



Fall 2011 Edition

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Congratulations to the Cat-Del Water Treatment Project Team (0732) for being named Best Regional Project by Engineering News Record



Back to School Traffic Safety Reminders and Tips

As children head back to school in the coming weeks, motorists are reminded to take extra precaution when traveling in school zones. When schools are in session, children will be walking or riding their bicycles to and from school – many of them during the busiest time of the day when motorists are traveling to work or home after a tiring day.



Reminders for Motorists:

- Slow down. Observe speed limits in school zones at all times.
- Be careful when driving on neighborhood streets and around school zones.
- Always expect the unexpected.
- Be alert for youngsters walking to/from school when backing out of your driveway.
- Watch for children on bicycles, especially at intersections and driveways.
- Stop your car when you see **RED** lights flashing on a school bus.
- Don't start driving until the red lights stop flashing.
- Be aware that a child may dash across the street.

Safety Tips for Pedestrians:

- Always walk on the sidewalk. If there is no sidewalk always walk **FACING** traffic.
- Walk in groups; there is safety in numbers.
- Wear bright color clothing to increase visibility.
- Cross only at corners or marked crosswalks.
- Stop at the curb, or the edge of the road.
- Stop and look left, then right, then left again, before you step into the street.
- If you see a car, wait until it goes by. Then look both ways again.

Safety Tips for Bicyclist:

- Be Seen – Be Aware – Be Predictable.
- Wear a Helmet.
- Be sure to have reflectors on your pedals, frame, and wheels.
- Follow the Rules of the Road - Ride on the right, with the traffic, in single file.
- Obey stop signs and traffic lights. Never cross a street without looking for cars.
- Give the right-of-way to pedestrians in crosswalks.
- Walk your bicycle on sidewalks whenever pedestrians are around you.



Avoid Slips, Trips and Falls

Slips, trips and falls can happen to anyone, whether you work in the field or in the office. Please remember to be vigilant when performing high slip, trip and fall-risk activities such as any involving ice or snow, entering or exiting a company or personal vehicle and using stairs.

The good news is that most slip, trip and fall incidents are preventable with general precautions and safety measures. Use these tips to practice safety wherever you find yourself.

- Be aware of surfaces that might be wet or icy.
- Look out for uneven surfaces.
- Always practice **three points of contact** when exiting or entering a vehicle.
 - Enter and exit vehicles empty handed and very carefully.
 - Face the vehicle as you ascend or descend the vehicle steps and place both feet on the pavement before you attempt to stand.
- Be mindful of changing weather.
- Wear appropriate personal protective equipment for conditions frequently encountered at work and home; wear shoes appropriate for the conditions (anti-slip footwear – like the Neos non-slip, or ice boots).



- A driver of a car continually assesses conditions on the road ahead. As a walker, you should continually assess the surface conditions ahead for slip and fall hazards.
 - Hold on to the handrails on steps and stairs. Place as much of your foot on the step as possible.
 - Avoid taking shortcuts across snow-covered areas. Always use cleared sidewalks, paths and parking lots. Be especially careful when stepping to or from different levels (e.g. down or up steps or from curbs).
- Adjust your speed and motion to the conditions identified.
 - When attempting to navigate icy conditions, bend slightly forward and shorten your stride or shuffle your feet. This will give you better stability as you walk. Pointing your feet slightly outward will help you keep your center of balance
 - Balance yourself with your arms. Keep your hands out of your pockets and distribute the weight of bags or packages evenly for better balance
 - Remove as much snow and water from your boots as you can when entering a building. Recognize that wet floors and stairs are likely very slippery; walk carefully.
 - When your work hazard assessment reveals icy conditions at the work site, don anti-slip or traction treads (over soles).

Remember, avoiding slips and falls requires constant mental activity. Recognizing a slippery surface allows you to prepare for it or walk around it. It can also keep you from suffering a nasty injury.



