

BETTER ROADS SAFER ROADS

PREPARING YOUR WORKFORCE AND PERSONAL PROPERTY

Hurricane Season and Other Natural Disasters

BETTER ROADS SAFER ROADS

Spring 2019 | TxLTAP.org

- TxLTAP -

02

TXDOT REENACTS CRASH TO URGE TEXANS TO BUCKLE UP

“Click It or Ticket” campaign targets motorists least likely to wear seat belts and aims to reduce fatalities.

03

PREPARING YOUR WORKFORCE AND PERSONAL PROPERTY FOR HURRICANE SEASON AND OTHER NATURAL DISASTERS

How many times have you heard someone say, “April showers bring May flowers”? Such a lovely thought, right? Well in the Lone Star State, we see more than just showers, especially during the months of March, April, and May.

07

TRAINING TIPS TO AVOID RUNOVER AND BACKOVER COLLISIONS

How can you avoid a collision in your work area?

08

U.S. DEPARTMENT OF TRANSPORTATION AWARDS \$53 MILLION IN ADVANCED TRANSPORTATION AND CONGESTION MANAGEMENT TECHNOLOGIES GRANTS

Grants valued at \$53.2 million have been awarded to 10 projects to fund advanced technologies that will improve mobility and safety for drivers and enhance the performance of the nation’s highway system.

09

NHTSA AND FRA LAUNCH RAIL CROSSING SAFETY CAMPAIGN

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10

U.S. DEPARTMENT OF TRANSPORTATION ANNOUNCES \$46 MILLION LOAN FOR AUSTIN’S MANOR EXPRESSWAY PROJECT

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10

U.S. DEPARTMENT OF LABOR ANNOUNCES \$10.5 MILLION IN WORKER SAFETY AND HEALTH TRAINING GRANTS

The U.S. Department of Labor announced that \$10.5 million in Susan Harwood Training Grants are available in the areas of targeted topic training, training and educational materials development, and capacity building.

11

HELPING OUTDOOR WORKERS WITH SUN PROTECTION

Knowledge is power when it comes to outdoor workers protecting themselves from skin cancer, new research from the American Association for Cancer Research suggests.

14

TXLTAP EVENT & WORKSHOP SCHEDULE

Register for free TxLTAP workshops and events occurring in 2019.

The Local Technical Assistance Program (LTAP) is a nationwide effort financed by the Federal Highway Administration and individual state departments of transportation. Its purpose is to translate into understandable terms the best available technology for roadways, bridges, bicycle and pedestrian facilities, and public transportation for city and county roadway and transportation personnel. The TxLTAP, operated by the University of Texas at Arlington, is sponsored by the Texas Department of Transportation (TxDOT) and the Federal Highway Administration. This newsletter is designed to keep you informed about new publications, techniques, and training opportunities that may be helpful to you and your community.

TXDOT REENACTS CRASH TO URGE TEXANS TO BUCKLE UP

“CLICK IT OR TICKET” CAMPAIGN TARGETS MOTORISTS LEAST LIKELY TO WEAR SEAT BELTS AND AIMS TO REDUCE FATALITIES

To launch its annual Click It or Ticket campaign and drive home that failure to wear a seat belt cost nearly 1,000 Texans their lives last year, the Texas Department of Transportation is unveiling “Kailee’s Crash,” a jarring sculpture that captures a car in mid-air just prior to impact in which a young woman lost her life.

Sixteen-year-old Kailee Mills removed her seat belt for just a moment to take a “selfie” photo with a friend in the back seat. In that moment, the driver lost control of the vehicle and Kailee was thrown to her death. Her friends, who were buckled up, sustained only minor injuries.

David and Wendy Mills, Kailee’s parents, are traveling the state with the reenactment sculpture to urge Texans to buckle up. “We are sharing Kailee’s story in hopes that we can convince drivers and passengers of all ages to always wear their seat belts. We don’t want any other family to go through the pain and grief of losing a loved one like we have,” said David, who lives in Spring, Texas. “Kailee always wore her seat belt, but she unbuckled it for just a few seconds to take a selfie with friends, and in an instant she was gone.”

