BEGIN INSTRUCTION ZONE

Runovers/Backovers

ROADWAY SAFETY+

1

Can We Be Safe Near Equipment/Traffic?

Being struck is the biggest danger in road work.

Workers on foot must

- Remain alert at all times
- Check surroundings often, listen for warnings
- Keep a safe distance from traffic
- Stay behind protective barriers where possible
- Look out for each other, warn coworkers

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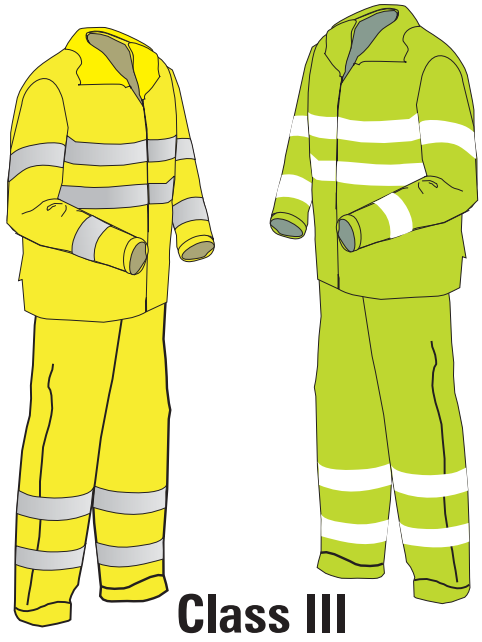
What Other Precautions Do We Need?

Employers must provide proper PPE.

Workers must wear personal protective equipment (PPE)

- Proper class of safety vest at all times in the work zone
- High-visibility clothing and headgear
- Bright-colored hard hats are more visible

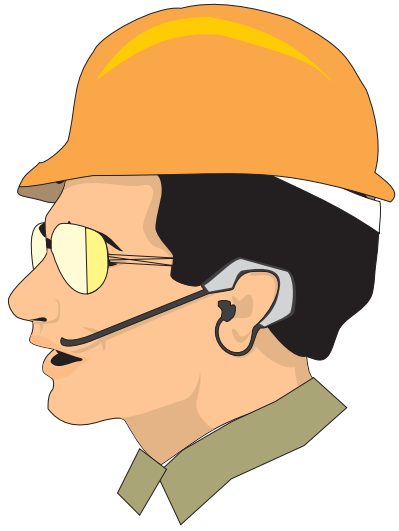


What About Construction Equipment?

Treat equipment and vehicles with caution.

Around equipment, vehicles

- Stay out of "blind spots"
- Communicate with operators by radio and/or eye contact
- Don't approach until you communicate with operator and he/she acknowledges you
- Stay outside a "safety circle" around equipment
- Stay clear of vehicles, know traffic control plan
- Use spotters when you must work with your back to equipment or traffic



How Can We Be Safe When Placing TCDs?

Simple precautions make placement of TCDs (Traffic Control Devices) safer.

Workers should

- Wear a Class III vest to be easily seen
- Place, relocate, or remove TCDs when traffic flow is light
- When possible, work from platform on vehicle
- Use seat, seatbelt, fall restraint, or guardrail and a handhold when guardrail must be removed
- Stay in constant communication with driver
- Use shadow vehicle to warn drivers

BEGIN INSTRUCTION ZONE

Operator Safety

ROADWAY SAFETY +

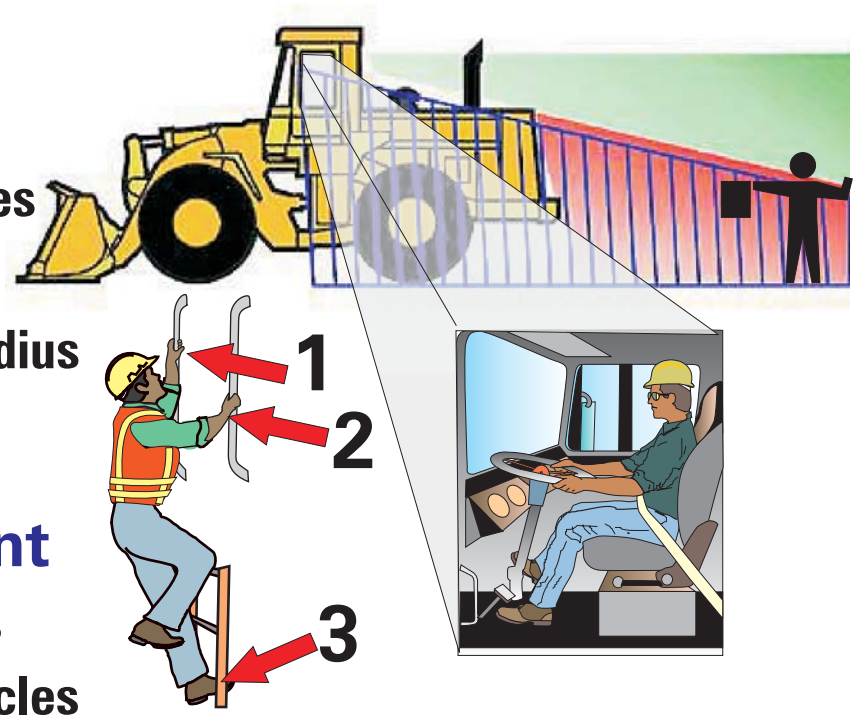
1

How Can Operators Stay Safe?

Unload, operate equipment only if qualified.

Equipment operation

- Before starting equipment, do a walk around inspection
- Test back up alarm, other safety devices
- Locate and test all controls
- Know equipment blind spots, swing radius
- Use equipment seatbelts



Entering and exiting equipment

- Use 3 points of contact to prevent falls
- Look for other moving equipment, vehicles
- Wipe up all grease and fluids on equipment walking/working surfaces

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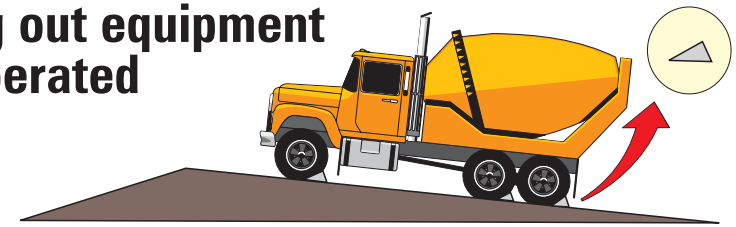
What Are Other Safety Measures?

Stay alert and aware of the hazards.

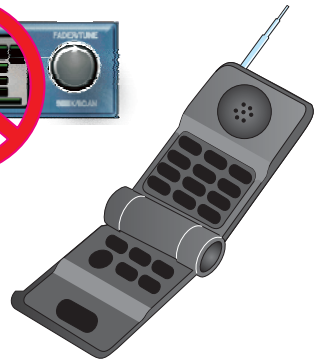
Equipment maintenance/repair

- Report all repair needs to your supervisor
- Always lock out and tag out equipment that cannot be safely operated



General safety

- Use personal protective equipment (PPE) supplied/required by your employer
- Never use cell phones, AM/FM radios, CD players, MP3 players while operating equipment
- Safely secure equipment before using employer-provided hand-held cell phones or walkie-talkies
- Secure unattended equipment
- Lock-out, tag-out before maintenance, set parking brake, chock wheels, block dump truck bed

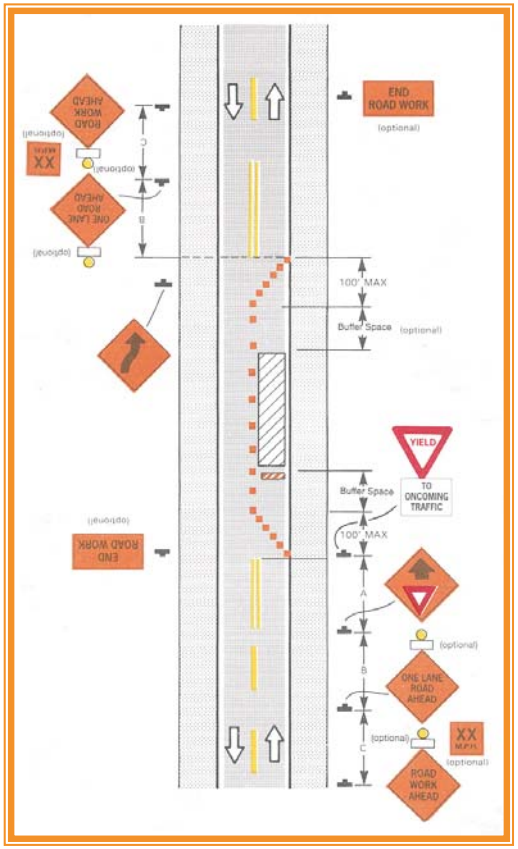


How Can We Be Safe in the Work Zone?

The operator has special responsibilities.

Know the job

- Know the work zone and your position in it
- Know the internal traffic control plan
- Use designated equipment routes and areas
- Identify rollover hazards such as unleveled areas, embankments, unstable soil
- If you must move cones or barricades, return them to the original positions as soon as possible



How Can We Protect Other Workers?

Always keep other workers in mind.

On the worksite

- Know the locations of other workers around you at all times
- Set up a means of communication with workers around you such as flaggers, grade checkers
- Never allow other workers to ride on equipment
- Where possible, provide barriers between workers and equipment
- Avoid excessive speeds and dangers caused by hills, obstacles, curves

BEGIN INSTRUCTION ZONE

Struck or Crushed

ROADWAY SAFETY+

1

How Can Road Workers Be Struck?

Tools and materials are two major hazards.

To avoid being struck by tools

- Use point of operation guarding on portable hand tools
- Use chain saw safety program
- Use PPE

To avoid being struck or crushed by materials

- Keep workers out of lifting areas, from beneath loads
- Use safe methods for rigging, hoisting, setting
  - steel plates
  - jersey barriers
  - manhole frames
  - manhole covers
- Use PPE - hard hats, footwear, eye protection

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BEGIN INSTRUCTION ZONE

Struck or Crushed

ROADWAY SAFETY+

2

How Can Road Workers Be Struck?

Trees and equipment maintenance are hazards.

To avoid being struck by trees

- Restrict access during felling, trimming, loading
- Protective structures on equipment
- Use safe hoisting, rigging for logs and limbs

To avoid being struck by equipment parts

- Lockout/tagout/ hazardous energy control during maintenance, repair, cleaning, inspection