Work Zone Traffic Control

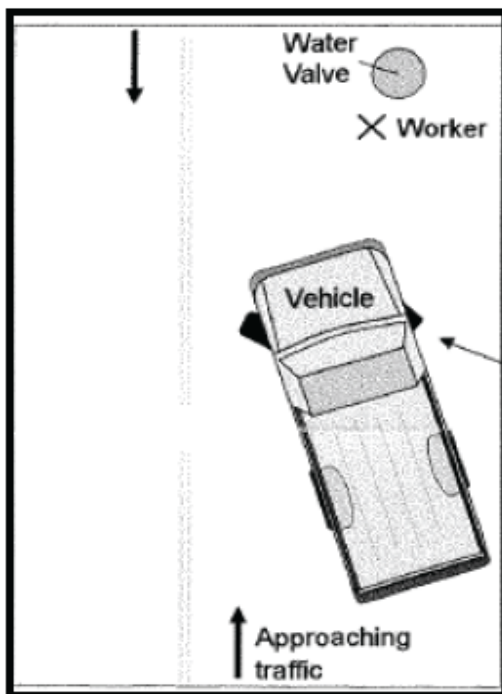
The primary function of work zone traffic control is to provide for the safe and efficient movement of motorists and pedestrians through or around work zones while protecting workers. Remember, you are working in the motorists' domain. They are not expecting your big truck to be parked in their travel lane or blocking the shoulder of their road.

Motorists and pedestrians should be warned, informed and guided through your traffic work zone in a clear and positive manner – even when a detail officer is present. Advance warning signs are used to communicate to approaching motorists that you're working in the road ahead. Additional signs, barricades and traffic cones let them know you've changed the road conditions ahead and are offering guidance on how to safely navigate around. Good communication also gives motorists time to react and to adjust their driving so they don't run into your crew, vehicles, or the detail officer with their big truck.

Work Zone Safety Considerations

- **Plan for Safety** – assess traffic conditions, speed and volume and set up your work zone accordingly.
- **Keep it moving** – Safely regulate and direct traffic around your work zone.
- **Communicate** – Keep motorists informed of changes to the roadway ahead.
- **Plan for the Worst** – Plan an escape for errant vehicles entering the work zone.
- **Be Trained and Competent** – There is no substitute for knowing what you are doing.

One way to avoid injury is to use your vehicle as a barrier when performing short-duration roadway work in low-speed roads.






1. Once on site, determine the best location for work vehicles and equipment, and the appropriate number and location of traffic control devices.
2. Position the vehicle between workers and approaching traffic, to act as a barrier to protect workers.
3. Turn the vehicle's wheels so that if it is struck from behind it will not hit the worker.
4. Place the vehicle in park and set the brake.
5. Always face and watch for approaching traffic, and minimize time in the roadway.

Work Zone Traffic Control (cont'd)

Employees who are exposed to the risks of moving roadway traffic should:

- Ensure they are trained in work zone traffic control.
- Follow all applicable procedures, including Safety's Work Zone Traffic Control procedure, the Work Zone Traffic Control Field Guide Book and the *Manual on Uniform Traffic Control Devices (MUTCD)*.
- Ensure that work zones are set up properly. This includes using appropriate traffic control devices and safety apparel such as those listed below:

	<p>Warning signs, like the "Men Working" symbol, to alert approaching traffic of workers in the roadway.</p>
	<p>High-intensity rotating or flashing warning lights to place on top of work vehicles.</p>
	<p>High-visibility ANSI Class II vests, boots and hard hats.</p>

Thanks to National Grid for this article. 11/29/2010

I-93 Fast 14 Planning for Maintenance of Traffic

By Ben Barrett, Job 1103 Medford I-93 Superstructures

In order to have a safe and efficient work zone, Maintenance of Traffic (MOT) needs to be planned into every operation whether it is on a 35 mph local road or Interstate 93. MOT is a high risk part of construction work and also a high-value item for owners and the traveling public. On the Fast14 Medford Bridges it is a critical part of each operation and is a hot button topic for MassDOT and their public liaison office.

The project is spread out over 4.5 miles of interstate with work operations at multiple locations that require lane closures of varying types. The project team utilizes a traffic-only look ahead schedule to plan work operations on a weekly basis to ensure that each operation has the MOT support it requires and that traffic patterns for each operation will not interfere with each other. The schedule also serves as a useful communication tool with MassDOT, allowing them to put out timely public notices for closures. Daily and weekly meetings are held internally and with MassDOT to communicate revisions to the schedule and to confirm that the materials and manpower are on hand to safely set-up and maintain MOT patterns.



We need your input.....

If you find an interesting article or safety related story, please email to my attention for inclusion in upcoming editions of the Safety Newsletter.

If your jobsite has received safety awards or has ideas that can be helpful to other sites, send that information as well.

We appreciate all interest and entries!