“We can’t emphasize enough that wearing a seat belt is the single most effective way to protect yourself and your loved ones from serious injury or death in a crash,” said TxDOT Executive Director James Bass. “Many of these deaths and injuries are preventable; it’s really a shame that 8.5% of Texans are still not buckling up. It’s even more tragic to note that of those with an option to wear a seat belt this group made up 43% of crash fatalities in 2018.”

Last year, 982 people who were not buckled up died in crashes on Texas streets and highways, an increase of 6% from 2017. Seat belts prevent drivers and passengers from being ejected from a vehicle, which is almost always deadly. Wearing a seat belt reduces the risk of dying in a crash by 45%. That number jumps to 60% for pickup truck crashes. Despite these facts, seat belt use among pickup truck drivers and passengers continues to lag behind that of passenger vehicles. There are also fewer Texans buckling up at night (6 p.m. - 5:59 a.m.), even though that’s when nearly 60% of fatal crashes occur.

If safety alone isn’t enough of an incentive to always buckle up, TxDOT also announced that law enforcement statewide will increase enforcement of the state’s seat belt laws between May 20 and June 2. Texas law requires everyone in a vehicle to be properly buckled up or face fines and fees up to \$200. Children younger than eight must be restrained in a child safety seat or booster seat, unless they are taller than 4 feet 9 inches. If they are not properly restrained, the driver faces fines of up to \$250.

According to the National Highway Traffic Safety Administration, the Click It or Ticket initiative in Texas is estimated to have saved 5,856 lives, prevented more than 100,000 serious injuries and saved more than \$21.7 billion in related economic costs from 2002 through 2018.

The Click It or Ticket campaign is a key component of #EndTheStreakTX, a broader social media and word-of-mouth effort that encourages drivers to make safer choices while behind the wheel. Since November 8, 2000, at least one person has died on Texas roadways every single day. #EndTheStreakTX asks all Texans to commit to driving safely to help end the streak of daily deaths on our roadways.

To learn more about Click It or Ticket, visit www.texasclickitorticket.com. For media inquiries, contact TxDOT Media Relations at MediaRelations@txdot.gov or (512) 463-8700.



PREPARING YOUR WORKFORCE FOR HURRICANE SEASON AND



How many times have you heard someone say, “April showers bring May flowers”? Such a lovely thought, right? Well in the Lone Star State, we see more than just showers, especially during the months of March, April, and May. Severe thunderstorms, tornadoes, lightning strikes, destructive winds, hail, and flash flooding can all be a part of the weather narrative anywhere in the state during the spring months and beyond. Cue Summertime in the Lone Star State. It’s not just hot days and humid nights. June 1st marks the first official day of the Atlantic Hurricane Season, which officially ends on November 30th. Although communities and counties along the Texas coast may be most susceptible to a direct hit from a hurricane - experiencing high winds, storm surge, and dangerous flooding - communities throughout the state can feel the impact of a tropical system that progresses inland. Because of this, Texas Department of Public Safety’s Division of Emergency Management, TxDOT, and local agencies are prepared for the nearly inevitable occurrence of a hurricane hitting the state.

Updated in May 2018, the State of Texas Emergency Management Plan - Hurricane Annex outlines the state’s planned response to support capabilities for population protection, which include coordination, public notification, resource management and the implementation of protective actions such as evacuation, shelter-in-place and refuge of last resort. The document also identifies strategies used by the state to mitigate safety issues during evacuations and assist with the repopulation of areas affected by disaster. The intention of the Hurricane Annex is to provide guidance and is not prescriptive or comprehensive. The guidelines outlined in the document do not override local or regional plans but are designed to complement those planning activities. As such, the Hurricane Annex does not prohibit local jurisdictions from implementing additional requirements or operating procedures within that jurisdiction.

The Hurricane Annex outlines actions that protect life safety and reduces losses from storm surge, inland flood, tornado, and wind hazards that can cause large-scale damage when hurricanes impact populated areas in Texas. The state’s planned response to hurricanes involves many governmental and nongovernmental agencies and organizations that collaborate to monitor hurricane threats; provide support to local operations; and assist in recovery.