BEGIN INSTRUCTION ZONE

Flagger Safety

ROADWAY SAFETY +

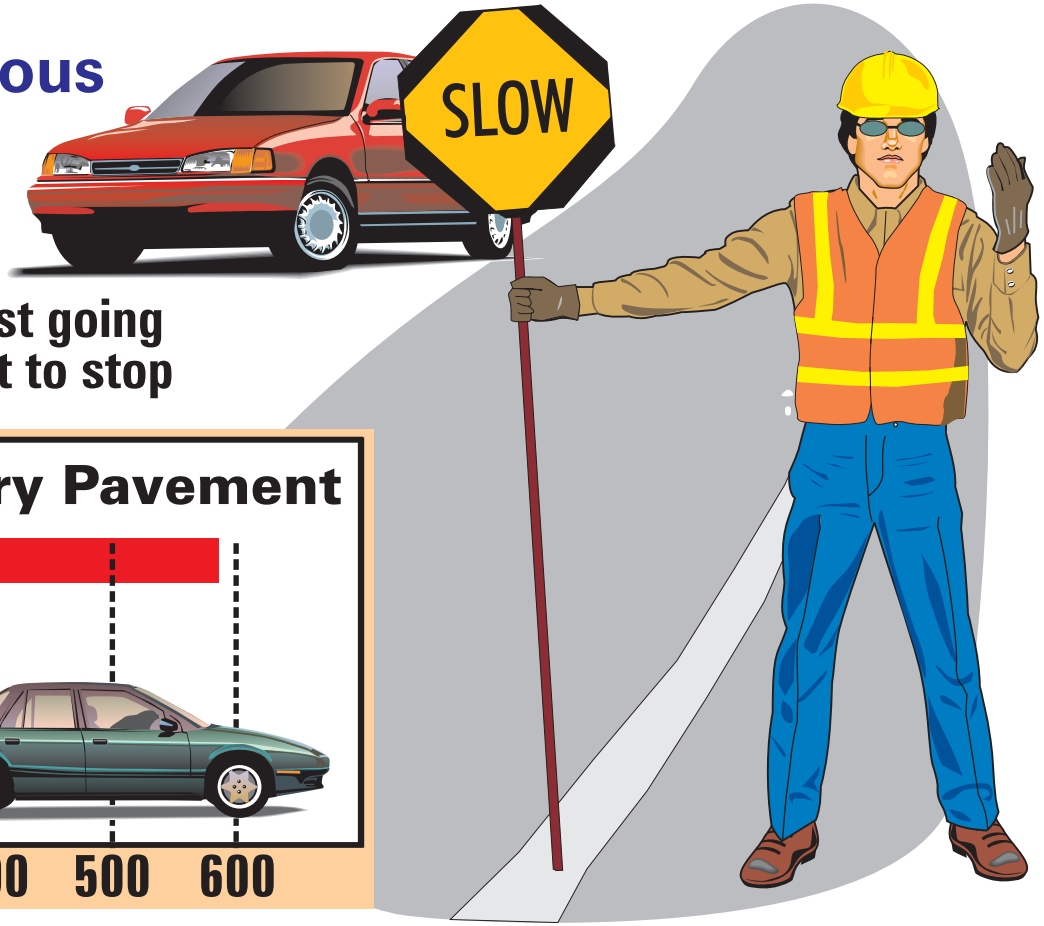
1

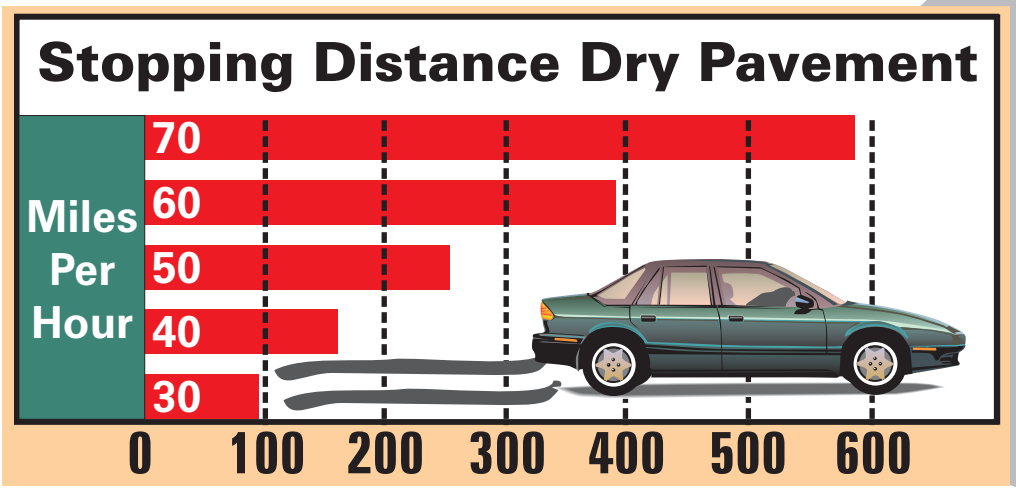
What Is the Main Hazard of Flagging?

Motorists kill about 20 flaggers each year.

Flagging can be dangerous

- High speed traffic
- Angry or aggressive drivers
- After seeing flagger, a motorist going 60 mph needs almost 400 feet to stop





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How Do We Protect Ourselves?

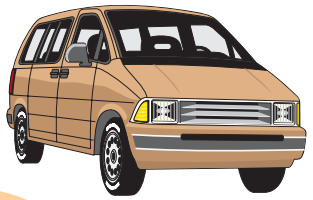
Be visible and wear protective equipment.

Wear high visibility clothing

- Orange, yellow, or green vest
- Reflective vest at night

Class I

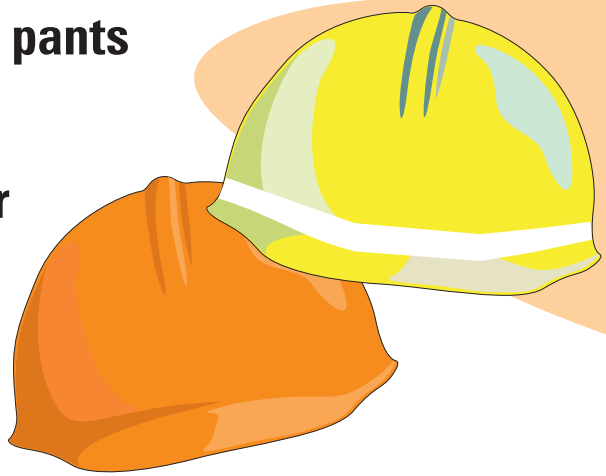
Class II



Class III

Wear other protective equipment

- Long-sleeved shirt and pants
- Hard hat
- Appropriate clothes for expected weather (rain gear, warm coat)

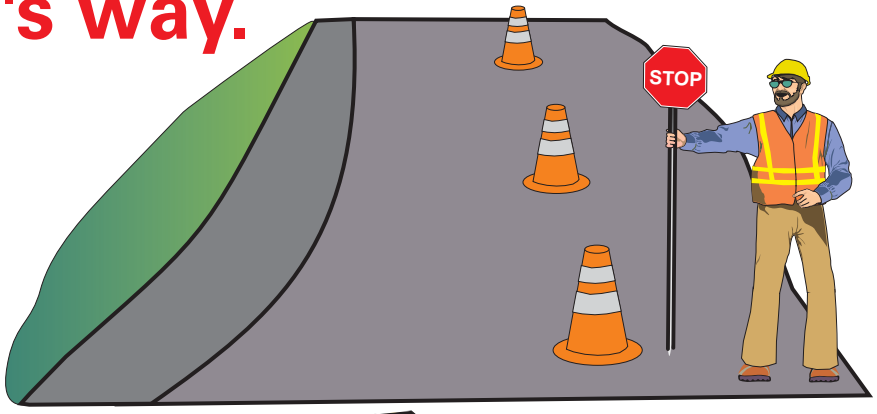


How Can We Protect Ourselves?

Stay alert and out of harm's way.

Keep your guard up

- Stand alone on shoulder in clear view, not in open traffic lane
- Plan an escape route for emergencies
- Stay in communication with other flaggers
- Stay alert, keep focused on work
- Make sure your hand signals don't conflict with traffic signals
- Treat motorists with respect and courtesy, don't pick fights or respond to anger, notify law enforcement when motorists do not obey flaggers



What Should Flaggers Never Do?

Flaggers must avoid dangerous behavior.

Flagging Don'ts:

- Don't stand where you can be crushed
- Don't stand in the shade, over the crest of a hill, or around a sharp curve
- Don't leave your position until properly relieved
- Don't stand near equipment
- Don't stand in a group
- Don't make unneeded conversation
- Don't read or daydream on duty
- Don't listen to music or use ear phones
- Don't turn your back to the traffic

BEGIN INSTRUCTION ZONE

Night Work

ROADWAY SAFETY+

1

What Are the Special Challenges?

Night operations change the work environment.

On the worksite

- Poor visibility for motorists
- Poor visibility for workers
- Communication between shifts
- Impaired or drowsy drivers

Physical and social disruptions

- Sleep disruption
- Risk of injury from drowsiness
- Impaired family or social relationships

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BEGIN INSTRUCTION ZONE

Night Work

ROADWAY SAFETY +

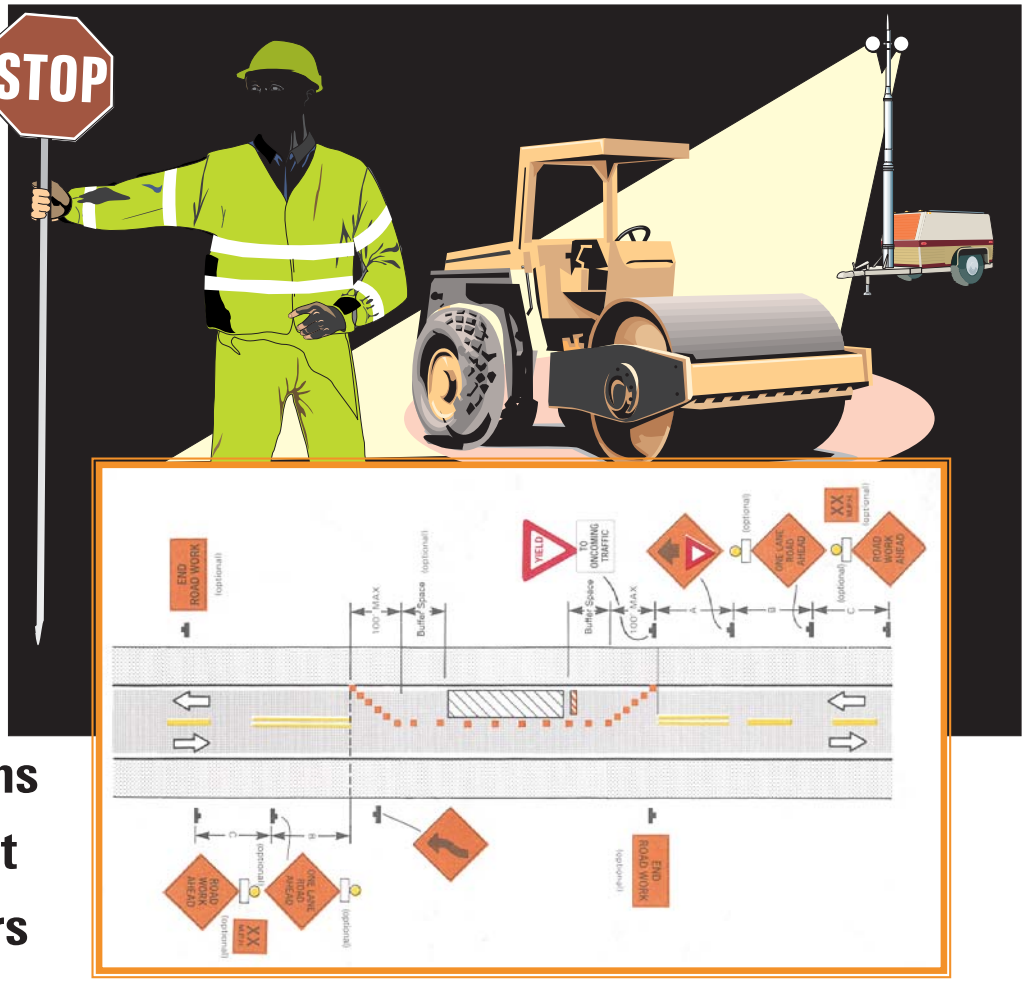
2

How Can We Protect Ourselves at Night?

Use SPECIAL PRECAUTIONS at the site for night work.

Increase visibility

- Retro-reflective clothing
- Flashing lights on body/clothing
- Retro-reflective tape on equipment
- Good work area lighting



Know your surroundings

- Vehicle and equipment paths
- Assigned work areas
- Safe paths to/from work locations
- On foot, watch out for equipment
- On equipment, watch for workers

BEGIN INSTRUCTION ZONE

Night Work

ROADWAY SAFETY+

3

How Can We Protect Ourselves at Night?

Use SPECIAL PRECAUTIONS at the site for night work.

