: Report on the Economic Well-Being of U.S. Households in 2017 - May 2018 from the Federal Reserve Board*

One way to begin breaking down how your money should be spent is to use the 50/30/20 rule. This method breaks down your after-tax income this way:

**50% for needs** (such as housing, utilities, groceries, insurance, transportation, minimum credit card payment)

**30% for wants** (such as eating out, travel, cable, cell phone plans, gym membership, nonessential clothing)

**20 % for savings & debts** (emergency fund, retirement, high-intreat debt)

- Consider potential alternatives to driving: riding with a friend, using public transit, or Uber/Lyft to get around.

## Learning Objectives - Part III

This month, let's consider another approach or view of learning outcomes, measuring in terms of four dimensions:

- Knowledge outcomes
- Skills outcomes
- Attitudes and values outcomes
- Behavioral outcomes

These dimensions measure not just knowledge and application, but also social, ethical, and performance outcomes. These learning outcomes differ from course goals in their specificity: learning outcomes are concrete, measurable descriptions that can be assessed, whereas goals are broad and non-specific.

It can also be useful to have students measure their own learning, such as in the checklist or short answer format. Such self evaluation prompts students to analyze what they have learned in this course or training module. One prompt may be to write a couple of sentences about what they have learned regarding each learning objective or outcome and how they plan to use what they have learned in their day to day work tasks and projects.

By encouraging self-assessment, you receive a different view of student knowledge and require your students to practice critical thinking skills.



## Holiday Season Safety

Statistics show that sales of electrical products increase during the month of December. This increase in electrical product purchases, combined with the advent of colder weather in many parts of the country, increases the likelihood of electrical fires, electrocutions and injuries.

More home fires occur during the winter months than during any other part of the year. Heating equipment is the second leading cause of home fires in the United States. More than 65,000 home fires are attributed to heating equipment each year. These fire result in hundreds of deaths, thousands of injuries and millions of dollars in property damage.

Cooking fires are also common during the winter months due largely in part to the holiday season. Our handy infographic can help you Prevent Common Kitchen Hazards during the winter months and throughout the year.

Further, portable generators are commonly used in the winter as a result of storm-induced power outages. In fact, the Consumer Product Safety Commission reports that 50% of all portable generator-related carbon monoxide deaths occur during the winter months (November - February). Also, winter storms can also lead to serious hazards such as downed power lines and flooding.

Following manufacturers' instructions is the first step in avoiding electrical hazards and preventing deaths and injuries during the winter months and all year long. In this section, you will find safety tips and reminders to help you and your loved ones stay safe during the winter season.

- More than 65,000 home fires are attributed to space heaters.
- Heating pads and electric blankets cause almost 500 fires each year.
- The winter months hold the highest risk for CO poisoning deaths. Every year over 200 people die from CO poisoning.

We would like to offer these tips:

- 1. Check and Change your Smoke and Carbon Monoxide Detector Batteries.** If you are not on the twice per year schedule of daylight savings, be sure that you are prepared for the potential of furnace malfunctions.
- 2. Inspect electrical decorations for damage before use.** Cracked or damaged sockets, loose or bare wires, and loose connections may cause a serious shock or start a fire.
- 3. Do not overload electrical outlets.** Overloaded electrical outlets and faulty wires are a common cause of holiday fires. Avoid overloading outlets and plug only one high-wattage into each outlet at a time.
- 4. Never connect more than three strings of incandescent lights.** More than three strands may not only blow a fuse, but can also cause a fire.



- 5. Keep trees fresh by watering daily.** Dry trees are a serious fire hazard.
- 6. Use battery-operated candles.** Candles start almost half of home decoration fires (NFPA).
- 7. Keep combustibles at least three feet from heat sources.** A heat sources that was too close to the decoration was a factor in half of home fires that began with decorations (NFPA).
- 8. Protect cords from damage.** To avoid shock or fire hazards, cords should never be pinched by furniture, forced into small spaces such as doors and windows, placed under rugs, located near heat sources, or attached by nails or staples.
- 9. Check decorations for certification label.** Decorations not bearing a label from an independent testing laboratory such as Underwriters Laboratories (UL), Canadian Standards Association (CSA), or Intertek (ETL) have not been tested for safety and could be hazardous.
- 10. Stay in the kitchen when something is cooking.** Unattended cooking equipment is the leading cause of home cooking fires (NFPA).
- 11. Turn off, unplug, and extinguish all decorations when going to sleep or leaving the house.** Unattended candles are the cause of one in five home candle fires. Half of home fire deaths occur between the hours of 11pm and 7am (NFPA).

### **The Bottom Line**

December is here! As we get ready for the next holiday - Kwanzaa, Three Kings Day, Chanukka, Christmas or whatever you celebrate - as we close out the year and make plans for next year, please take note of these last few items:

- Past presidents dinner in January - Details to come
- Joint CTABIH meeting in February - Details to come
- Volunteer judges needed 12 March 2019 <http://ctsciencefair.org/fair-week/fair-week-schedule>
- Tentative technical meeting in March 2019 - Ridgefield, CT - Details to come
- People need to start considering running for an officer position for the Society (president elect)
- Request for interest - technical meeting in Beacon Falls/Naugatuck, CT - February/ April 2019 please drop an email showing interest prior to our booking any options.

As always, please send me any ideas you may have on places to hold a meeting (i.e. southern CT) or sites you may want to visit. [edzimmer.csp@gmail](mailto:edzimmer.csp@gmail)

Bottom line: Have a Happy, Safe & Healthy Holiday Season. See you in 2019!



## CHAPTER OFFICERS & COMMITTEE CHAIRS

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