AND PERSONAL PROPERTY OTHER NATURAL DISASTERS



PREPARING YOUR FAMILY AND WORKFORCE FOR HURRICANES, SEVERE WEATHER, AND OTHER DISASTERS

Because the state's planned response to hurricanes and other natural disasters involves many governmental and nongovernmental agencies and organizations, many workers may be separated from their families and loved ones in an effort to assist in the state's planned response. To help achieve their peace of mind, it is very important that their families and loved ones are prepared as well. Consider encouraging your workers to 1. Make an emergency plan. 2. Build an emergency kit. 3. Stay informed.

When severe weather or a natural disaster occurs, the first thoughts that many of us have are: Where are my loved ones? Is everyone okay? How do we get to a safe location? Encourage your workforce to plan for such occurrences by sitting down with their whole family and thinking through different emergency or disaster situations:

- What would we do in case of a fire, a hurricane, a flood, or a tornado?
- Where would we meet if we got separated?
- Who should be our family's emergency contacts?
- Where should we go if we have to evacuate?
- What if we have no home to return to?
- If you have children, think about their level of understanding as well

The Texas Department of State Health Services has developed the following Family Emergency Plan template that can be used to create your family's emergency plan, along with a guide to build a disaster supply kit.

A complete copy of the State of Texas Emergency Management Plan Hurricane Annex, a Family Emergency Plan template, and an Emergency Disaster Supply Kit List are located in the TxLTAP Library. More information on Texas Emergency Management Preparedness can be found at www.preparingtexas.org.

MORE INFORMATION ON PAGES 5 AND 6

The Hurricane Response Functions as outlined in the Hurricane Annex is included in the table below.

Hurricane Response Functions

This table provides possible notification and activation timeframes for core emergency response functions. There are four timeframes:

- Advisory (A): notification of a potential threat
- Alert (B): personnel prepare for activation
- Activation (C): resources begin movement to support response operations
- Onsite/operational (D): resources perform response functions

Emergency Function (Annex)	H-120	H-96 to 72	H-72 to 48	H-48 to 0	H-Hr. +	R-Hr. +
Emergency Management	D	D	D	D	D	D
Communications	D	D	D	D	D	D
Warning	C	D	D	D	D	D
Public Information	C	D	D	D	D	D
Resource Support	C	D	D	D	D	D
Food & Water	C	D	D	D	D	D
Health & Medical	C	D	D	D	D	D
Transportation	B	C	D	D	D	D
Evacuation	B	C	D	D	D	D
Shelter/Mass Care	B	C	D	D	D	D
HAZMAT Response	B	B	C	D	D	D
Radiological EM	B	B	C	D	D	D
Animals/Agriculture	A	B	C	D	D	D
Firefighting	A	B	C	D	D	D
Search & Rescue	A	B	B	C	D	D
Law Enforcement	A	B	B	C	D	D
Energy	A	A	B	C	D	D
Public Works/Engineering	A	A	B	C	D	D
Volunteer/Donations Mgmt	A	A	B	C	D	D
Recovery	A	A	B	C	D	D

Key to Hurricane Response Timeframes

H = number of hours before (-) or after (+) the onset of hurricane hazards.

R = number of hours before (-) or after (+) post-landfall operations resume.

- H-120 Monitor
- H-96 to 72 Elevated Threat
- H-72 to 48 Credible Threat
- H-48 to 0 Pre-Incident
- H+0 to TBD Post-Incident
- R+0 to TBD Recovery



HAVE A PLAN



Family Emergency Plan



Make sure your family has a plan in case of an emergency. Before an emergency happens, sit down together and decide how you will get in contact with each other, where you will go and what you will do in an emergency. Keep a copy of this plan in your emergency essentials kit or another safe place where you can access it in the event of a disaster.

Out-of-Town Contact Name: _____	Telephone Number: _____
E-mail: _____	Cell Phone Number: _____
Local Contact Name: _____	Telephone Number: _____
E-mail: _____	Cell Phone Number: _____
Neighborhood Meeting Place: _____	Telephone Number: _____
Out-of-Town Meeting Place: _____	Telephone Number: _____

Fill out the following information for each family member and keep it up to date.