Provide clear signage

- Position signs for best visibility
- Use changing message/arrow signs
- Space drums, cones closer
- Proper lighting, contrast work lights from warning lights

Inspect traffic control setup

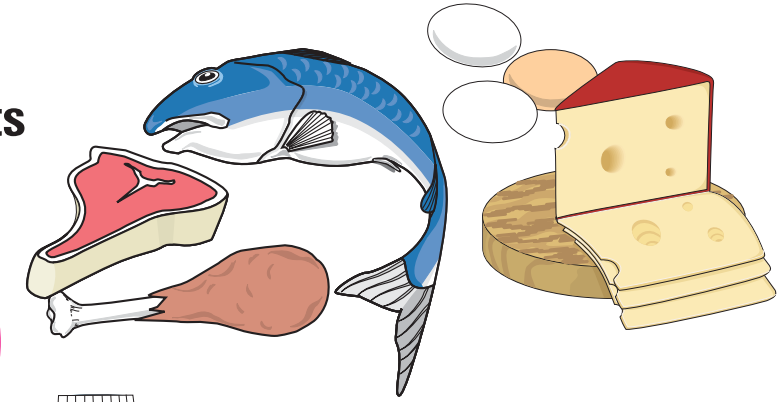
- Test drive to find problems
- Inspect frequently

How Can Our Health Habits Help?

Night work is not normal. You must compensate.

On the worksite

- Eat protein-rich meals, avoid sugars and fats
- Drink water, avoid caffeine



At home

- Make sleep a priority
- Follow a pre-sleep routine
- Have light snack before bed
- Keep daylight out
- Eat family meals together
- Plan daytime social activities

BEGIN INSTRUCTION ZONE

Excavation

ROADWAY SAFETY +

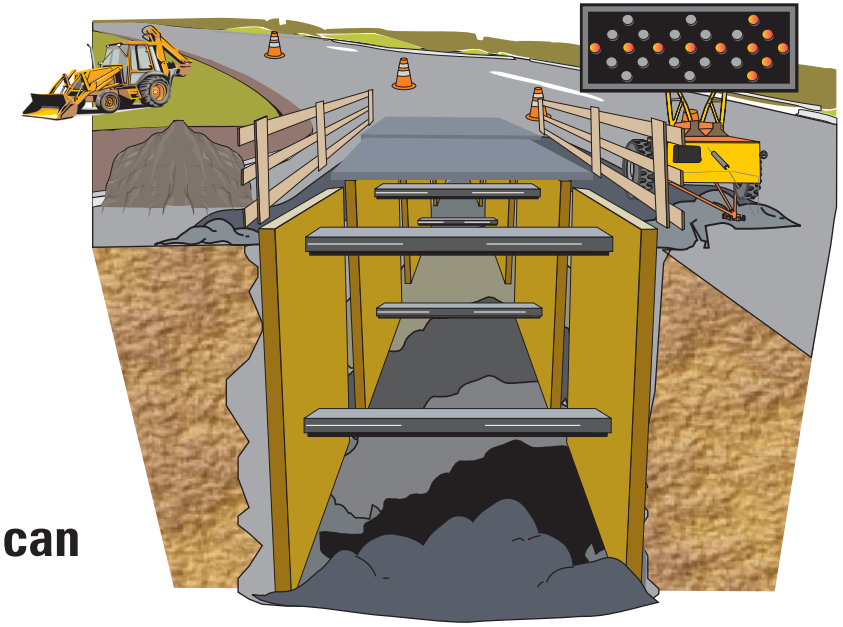
1

Why Are Trenches Dangerous?

A trench is an excavation deeper than it is wide.

Trenches can kill

- Workers can be buried alive
- Cave-ins can result from stresses in walls, nearby moving vehicles and equipment, or spoil piles
- Water can collect in bottom
- Flammable/toxic gases can build up
- Gas from nearby sewer or gas lines can seep into trench



Trenches > 4' deep may be confined spaces.

An excavation with formwork 15' or less from a sidewall is also a trench.

Before digging

- Call electrical, gas, and communications utilities
- Use extreme caution with equipment

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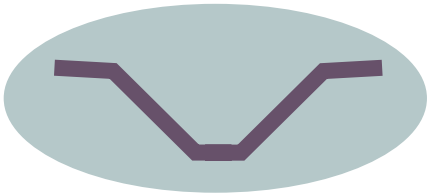
How Do We Prevent Cave-Ins?

Trenches 5 feet or deeper require support.*

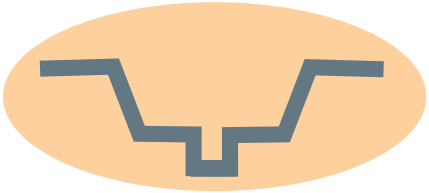
Sloping

- Soil angled to increase stability



Benching

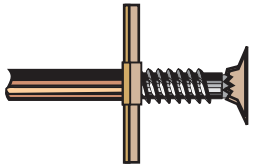
- Steps in trench wall

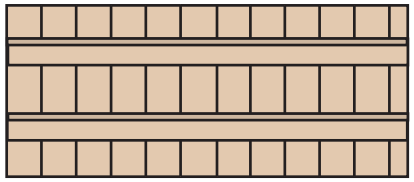


Keep spoil piles away from trench edge

Shoring

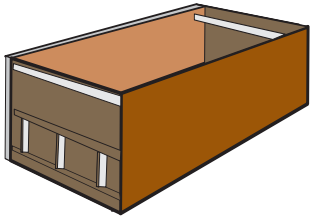
- Support system made of posts, wales, struts, and sheeting or hydraulic shoring





Shielding

- Protective frame or box, to protect workers *after* a cave-in



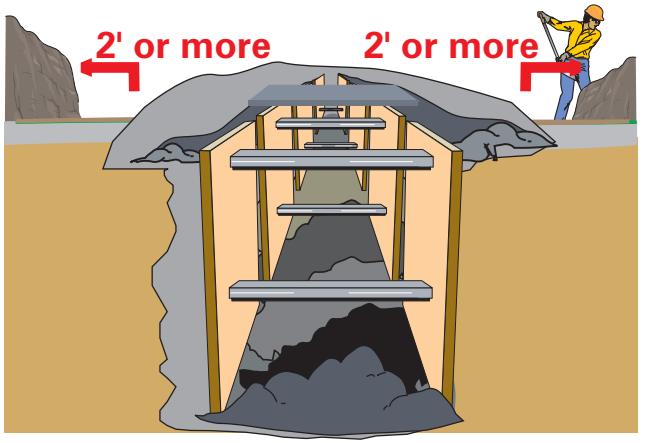
**Unless in stable rock (see definition).*

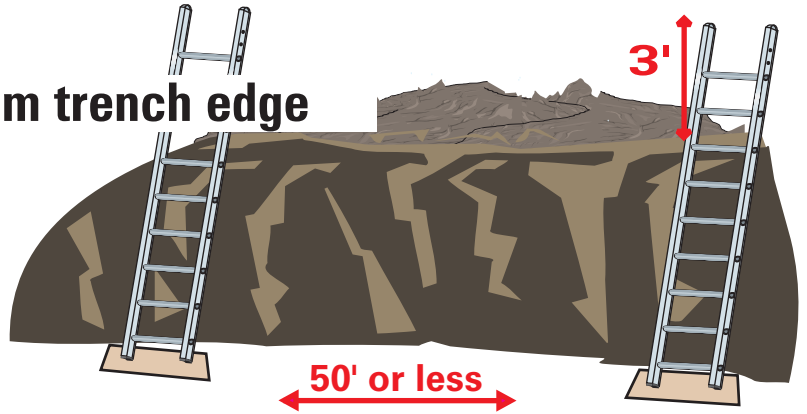
What Else Does Trenching Require?

Employer should designate 'competent person.'

'Competent person' must inspect

- At least daily and beginning of each shift
- After precipitation, a thaw, and other events that could increase hazard
- For disturbed ground, water, toxics, and other hazards
- If walls sag or crack or the bottom bulges
- To keep spoil/equipment at least 2 feet from trench edge
- If there are nearby vibration sources such as railroads or piledriving
- That no worker is more than 25 feet from an exit.





'Competent person' should stop the work if a hazard exists.

BEGIN INSTRUCTION ZONE

Electrical Hazards

ROADWAY SAFETY+

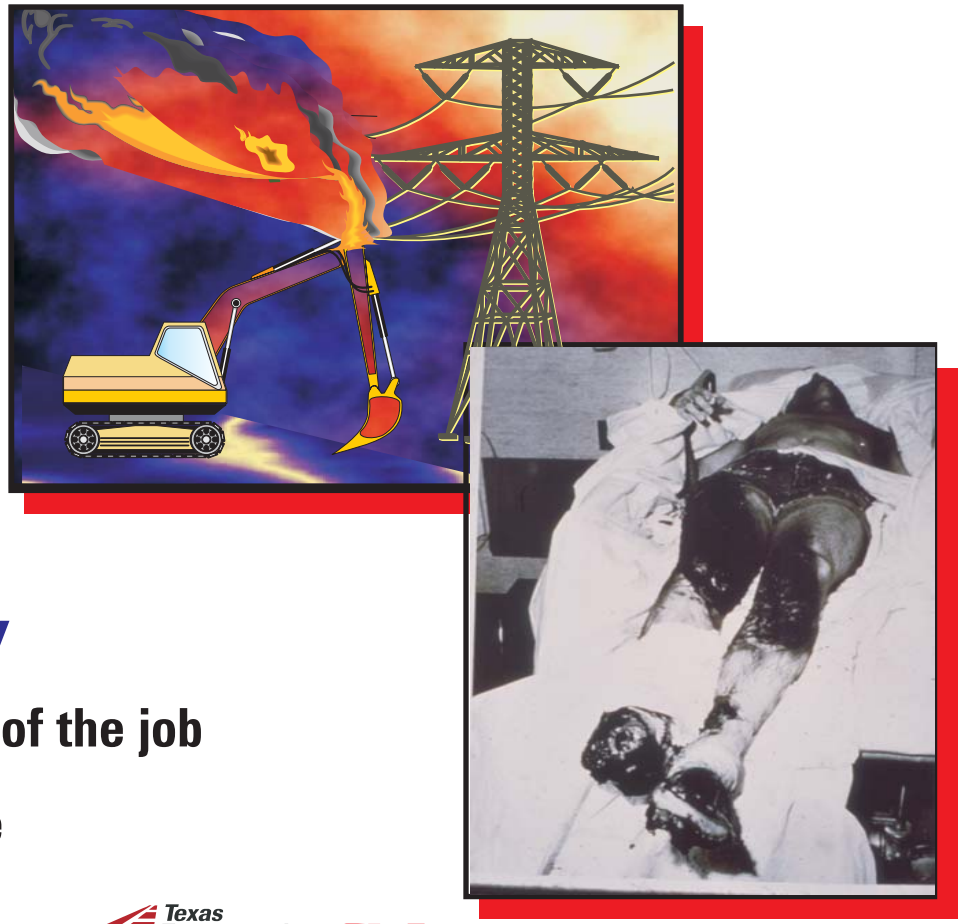
1

What Are the Dangers of Electricity?

Contact can cause explosion, fire, electrocution.

On the worksite

- Equipment contacting a live electrical line can cause fire, explosion, or electrocution
- Electricity can arc from the line to the equipment
- Electricity can cause severe burns and death



Work around electricity only

- When you are trained in all aspects of the job
- When you have a reason to be there

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BEGIN INSTRUCTION ZONE

Electrical Hazards

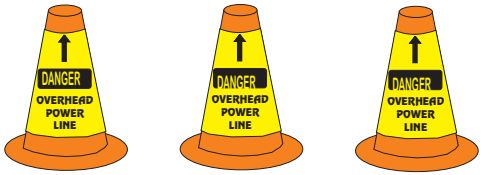
ROADWAY SAFETY+

2

How Do We Treat Above-Ground Utilities?

Use extreme caution and keep your distance.

