VIRTUAL CONN-OSHA

Breakfast Roundtable Discussion Group Meeting

Tuesday, July 19th, 2022

8:15 am – 9:45 am

On the third Tuesday of every month, CONN-OSHA offers Breakfast Roundtable Meetings via Zoom that cover subjects ranging from evacuation plans and fire extinguishers to air quality and ergonomics. The intent of these free 90-minute workshops is to discuss safety and health issues in a supportive and informal environment. The roundtable meetings are held from 8:15 am to 9:45 on the third Tuesday of the month.

This month’s subject is:

“Lyme Connection - BLAST Tickborne Disease Prevention Education”

Presented by Elena Zajac. Elena is a former middle school teacher who had to leave teaching due to the debilitating symptoms of Lyme disease and several co-infections. She has suffered from Tick Borne illness for over 30 years. It took 26 years for her to be properly diagnosed and to begin treatment. Mrs. Zajac now uses her time to volunteer for Lyme Connection as a BLAST Prevention Educator along with her husband Rob Zajac, who is a firefighter for the South Fire District in Middletown. He also battles tick borne illness and is a BLAST Educator. Lyme Connection's tickborne disease prevention efforts focus on the BLAST Tick-borne Disease Prevention Program. This nationally recognized educational effort was created by members of our task force and the Ridgefield Health Department in 2008. The program is based on peridomestic Lyme disease prevention research conducted in Connecticut.
The BLAST acronym stands for:

- Bathe within two hours of outdoor activity
- Look for ticks and rashes daily
- Apply repellents to skin and clothing
- Spray the yard and maintain a tick-safe landscape
- Treat pets with veterinarian recommended products

These points highlight the most effective evidence-based recommendations for avoiding tick attachments and potential tickborne diseases. In addition to teaching effective prevention practices, the BLAST program raises awareness about the early signs and symptoms of tick-borne illness to promote timely diagnosis and treatment.

Register [here](#).
CONN-OSHA

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July 19th, 2022

• Welcome and Introductions
  
o Robert Hunt
  Occupational Safety Training Specialist
  CONN-OSHA
  860-263-6914
  Robert.hunt@ct.gov
  www.connosha.com

• “Lyme Connection - BLAST Tickborne Disease Prevention Education”
  
o Elena Zajac
  BLAST Prevention Educator
  elenazajac@sbcglobal.net
  lymeconnection.org

• Low/No-Cost Training/Certification/Educational Opportunities
  
o Upcoming CONN-OSHA Training Sessions:
    
    ▪ July 14, 2022, from 9:00 am to 10:00 am
      • Virtual Powered Industrial Trucks
      • The OSHA 1910.178 Powered Industrial Truck Standard requires formal instruction, practical training, and evaluation of operator performance for both General Industry and Construction Industry material handling operations. Does your training program meet the standards requirements? This one-hour virtual class will provide an overview of the standard and its requirements.
      • Pre-registration is required, using this link.
      ▪ August 23, 2022, from 9:00 am to 10:00 am
      • Virtual Noise and Hearing Conservation
      • OSHA requires a hearing conservation program whenever employee noise exposures equal or exceed an 8-hour time-weighted average sound level (TWA) of 85 decibels measured on
the A scale (slow response) or, equivalently, a dose of fifty percent. This class will provide an overview of 29 CFR 1910.95, Occupational Noise standard.

- Pre-registration is required, using this [link](#).

- Every Wednesday morning the [New England Roundtable Online Series](https://keene.zoom.us/j/402526797) runs from 9 am to 10:15 am, log-on begins at 8:50 am taking place online at:

  https://keene.zoom.us/j/402526797

  *Currently on break for the summer*

- New Business/News

  - **July 21st, 2022**
    - CT Tree Protective Association’s Summer Meeting
      - 8:30 am to 4:00 pm
      - Farmington Club in Farmington
      - [CTPA (Connecticut Tree Protective Association) - Keeping Trees Across CT Safe, Healthy & Beautiful](#)
  
  - **August 3rd, 2022**
    - CT Agricultural Experiment Station 112th Plant Science Day
      - 10:00 am to 4:00 pm
      - Lockwood Farm, 890 Evergreen Avenue, Hamden, CT 06518
      - [CAES Website](#)
  
  - **August 15th - 21st, 2022**
    - Safe + Sound Week
      - A nationwide event held each August that recognizes the successes of workplace health and safety programs and offers information and ideas on how to keep America's workers safe.
      - [Safe + Sound Week Website](#)
• CONN-OSHA Consultation Services

  o CONN-OSHA offers a variety of consulting services to both public and private employers in Connecticut. All our consulting services are available at no charge and are tailored to fit individual employer needs.

  We provide consultations in the areas of safety, industrial hygiene, ergonomics, injury and illness prevention plans, and new business assistance. Each consultation visit is viewed by CONN-OSHA as an opportunity to help that employer incorporate the key elements of an effective workplace injury and illness prevention plan into the way the business is run over the long term. Additionally, penalties and citations are not issued as a result of the consulting process.

  To learn more or request your free consultation from CONN-OSHA, call us at 860-263-6900, or visit our webpage!