Name: _____	Date of Birth: _____	Social Security Number: _____
Important Medical Information: _____		
Name: _____	Date of Birth: _____	Social Security Number: _____
Important Medical Information: _____		
Name: _____	Date of Birth: _____	Social Security Number: _____
Important Medical Information: _____		
Name: _____	Date of Birth: _____	Social Security Number: _____
Important Medical Information: _____		
Name: _____	Date of Birth: _____	Social Security Number: _____
Important Medical Information: _____		

Write down where your family spends the most time: work, school and other places you frequent. Schools, daycare providers, workplaces and apartment buildings should all have site-specific emergency plans that you and your family need to know about.

Work Location One

Address: _____
 Phone Number: _____
 Evacuation Location: _____

School Location One

Address: _____
 Phone Number: _____
 Evacuation Location: _____

Work Location Two

Address: _____
 Phone Number: _____
 Evacuation Location: _____

School Location Two

Address: _____
 Phone Number: _____
 Evacuation Location: _____

Other place you frequent

Address: _____
 Phone Number: _____
 Evacuation Location: _____

Other place you frequent

Address: _____
 Phone Number: _____
 Evacuation Location: _____

Important Information	Name	Telephone Number	Policy Number
Doctor(s):			
Other:			
Pharmacist:			
Medical Insurance:			
Homeowners/Rental Insurance:			
Veterinarian/Kennel (for pets):			

Dial 911 for Emergencies

READY OR NOT?

HAVE A PLAN

BUILDING YOUR DISASTER SUPPLY KIT



Build your kit all at once or step by step. Start with what you have at home. Then shop for the rest. Build it to shelter in place or evacuate.

Pack these basic supplies for each person in a portable container or backpack. You'll need them whether you stay or go.



STEP 1 FOOD AND WATER

- 3-day supply of food that needs no cooking
- 1 gallon of water per day for each person
- Manual can opener
- Baby items (baby food, formula, bottles)
- Pet Supplies (listed on next page)



STEP 2 FIRST AID, MEDICATION, HYGIENE

- First-aid kit (listed on next page)
- Prescriptions and backup medications
- Hand sanitizer, wipes, bleach (To purify water, mix 1/8 teaspoon per gallon. Stir and let stand for 30 minutes.)
- Toilet paper, paper towels, garbage bags
- Dental care, hearing aids, and vision products
- Soaps, personal supplies, diapers
- Sunscreen, insect repellent
- Face masks to filter air (N-95 rating)



STEP 3 COMMUNICATION, LIGHTING, DOCUMENT BAG ITEMS

- Battery-powered radio with extra batteries or crank radio (emergency alert radio is best)
- Extra cell phone battery and car charger
- Flashlights and extra batteries
- Matches and lighter
- Whistle
- Reading glasses and sunglasses
- Document bag items (listed on next page)

You may have to leave in a hurry to get to a safe place. Keep these supplies near your car. When it's time, grab them and go.



STEP 4 ADD THESE ITEMS FOR EVACUATING BY CAR

- Road maps
- Car repair items (tools, spare tire, tire patch kit, oil)
- More food and water
- Plastic plates, cups and utensils
- Tent, blankets and pillows
- Clothes and sturdy shoes
- Rain gear and towels
- Books, games and toys

BEFORE YOU LEAVE HOME

- Fill your gas tank, check your spare tire
- Take cash, checkbook and credit cards
- Call your family emergency contact
- Charge your mobile phone
- Get a map of your route

When staying home is your safest choice, add these items to your kit and stay tuned to the news.



STEP 5 ADD THESE ITEMS FOR SHELTERING IN PLACE

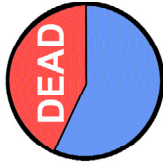
- Smoke detectors with extra batteries
- Carbon monoxide detector (if using generators, charcoal grills or camp stoves)
- Fire extinguisher
- Land line phone with extra long cord
- Plastic sheeting and duct tape (to seal doors, windows and air vents from contaminated air or to build an emergency shelter)

Avoiding Collisions (Runovers & Backovers)

Safety & Health Checklist for the Roadway Construction Industry

How are most roadway construction workers killed?

Over 40% — nearly half — of the fatalities for roadway construction workers occur when workers are run over or struck by moving vehicles, trucks or equipment. Over half of the fatalities are caused by construction vehicles and equipment in the work area.