When working around a power line

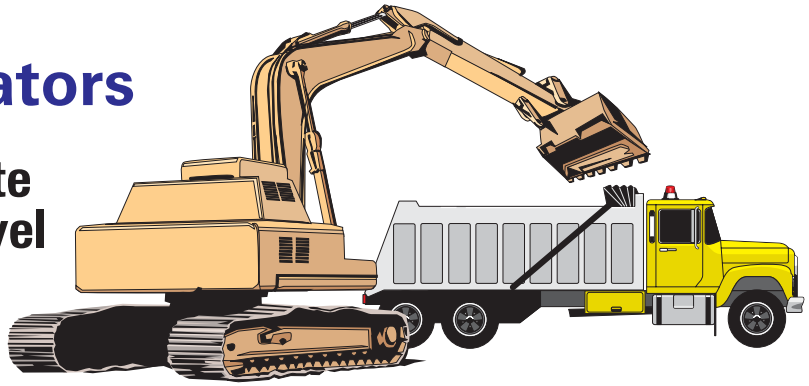


- Get the utility company to mark, flag, and shield lines
- Assume it is live until tested, have it de-energized and visibly grounded
- If it must remain energized, keep equipment and load at least 10 feet away and use a spotter to warn the operator
- Post signs at ground level to mark safe distance
- Make all workers and drivers who must enter the area aware of the overhead lines

Minimum Safe Distances Power Lines	
Voltage	**Distance**
50 kV or below	10
>50 - 200 kV	15
>200 - 350 kV	20
>350 - 500 kV	25
>500 - 750 kV	35
>750 - 1,000 kV	45
More in fog or rain	

Tips for operators

- Mark a safe route for repeated travel
- Slow down



What If Contact Happens?

Do not touch equipment or person in contact.

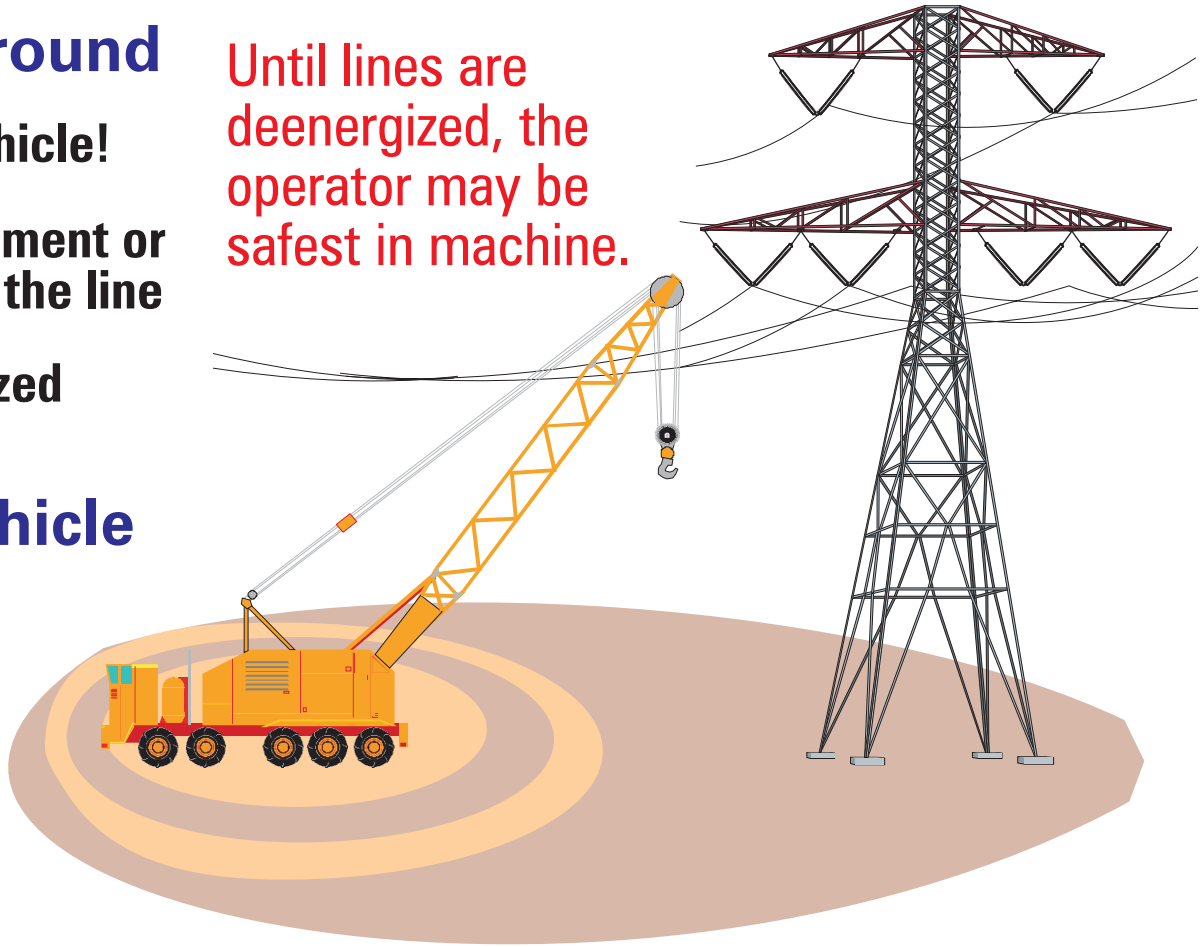
If you are on the ground

- Stay away from the vehicle!
- Do not touch any equipment or person in contact with the line
- Get the lines de-energized

If you are in the vehicle

- Stay in the vehicle and do not touch any metal
- If you must get out, jump clear, then shuffle slowly away

Until lines are deenergized, the operator may be safest in machine.



BEGIN INSTRUCTION ZONE

Electrical Hazards

ROADWAY SAFETY +

4

Can We Be Safe Around Buried Utilities?

Contact can cause explosion, fire, electrocution.

Before digging

- Call electrical, gas, and communications utilities
- Review marked out areas. They may not be exact. Dig by hand within 2 feet of mark-out.

When digging, look for:

- Signs of previous digging
- Changes in soil types
- Asphalt patches or depressions indicating previous digging
- Concrete, plastic, or gravel

DANGER

UNDERGROUND LINES
CALL BEFORE DIGGING

1-800-555-0000

If a line is hit, you must report it

- If it's a gas line, evacuate and secure area, call fire department

BEGIN INSTRUCTION ZONE

Sprains & Strains

ROADWAY SAFETY+

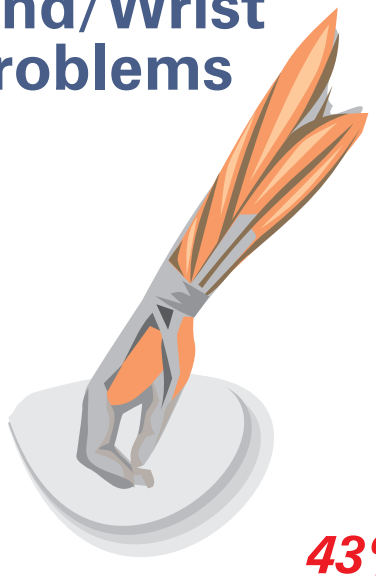
1

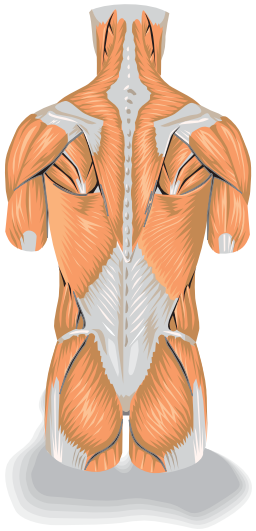
What Injuries Are Most Common?

Injuries can happen once or can accumulate.

Common sprain/strain injuries in road work

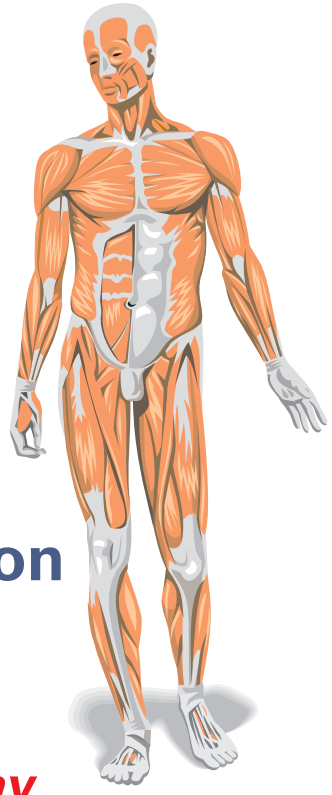
Hand/Wrist Problems





Back Injuries

Sprains, Strains, Overexertion



43% of lost work day injuries in roadway construction are sprains/strains

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BEGIN INSTRUCTION ZONE

Sprains & Strains

ROADWAY SAFETY+

2

What Causes These Injuries?

Think of the most difficult parts of your job.

These injuries may be caused by

- Working in awkward postures such as raking asphalt
- Handling heavy materials like in concrete formwork
- Repetitive work like rebar tying
- Using vibrating tools like a pavement breaker
- Whole body vibration for operators

How Can We Avoid Sprains and Strains?

Think of ways to do the job differently.

Work can be made easier

- Minimize manual materials handling with dollies, hoists, other equipment
- Better job planning (deliver materials where they're used)
- Store materials for easy access
- Use tools that are comfortable, easy to handle

PPE and breaks can help

- Wear PPE like kneepads and shoulder pads
- Take breaks when possible, rotate difficult and easier tasks

BEGIN INSTRUCTION ZONE

Sprains & Strains

ROADWAY SAFETY +

4

What Can You Do to Prevent Injuries?

Do at least some of these measures.

To prevent injuries

- Plan and maintain a clear, level walking path
- Don't lift too much by yourself, get help
- Use proper lifting technique, lift with your legs not your back when possible
- Avoid working in awkward postures
- Do stretching exercises before work
- Keep fit

BEGIN INSTRUCTION ZONE

Fall Hazards

ROADWAY SAFETY+

1

What Causes Falls in Road Work?

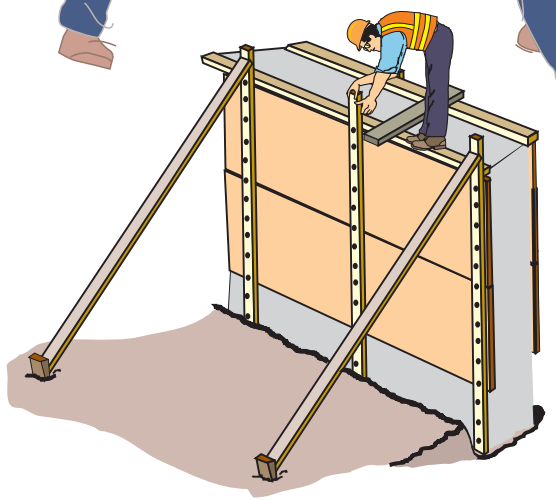
Most are slips or trips on the same level.

Falls on walking and working surfaces

- Tripping over materials or debris
- Falling on hills or embankments
- Stepping in holes or walking on irregular ground
- Stumbling while carrying loads that block vision
- Slips or trips in muddy, wet, or icy conditions

Falls from elevations

- Falls from equipment
- Falls from bridges
- Falls from formwork
- Falls into excavations



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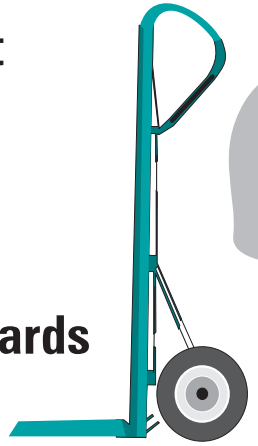
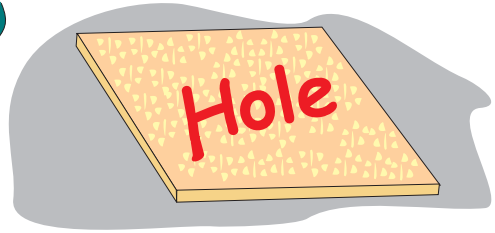
How Do We Prevent Falls on Same Level?

There are many methods.