How can you avoid a "collision" in your work area?

- ❑ **Be seen.** Make sure you wear high visibility clothing, including a vest and hard hat.



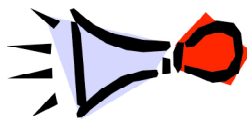
- ❑ **Communicate.** If you are working near construction vehicles and equipment, make sure the operator/ driver knows where you are located. DO NOT assume he/she can see you.



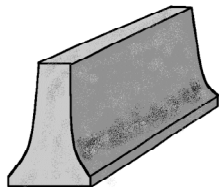
- ❑ **Stay back.** Do not approach moving equipment. Communicate with the driver using a radio, hand signals, etc. Only approach the vehicle once the operator has stopped operations.

- ❑ **Plan.** Set up a plan or procedure — some call it an "internal traffic control plan" — to separate workers from the paths of vehicles and equipment. Make sure vehicles know where workers are located and workers know where equipment is operating.

- ❑ **Look out for other workers.** Use a whistle, air-horn, or other device to warn fellow workers when they are in danger.



- ❑ **Positive Separation.** Separate workers from traffic using "positive separation," such as barriers, road closures, shadow vehicles, and



buffer space. Remember, this separation is important for BOTH roadway traffic and construction vehicles.

- ❑ **Be alert.** Don't become complacent with your work environment. Stay alert at all times and in all places. Stop, look, and listen for possible hazards.

Flaggers and directing traffic

Each year about 20 flaggers are killed and many more are injured. Flaggers must be especially vigilant to protect against collisions.



- ❑ **Get trained.** Don't accept an assignment to be a flagger unless you have been properly trained. You must know where to stand, how to dress, and how to properly communicate with motorists.

- ❑ **Wear high visibility clothing.** Know what type of clothing you should wear depending on the speed of traffic, the time of day, and the complexity of your surroundings.

- ❑ **Stay focused.** Keep your eyes on oncoming traffic. Make sure your signals are clear and do not conflict with other traffic control signals.



- ❑ **Plan an escape.** Plan a route so you can move quickly to safety if a motorist does not appear to heed your signals.

- ❑ **Warn fellow workers.** Make sure you have a way to quickly warn other workers when vehicles do not respond to your signals.

- ❑ **Respect motorists.** Be courteous. Do not respond to abusive drivers. Notify law enforcement if necessary.



This material was produced under grant number 46C3-HT31 from the Occupational Safety and Health Administration, U.S. Department of Labor. It does not necessarily reflect the views or policies of the U.S. Department of Labor, nor does mention of trade names, commercial products or organizations imply endorsement by the U.S. Government. The developers have not assumed any part of the employer's exclusive responsibility to provide a safe & healthful work place. **To find more information, please visit: www.artba.org or <http://wzsafety.tamu.edu>.**



U.S. DEPARTMENT OF TRANSPORTATION AWARDS \$53 MILLION IN ADVANCED TRANSPORTATION AND CONGESTION MANAGEMENT TECHNOLOGIES GRANTS

The U.S. Department of Transportation's Federal Highway Administration (FHWA) recently awarded Advanced Transportation and Congestion Management Technologies Deployment (ATCMTD) grants valued at \$53.2 million to 10 projects to fund advanced technologies that will improve mobility and safety for drivers and enhance the performance of the nation's highway system.

"These highly innovative projects offer high-tech solutions to relieve congestion and improve safety and efficiency on the nation's highways," said U.S. Transportation Secretary Elaine L. Chao.

FHWA's ATCMTD program funds early deployments of cutting-edge technologies that can serve as national models to improve travel for commuters and businesses. This year, the grants will fund projects that range from advanced real-time traveler information to Integrated Corridor Management and vehicle communications technologies, paving the way for connected and autonomous vehicles and congestion-relieving traffic management systems.

"These technological tools are helping to support a transportation system that is equipped for the future," said Deputy Federal Highway Administrator Brandye L. Hendrickson.

The FHWA evaluated 51 applications requesting more than \$265 million.

Hendrickson added that the volume of applicants was an indication of interest in the program and of the increasing recognition that innovative solutions are needed to improve our highways.

ATCMTD was established under the Fixing America's Surface Transportation (FAST) Act. State departments of transportation, local governments, transit agencies, metropolitan planning organizations, and other eligible entities were invited to apply under the program.

The Texas Department of Transportation (TxDOT) was awarded \$6.8 million for the I-10 Corridor Coalition Truck Parking Availability System. TxDOT and the I-10 Corridor Coalition will use the funding to implement a truck parking availability detection and information dissemination system at 37 public truck parking locations along I-10 from California to Texas. The system will make real-time truck parking information available to truck drivers and dispatchers to assist them in making informed parking decisions.



ATCMTD FY 2018 Projects

Applicant	Project Name	Grant Award
University of Alabama	Advanced Connected Transportation Infrastructure & Operations Network (ACTION)	\$8,034,003
Contra Costa Transportation Authority (CCTA)	Bay Area Mobility-On-Demand	\$8,000,000
Colorado Department of Transportation	Wolf Creek Pass Advanced Technology Deployment	\$2,366,298
Delaware Department of Transportation	Artificial Intelligence Enhanced Integrated Transportation Management System (AIITMS) Deployment Program	\$4,996,949
Georgia Department of Transportation	GDOT Connected Vehicles	\$2,500,000
Nebraska Department of Transportation	Multi-State Rural Integrated Corridor Management	\$2,755,000
Oregon Department of Transportation	Oregon Smart Mobility Network	\$12,000,000
Pennsylvania Department of Transportation	Work Zone Reservation and Traveler Information System	\$2,697,750
Texas Department of Transportation	I-10 Corridor Coalition Truck Parking Availability System (I-10 Corridor Coalition TPAS)	\$6,850,000
Utah Department of Transportation	Utah Connected	\$3,000,000
	Total	\$53,200,000



NHTSA AND FRA LAUNCH RAIL CROSSING SAFETY CAMPAIGN

The U.S. Department of Transportation's National Highway Traffic Safety Administration (NHTSA) and Federal Railroad Administration (FRA) recently relaunched a \$5.6 million public safety awareness campaign – *Stop. Trains Can't.* – urging Americans to take greater care at highway-rail grade crossings.

In 2018 alone, 270 people were killed at railroad crossings. Of those, 99 people died after the driver went around lowered crossing gate arms – a 10-year high.

“So many fatalities at highway-railway crossings are preventable, and this campaign is key to raising public awareness and saving lives,” said U.S. Secretary of Transportation Elaine L. Chao.

Every four hours in America, a person or vehicle is struck by a train at a rail crossing. Over the past five years, 798 people have died while trying to drive across railroad tracks.

Stop. Trains Can't. reminds drivers about the potential risks of an approaching train when crossing railroad tracks, especially when active warning devices such as flashing lights or gate arms are descending or lowered.

Given their size and weight, neither freight nor passenger trains can stop easily to avoid cars or other vehicles on the tracks. Trains cannot swerve out of the way, and a freight train traveling 55 mph can take more than a mile to stop, even when emergency brakes are applied.

“We are pleased to collaborate with our colleagues at NHTSA to improve driver behavior at highway-rail crossings and reduce preventable injuries and deaths,” said FRA Administrator Ronald L. Batory. “Rail safety isn't just about the safe movement of passenger and freight trains; it's also about helping the American public be safe near railroad tracks.”

**In 2018 alone, 270 people were
killed at railroad crossings.**

“Road safety is NHTSA's mission, and too many lives are lost every year when drivers disregard safety warnings at rail crossings,” said NHTSA Deputy Administrator Heidi R. King. “Working with Transportation Secretary Elaine L. Chao and FRA, we want every American to understand the danger surrounding rail crossings and to act with safety in mind. Trying to save a few minutes can cost you your life.”

The campaign's targeted advertising ran from Tuesday, April 16 through Sunday, May 12. It included video spots that ran on digital and social platforms, radio advertising, and social media messaging, including Facebook, Twitter, and Instagram. The new *Stop. Trains Can't.* campaign video can be viewed at nhtsa.gov/campaign/rail.