Some remedies include

- If possible, avoid walking on muddy, wet, or icy surfaces
- Use footwear with ankle support and soles that grip
- Don't carry heavy loads, use hauling equipment
- Practice good housekeeping
- Fill in or mark hidden holes in ground
- Clear walking/working surfaces of tripping hazards
- Include walking routes in site safety plan





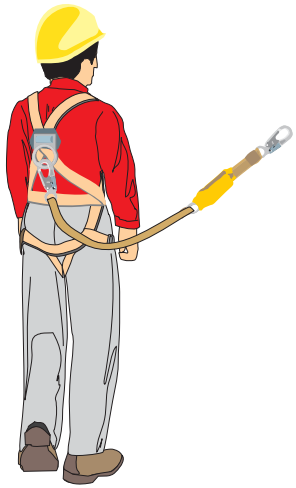
Maintain good physical strength and conditioning

How Do We Avoid Falls From Elevations?

There are many methods.

Some remedies include

- 100% fall protection program
- Plan work for personal fall arrest anchor points or guardrail
- Erect guardrails around large excavations
- Seatbelts or restraints for riding in cars, trucks, personnel carriers
- Use modular erection to avoid work at heights on forms
- Use 3-point contact



BEGIN INSTRUCTION ZONE

Noise Hazards

ROADWAY SAFETY+

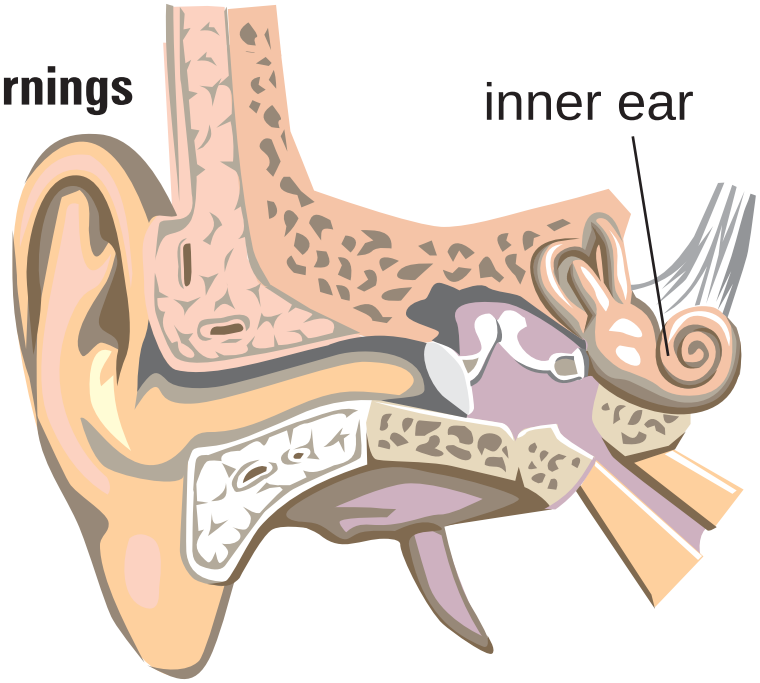
1

Is Too Much Noise a Serious Problem?

You can lose your hearing. You can lose your life.

On the job

- Noise can distract you, you may not hear warnings
- Noise damages the nerves in the inner ear, they cannot be repaired



After 15 to 20 years in the trade

- You may suffer permanent hearing loss
- You may suffer constant ringing (tinnitus)

If you suffer hearing loss

- You cannot hear well, especially when there is background noise
- It can affect your family and personal life

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BEGIN INSTRUCTION ZONE

Noise Hazards

ROADWAY SAFETY+

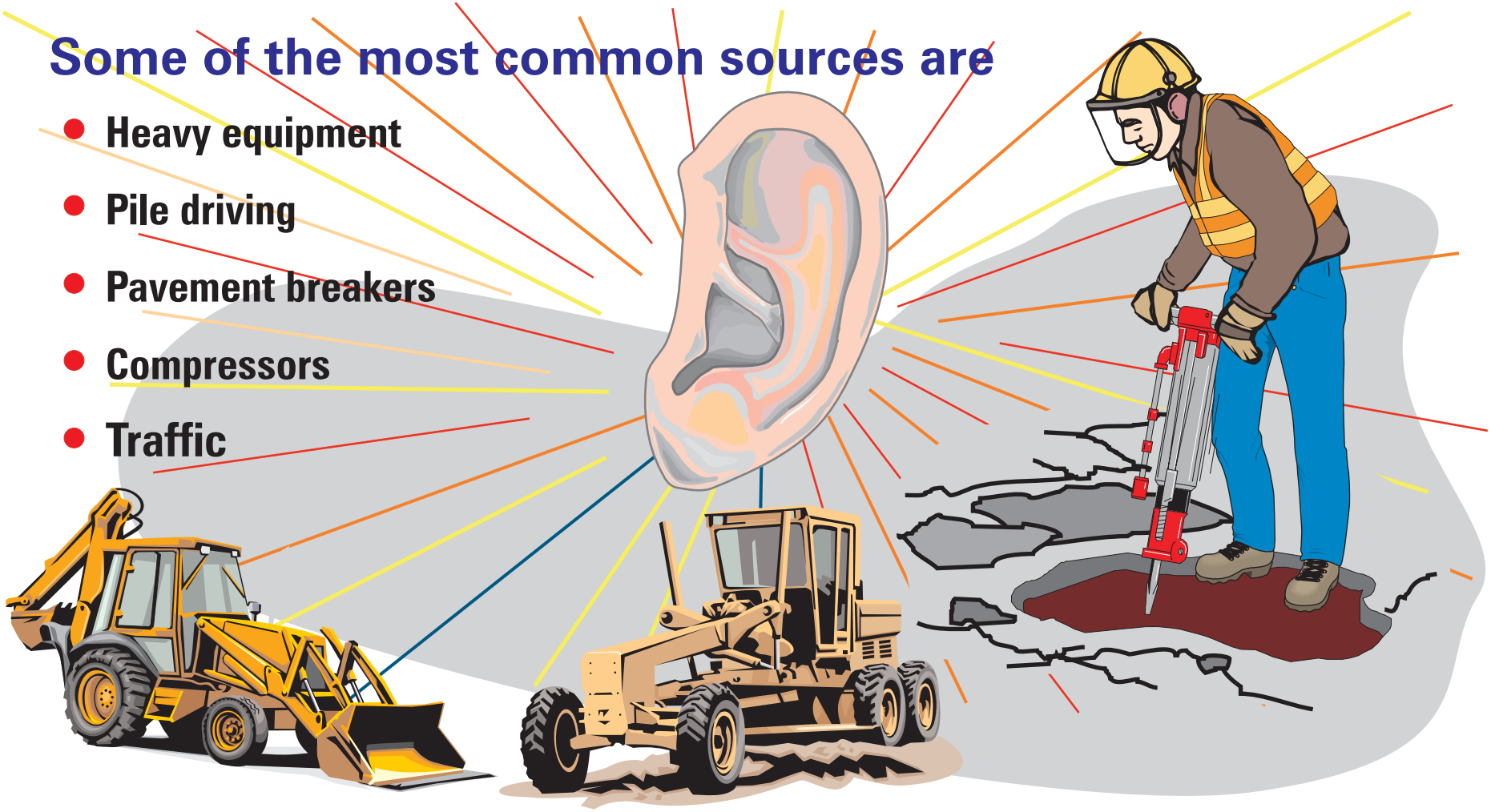
2

What Noise Sources Are Most Common?

There are many noise sources in road work.

Some of the most common sources are

- Heavy equipment
- Pile driving
- Pavement breakers
- Compressors
- Traffic



BEGIN INSTRUCTION ZONE

Noise Hazards

ROADWAY SAFETY +

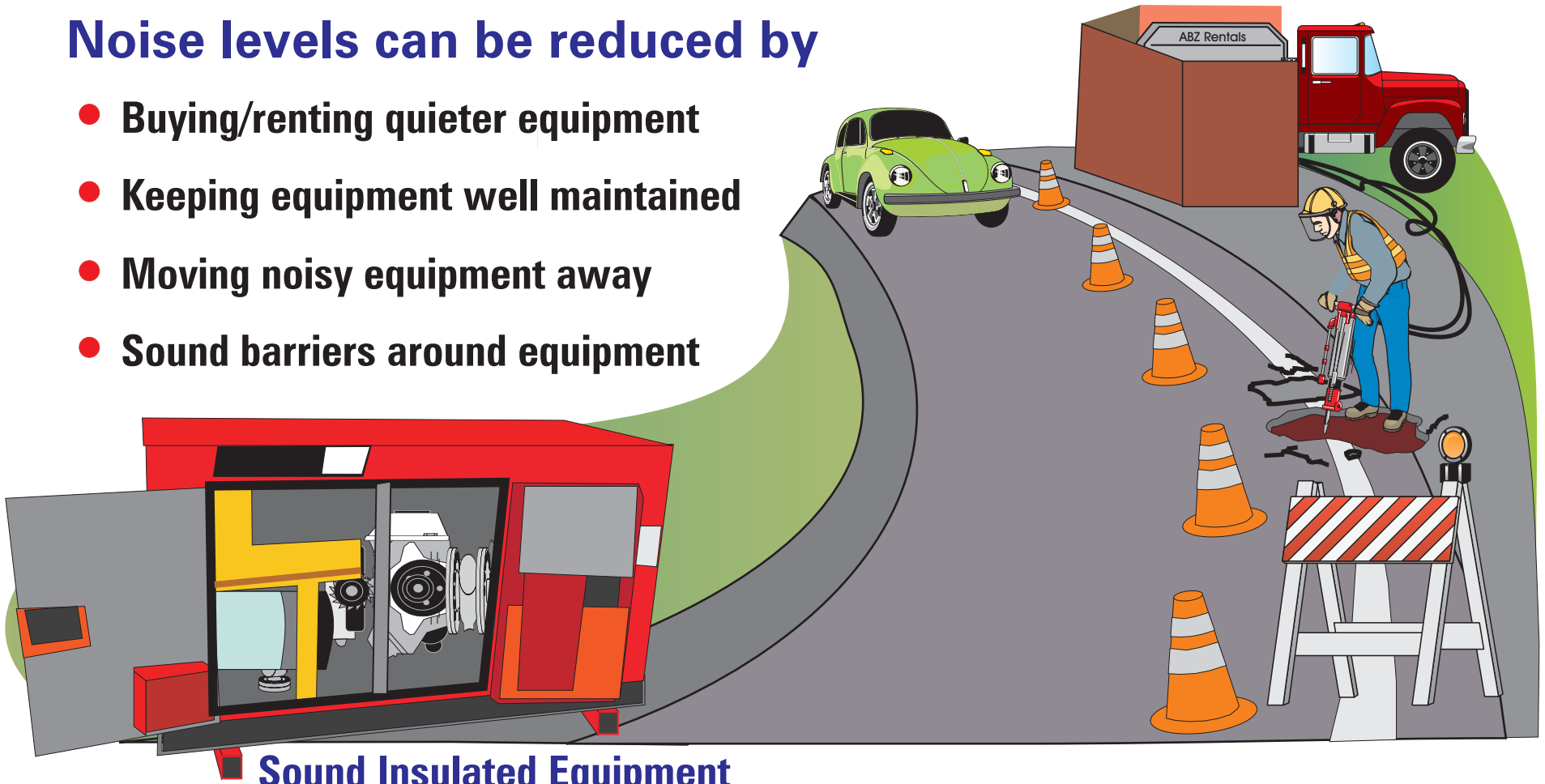
3

Could Road Work Be Less Noisy?

Yes. There are efforts to make it quieter.

Noise levels can be reduced by

- Buying/renting quieter equipment
- Keeping equipment well maintained
- Moving noisy equipment away
- Sound barriers around equipment



Sound Insulated Equipment

BEGIN INSTRUCTION ZONE

Noise Hazards

ROADWAY SAFETY +

4

How Do We Protect Our Hearing Now?

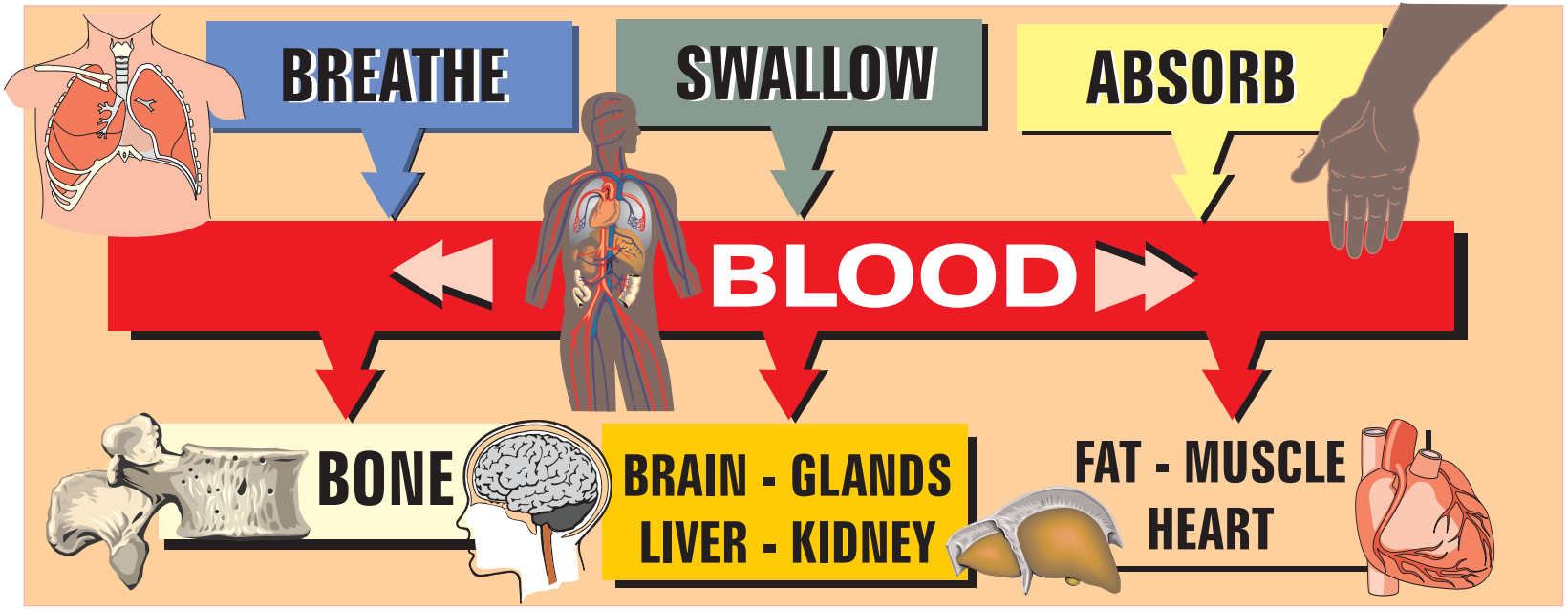
Wear hearing protection.

If you must shout to talk with someone 3 feet away, you need protection from noise

- Use hearing protectors provided by your employer
- Notify employer if proper hearing protection is not available
- Make sure PPE fits and is comfortable
- Follow instructions for proper hearing protection use
- Get a hearing test about once a year so you'll know your hearing protection is working

How Do Health Hazards Harm Us?

Toxic substances can enter the body by 3 routes.



The effects of toxic substances may be

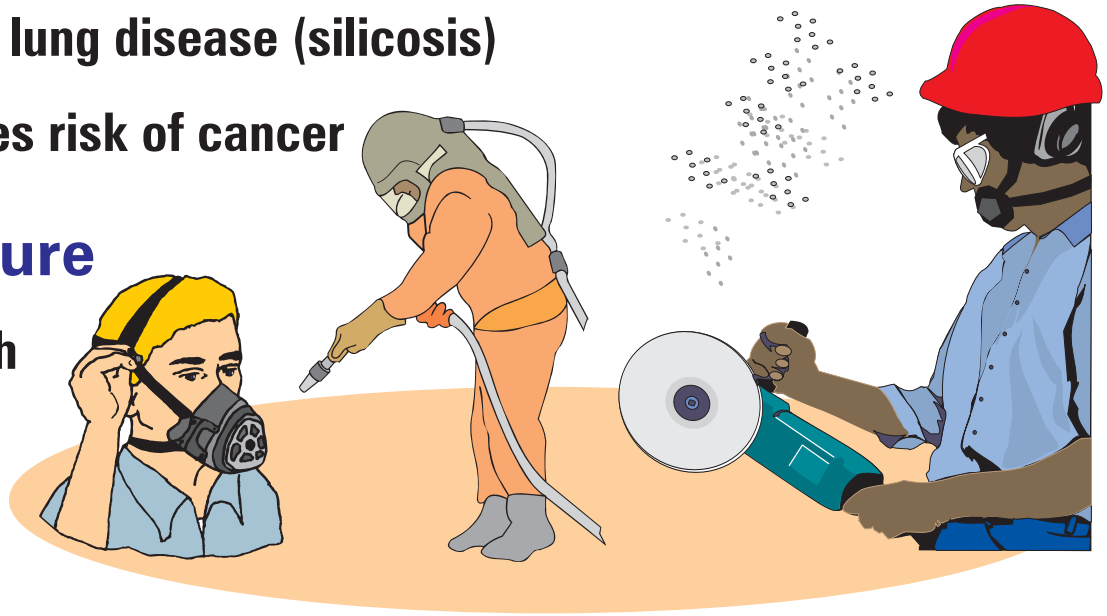
- Short-term or acute: effects such as eye irritation or dizziness
- Delayed or chronic: effects such as cancer or chronic lung disease

How Harmful Is Silica?

Silica is common but can be very harmful.

Silica dust

- Found in many construction dusts such as concrete, rock
- High exposure tasks include sand blasting, rock drilling, cutting concrete
- Long-term exposure leads to lung disease (silicosis)
- Long-term exposure increases risk of cancer



To prevent silica exposure

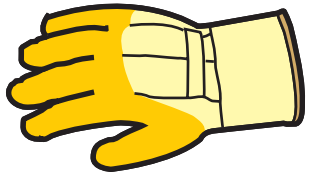
- Reduce airborne dust through ventilation and wetting
- Use NIOSH-approved toxic dust respirators

How Harmful Is Asphalt?

Asphalt fumes and skin contact can be harmful.

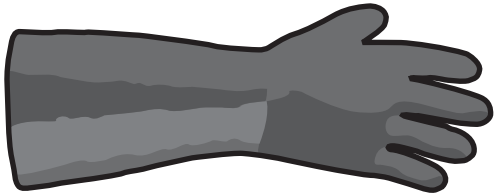
Asphalt

- Fumes may cause eye, respiratory irritation
- Hot asphalt can severely burn skin



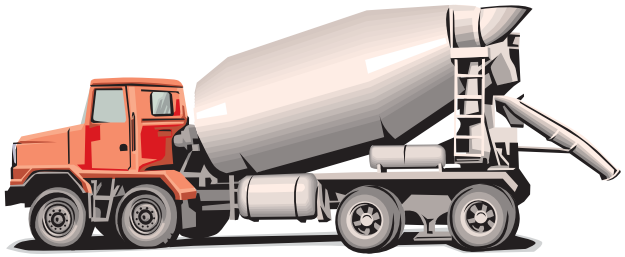
To prevent exposure

- Work upwind whenever possible
- Maintain a lower temperature to minimize fumes
- Use ventilation on paving machines
- Wear gloves, long sleeves to prevent skin contact



How Harmful Is Wet Concrete?

It can cause dermatitis and skin burns.

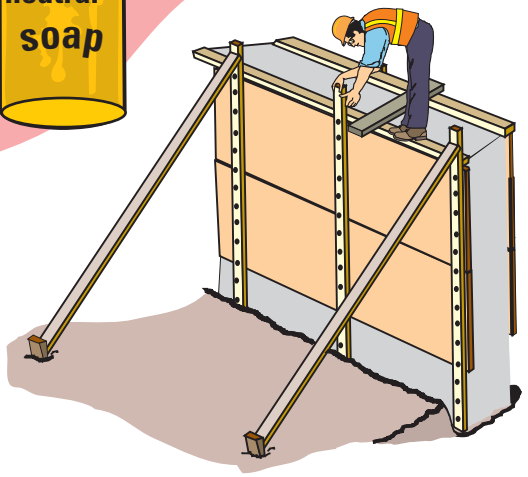


Dermatitis can be

- Irritation from caustic chemicals in concrete
- Allergic reaction

Prevent dermatitis and burns

- Wear long-sleeved gloves
- Keep concrete out of your boots
- Change gloves/boots when contaminated inside
- Wash hands in clean water with pH-neutral soap
- Protect cuts with bandages
- Wear eye protection



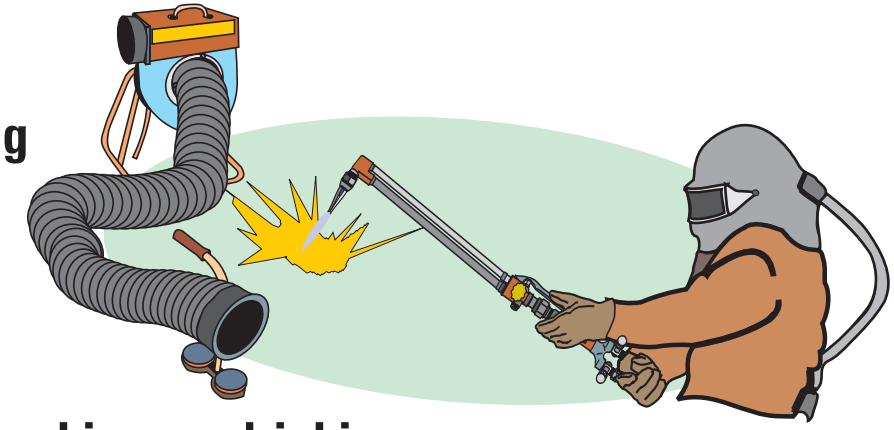
How Harmful Is Lead?

Lead damages nervous and reproductive systems.

Lead

- Toxic metal found in paints on bridge renovation
- Dust and fume can be inhaled or ingested during sandblasting, welding, cutting
- Dust can be carried home and poison your family

To prevent lead poisoning



- Remove paint before cutting or welding
- Use long-handled torches for cutting
- Use local exhaust ventilation
- Wear the proper respirator
- Wash face and hands before eating, smoking, or drinking
- Shower and change clothes before leaving work
- Get your blood lead tested periodically to assure you are not overexposed

BEGIN INSTRUCTION ZONE

Health Hazards

ROADWAY SAFETY +

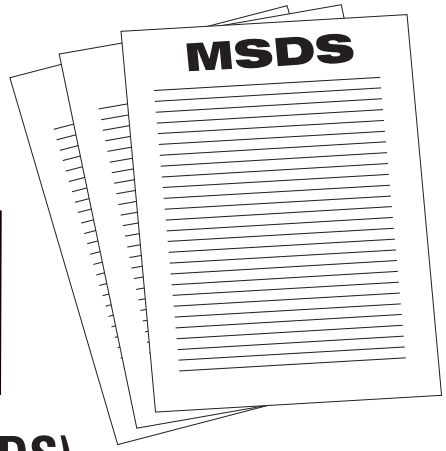
0

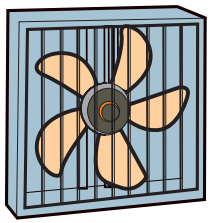
Are There Other Health Hazards?

Most can be avoided with basic protections.