While national in scope, ads were targeted to high-incident communities in the following states: Arkansas, California, Colorado, Georgia, Indiana, Illinois, Kentucky, Louisiana, Michigan, Mississippi, Missouri, New York, North Carolina, Oklahoma, Oregon, and Texas.

U.S. DEPARTMENT OF TRANSPORTATION ANNOUNCES \$46 MILLION LOAN FOR AUSTIN'S MANOR EXPRESSWAY PROJECT

U.S. Transportation Secretary Elaine L. Chao recently announced that the U.S. Department of Transportation's Build America Bureau will provide up to a \$46.94 million Transportation Infrastructure Finance and Innovation Act (TIFIA) loan to the Central Texas Regional Mobility Authority (CTRMA). The loan is for the 290E Manor Expressway Phase III Project.

"This \$46 million investment will help reduce congestion at a major intersection along US 290 Expressway and will also improve reliability on this hurricane evacuation route," said U.S. Secretary of Transportation Elaine L. Chao.

The project is located at the intersection of US 290 and state highway (SH) 130 in the City of Austin within Travis County. It will add three direct connectors to complement the single existing direct connector currently owned and operated by Texas Department of Transportation (TxDOT). US 290 is a significant east-west commuter and freight route as well as a hurricane evacuation route, while SH 130 serves as a north-south commuter route and bypass to I-35.

The TIFIA loan will be repaid by toll revenues from the project as well as from four other projects developed by CTRMA: 183A (Phase I and II), 290E (Phase I and II), SH71, and 183S. Of these, the first three projects are operational and the fourth project (183S) is expected to begin revenue service around mid-2020.

The Bureau, which administers the TIFIA credit program, was established as a "one-stop shop" to streamline credit opportunities, while also providing technical assistance and encouraging innovative best practices in project planning, financing, delivery, and monitoring. During Secretary Chao's tenure at DOT, the Department has closed \$5.4 billion in TIFIA financings, supporting \$18.8 billion in infrastructure projects across the country.



U.S. DEPARTMENT OF LABOR ANNOUNCES \$10.5 MILLION IN WORKER SAFETY AND HEALTH TRAINING GRANTS

The U.S. Department of Labor announced that \$10.5 million in Susan Harwood Training Grants are available in the areas of targeted topic training, training and educational materials development, and capacity building. Applications will be accepted from nonprofit organizations including community and faith-based organizations, employer associations, labor unions, joint labor/management associations, Indian tribes, and colleges and universities. Applications must be submitted online no later than 11:59 p.m. ET on July 2, 2019. Details on the grants and how to apply are available at [Grants.gov](https://www.dhs.gov/grants).

HELPING OUTDOOR WORKERS WITH SUN PROTECTION

Reprinted with permission from the National Safety Council.

PROTECT ALL THE SKIN YOU'RE IN

Skin cancer is the most common cancer in the United States, **but most skin cancers can be prevented!**

Every year—

- Nearly **5 million** people are treated for all skin cancers at a cost of more than **\$8 billion**.
- There are about **76,000** new cases of and **9,000** deaths from melanoma, the deadliest form of skin cancer.

U.S. Department of Health and Human Services
Centers for Disease Control and Prevention

Knowledge is power when it comes to outdoor workers protecting themselves from skin cancer, new research from the American Association for Cancer Research suggests.

National Cancer Institute data shows the rates of melanoma – the most serious form of skin cancer – have been on the rise for decades. In a study published in 2014, 70 percent of heavy machinery operators (who mostly worked outside between 10 a.m. and 3 p.m.) reported rarely or never using sunscreen. Additionally, 81.4 percent said they had at least one sunburn in the past year, increasing their risk of melanoma.

In a follow-up study to determine what interventions would best promote sunscreen use and decrease sunburns among outdoor workers, AACR researchers recruited 357 heavy machine operators in Michigan in the winter of 2012 and spring of 2013. Participants were given baseline surveys and randomly placed into four intervention groups for the summer: education only; education and sunscreen; education and text message reminders; or education, sunscreen and text messages.

Educational sessions were 30-minute presentations during annual safety trainings that covered the prevalence of skin cancer among outdoor workers, skin cancer risk factors, types of skin cancer and ways to prevent sunburn.