Other hazards include

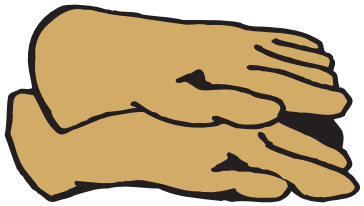
- Common substances such as solvents and CO
- Special products such as sealants, paints

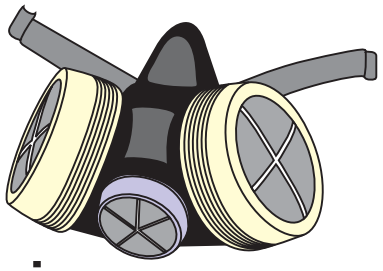




Avoiding health hazards means

- Reviewing the product Material Safety Data Sheets (MSDS)
- Limiting exposure as much as possible
- Staying upwind of hazardous exposures
- Making sure that hazard controls such as fans are working
- Wearing protective equipment such as respirators, skin coverings
- Promptly reporting any health complaints to your supervisor





BEGIN INSTRUCTION ZONE

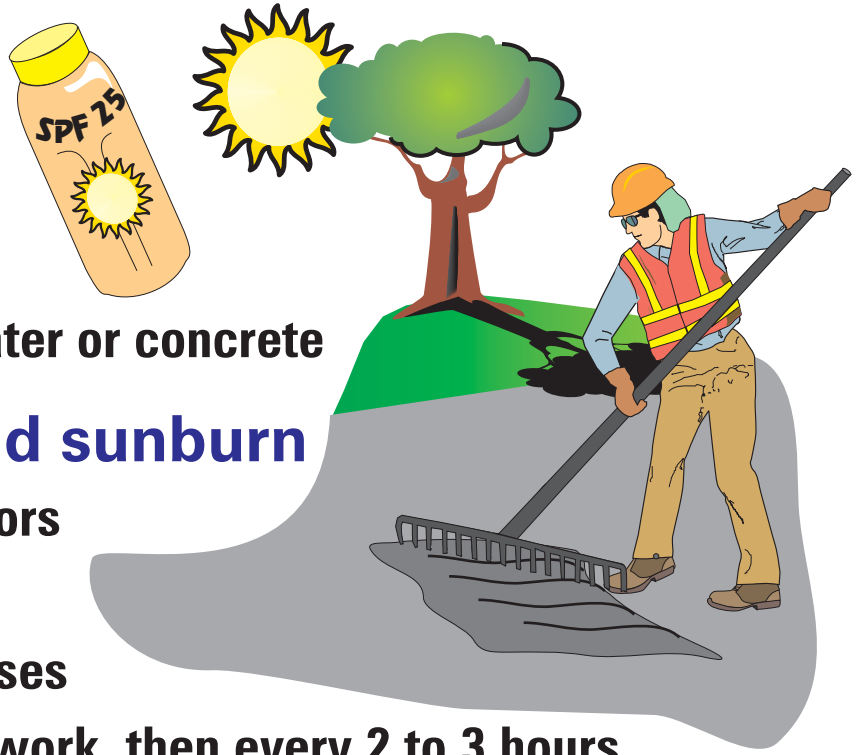
Working Outdoors

ROADWAY SAFETY +

1

What Is Our Risk from Sun Exposure?

Skin cancer is the most serious risk.



You are at greater risk if you

- Have lighter skin with freckles, moles
- Work at higher elevations
- Work around reflective material, like water or concrete

You can protect from cancer and sunburn

- Long-sleeved shirts, pants in neutral colors
- Broad-brimmed hat, neck flap
- Safety glasses with tinted polarizing lenses
- SPF 15-25 sun block 30 minutes before work, then every 2 to 3 hours
- Check skin for early signs of cancer, see a dermatologist for check-ups

These tips will prevent sunburn, too.

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How Can We Check for Skin Cancer?

Look for warning signs. See a doctor.

What to look for

- **ASYMMETRY:** Most early melanomas are asymmetrical. A line through the middle would not create equal halves.
- **BORDER:** Borders of early melanomas are often uneven and may have scalloped or notched edges.
- **COLOR:** Varied shades of brown, tan, or black are often the first sign of melanoma. Red, white, and blue may appear later.
- **DIAMETER:** Early melanomas tend to grow larger than common moles - at least the size of a pencil eraser.

BEGIN INSTRUCTION ZONE

Working Outdoors

ROADWAY SAFETY +

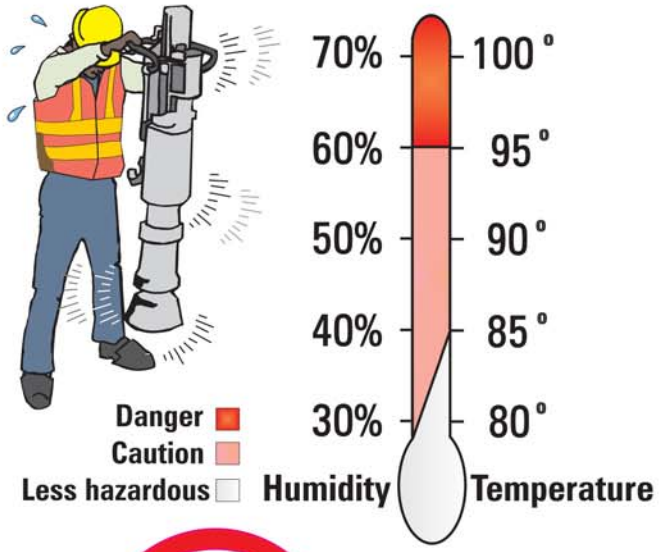
H

What Are the Hazards of Hot Weather?

It can lead to heat stress, exhaustion, or stroke.

Heat illnesses can be caused by a combination of

- Heat exposure
- High humidity
- Non-breathing synthetic clothing
- Not drinking enough fluids to replace sweat
- Hard work, body heat, not being "acclimatized"



Heat stress

- Can lead to heat rash, cramps, exhaustion, stroke
- May be more likely if you are overweight, not fit
- Alcohol increases risk

What Is Heat Exhaustion?

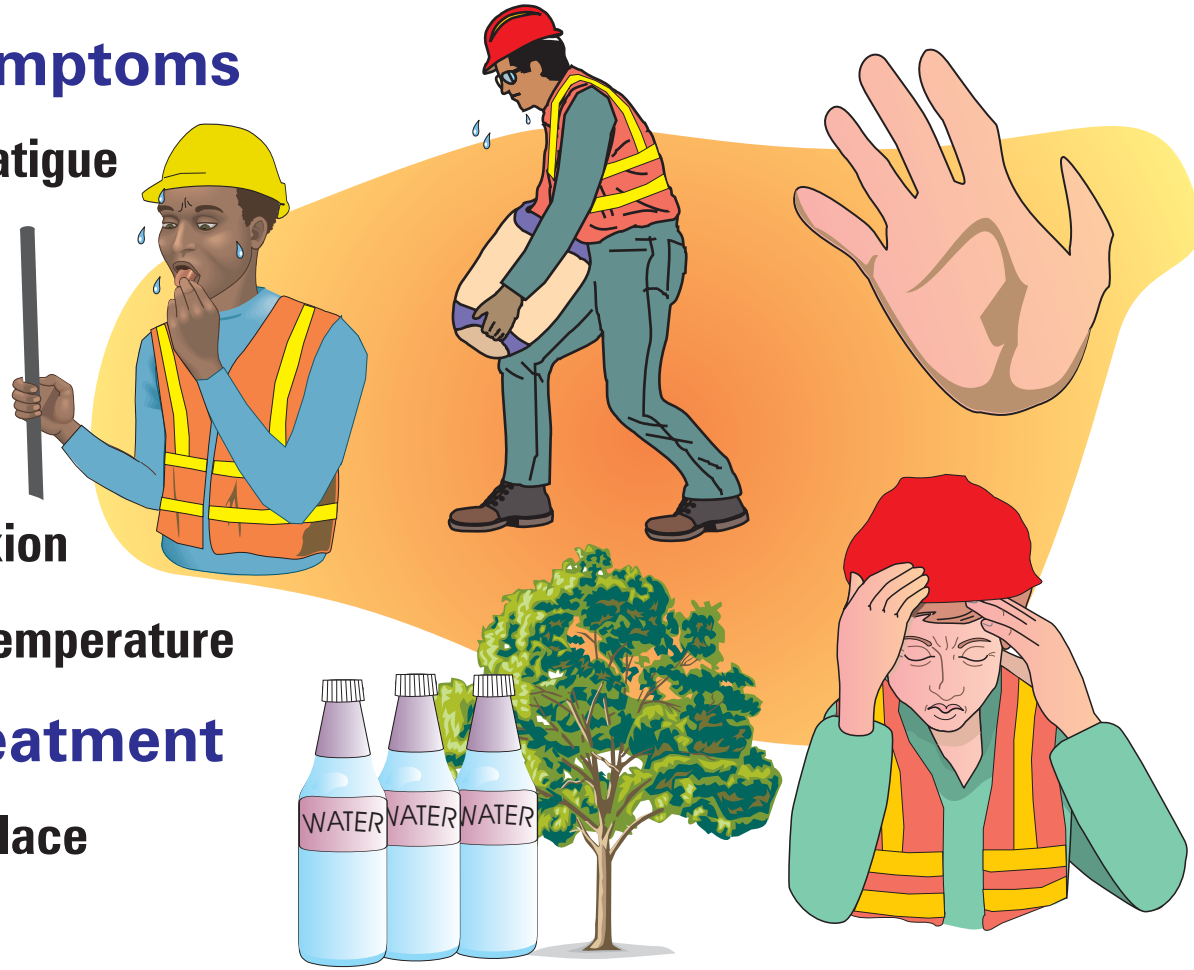
Heat exhaustion is a dangerous illness.

Heat exhaustion symptoms

- Extreme weakness or fatigue
- Dizziness, confusion
- Nausea
- Clammy moist skin
- Pale or flushed complexion
- Slightly elevated body temperature

Heat exhaustion treatment

- Rest in a cool, shaded place
- Drink plenty of water



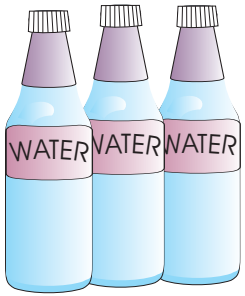
What Is Heat Stroke?

Heat stroke can cause hallucinations, death.

Heat stroke symptoms and treatment

- Hot dry skin, no sweating, chills, high body temperature, mental confusion, slurred speech
- Call 911, remove to cool shaded area, soak clothes with water, fan body, apply ice

Protect yourself from HEAT!



- Wear light-colored clothing
- Gradually build up to heavy work
- Schedule heavy work during coolest parts of day
- Take more breaks in extreme heat and humidity
- Drink lots of water, at least 2 to 3 quarts a day

What Are the Hazards of Cold Weather?

Cold stress can lead to hypothermia, frostbite.

Cold stress is caused by a combination of

- Cold/cool temperatures (50° F and less)
- Wet weather and/or conditions
- High winds (40+ MPH)
- Inadequate clothing

Cold stress is prevented by

- Warm layers of correct clothing, head cover, warm gloves, wool socks
- Keeping dry
- Breaks in warm areas, drinking hot liquids
- Keep in good physical shape

What Are the Symptoms?

Hypothermia, frostbite have these symptoms.

Hypothermia

- **EARLY: Shivering, fatigue, loss of coordination, confusion, and disorientation**
- **LATE: No shivering, blue skin, dilated pupils, slowed pulse and breathing, loss of consciousness, coma**

Frostbite

- **Body reduces blood flow to hands and feet to maintain core temperature**
- **Fingers or toes can freeze**
- **Symptoms include numbness, tingling, aching, and bluish skin**
- **Can cause the tissue to die and force amputation**

BEGIN INSTRUCTION ZONE

Working Outdoors

ROADWAY SAFETY +

How Are Plants and Animals Hazardous?

They can cause rashes, illness, even death.

Outdoor work may expose you to

- Bites from animals (dogs, snakes) and from insects and arachnids (bees, wasps, ticks, spiders)
- Plants such as poison ivy, poison oak, hogweed

To prevent these problems

- Steer clear of any animals
- Learn to recognize and avoid poisonous plants
- Wear long-sleeved shirts and pants, use insect repellants
- Check for tick bites each day for lyme disease (red bullseye)
- Get prompt medical/first aid treatment for any problems

BEGIN INSTRUCTION ZONE

Emergencies

ROADWAY SAFETY +

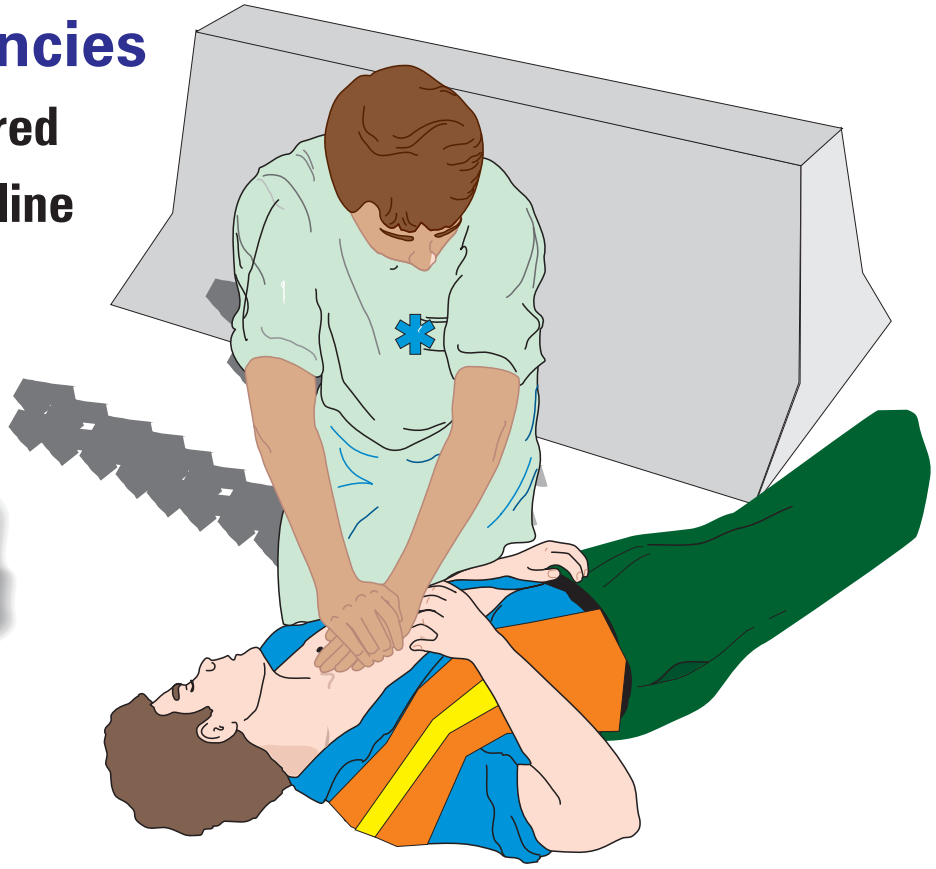
1

What Emergencies Are Most Common?

There are many different possible emergencies.

The most common emergencies

- A worker is killed or seriously injured
- Contact with gas line or electrical line
- Trench collapse
- Traffic entering the work zone
- Toxic chemical spill



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What Should We Do in an Emergency?

The employer must have a plan.

Emergency steps

- Call 911 and get medical help as soon as possible
- Contact on-site first aid/CPR
- Shut off any equipment and evacuate area if potential toxic exposures or explosions
- On-site emergency coordinator contacts fire department/emergency response team
- On-site emergency coordinator contacts utility company if applicable

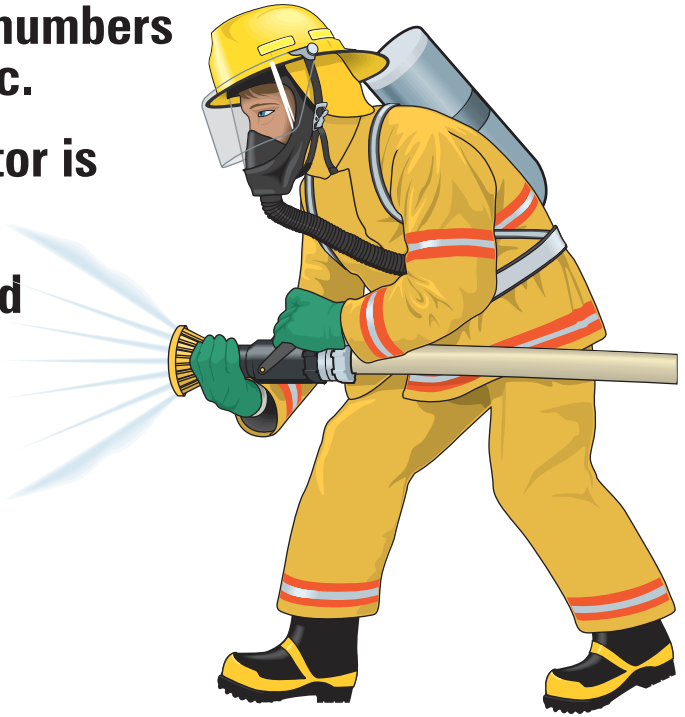
After emergency, ask for counseling if you have been affected by a tragedy or near miss

How Do We Prepare for an Emergency?

You must know your employer's plan.

Emergency planning

- Warning system and signal to alert workers for evacuation
- Everyone must know where emergency phone numbers are posted for hospital, fire fighters, utilities, etc.
- Everyone must know who emergency coordinator is and who is trained in first aid/CPR
- Everyone must be trained in emergency plan and participate in regular drills



BEGIN INSTRUCTION ZONE

Safe Driving

ROADWAY SAFETY+

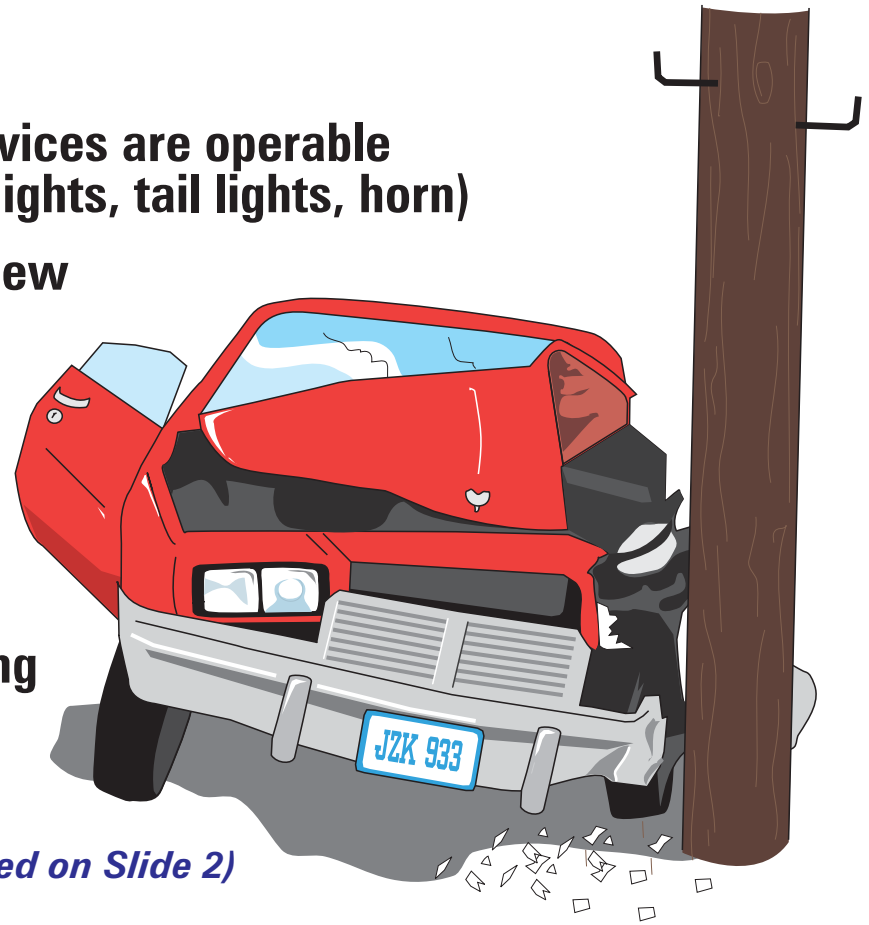
1

How Do We Drive Safely?

Many workers die driving to/from work or between sites.

Safe driving tips

- Check vehicle to make sure all safety devices are operable and effective (brakes, turn signals, headlights, tail lights, horn)
- Adjust mirrors to give yourself optimal view
- Always use seat belt
- Avoid distractions – don't eat, drink, or talk on cell phone – pull over or ask passenger to make calls
- Don't drive if you are drowsy or drunk, some Rx and OTC drugs also affect driving
- Don't speed, go at or below posted limit – slower in bad conditions



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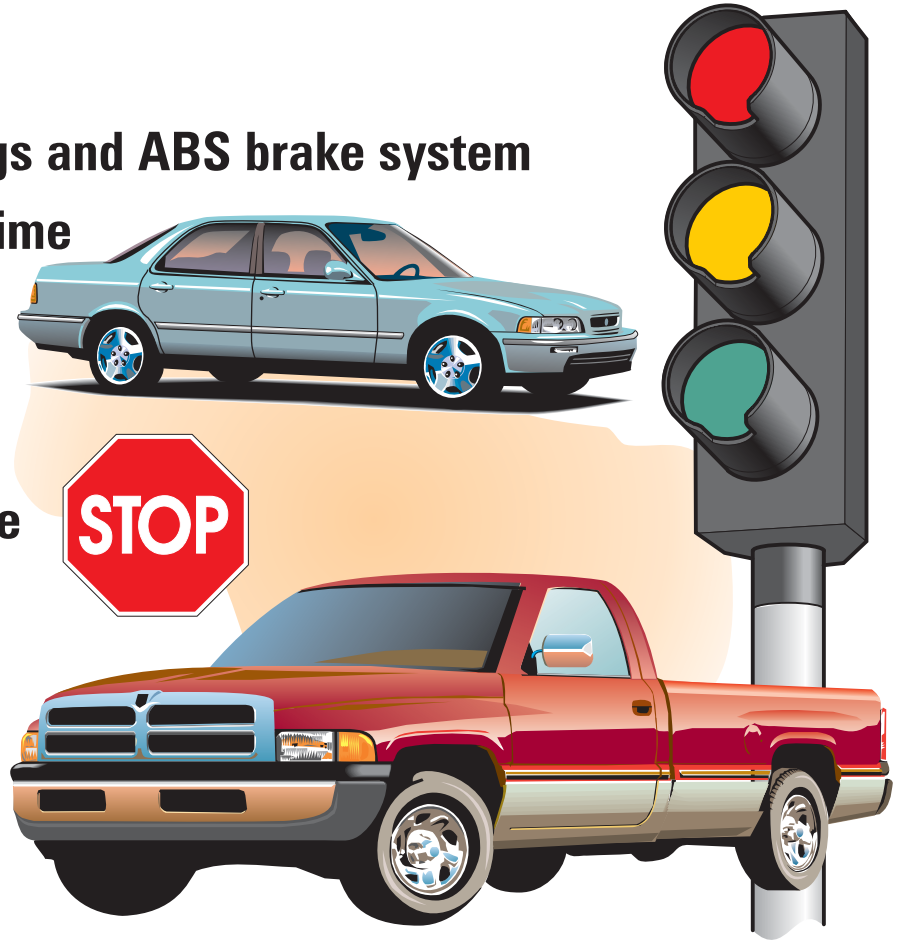
How Do We Drive Safely?

Driving to/from work may be more dangerous than the job.

More safe driving tips

- Buy vehicles with front and side air bags and ABS brake system
- Drive with headlights on – even in daytime
- Drive defensively
- Avoid aggressive driving, e.g. quick lane changes, tailgating
- Map out a route ahead of time if you are unfamiliar with where you are headed
- Never let anyone ride in the bed of your pick-up truck



What Should Road Workers Remember?

Road workers face special driving hazards.

Construction vehicle operators should

- Keep cab clean to prevent slippery pedals and debris under brake pedal
- Keep all window glass clean and in good repair to prevent distortion
- Secure all cargo to prevent it from striking striking the cab
- Be careful changing lanes, change only when necessary
- Keep a safe distance from vehicles in front of you
- Back up as little as possible
- Be especially cautious at rail crossings

After a night shift

- Only if you need it, drink coffee or caffeinated beverage to help get you home