Overall, the percentage of participants who said they never wore sunscreen dropped to 21.8 from 38.1 in a fall follow-up survey. Respondents who said they suffered sunburns at least four times per summer decreased to 5.8 percent from 18.6 percent.

“Our most important finding was that a simple educational intervention significantly decreased the number of sunburns in operational engineers,” Sonia Duffy, lead author, researcher and professor at Ohio State University, said in a June 28 press release. “Text messages and mailed sunscreen further improved outcomes, but education had the largest effect. I think there’s a lack of knowledge about the risks of UV exposure in this population, and it was inspiring to see how a small effort resulted in a sizable health behavioral change.”

PROTECT ALL THE SKIN YOU'RE IN

U.S. Department of Health and Human Services
Centers for Disease Control and Prevention

Use a Layered Approach for Sun Protection.

Sunscreen works best when used with shade or clothes, and it must be re-applied every 2 hours and after swimming, sweating, or toweling off.	Use broad spectrum sunscreen with at least SPF 15 to protect exposed skin.
Wear a hat, sunglasses, and protective clothing to shield skin.	Seek shade, especially during midday hours.

CS27190

MORE INFORMATION ON PAGES 12 AND 13

OUTDOOR WORK SITES



Nearly 5 million people are treated for skin cancer each year in the United States, at an estimated annual cost of \$8.1 billion. Skin cancer can be serious, expensive, and sometimes even deadly. Skin cancer cases continue to increase in the United States. Fortunately, most skin cancers can be prevented.

PROTECT YOUR EMPLOYEES FROM SKIN CANCER



Ultraviolet (UV) rays— from the sun or from artificial sources like tanning beds—are known to cause skin cancer.



The Federal Occupational Safety and Health Act requires employers to minimize risk of harm to employees. In some states, employers may be required to provide workers' compensation to employees who get skin cancer because of sun exposure on the job.



Every year, Americans lose more than \$100 million in productivity because of restricted activity or absence from work due to skin cancer.

AS AN EMPLOYER, YOU CAN HELP PROTECT YOUR WORKERS FROM SKIN CANCER

BE AWARE OF RISKS



Outdoor workers often spend a lot of time in the sun.



Reflection from bright surfaces like concrete or metal can increase total sun exposure.



It's easy to overlook sun protection at a busy work site.

Skin cancer can greatly reduce workers' productivity. Providing and encouraging sun protection for outdoor workers helps create a healthy and safe workplace. It can also increase productivity, which ultimately saves money.



U.S. Department of Health and Human Services
Centers for Disease Control and Prevention

USE THESE SUN-SAFE STRATEGIES

Increase Sun Protection for Employees

- Encourage [sun safety](#) among your employees and provide sun protection when possible. This includes wearing protective clothing; sunglasses; and hats that shade the face, ears, and back of the neck and using broad spectrum sunscreen with an SPF of 15 or higher.
- Schedule breaks in the shade and allow workers to reapply sunscreen throughout their shifts.
- Modify the work site by



Increasing the amount of shade available—for example, with tents, shelters, and cooling stations.



Decreasing UV reflection by covering bright or shiny surfaces.

- Create work schedules that minimize sun exposure. For example, schedule outdoor tasks like mowing for early morning instead of noon, and rotate workers to reduce their UV exposure.

UV rays are strongest

- During midday.
- Near the equator.
- During summer months.
- At high altitudes.



Employers can train workers to use the [UV Index](#) and adjust scheduled work when UV levels are “very high” or “extreme.”

Add Sun Safety to Workplace Policies and Training

- Include sun-safety information in workplace wellness programs. For example, programs designed to help employees [avoid heat illness](#) can be adapted to include information about sun safety.
- Teach outdoor workers about [risks of exposure to UV radiation](#) and the [signs and symptoms of overexposure](#).
- Encourage outdoor workers to be role models and discuss the importance of sun protection with patrons, clients, and coworkers. Visit the National Cancer Institute’s [RTIPs website](#) to find more information about sun safety programs for outdoor worksites.



SKIN CANCER PREVENTION IN ACTION: FIREFIGHTERS PRACTICE SUN SAFETY

Captain Mike Kirkpatrick of the West Metro Fire Protection District in Lakewood, Colorado, takes sun protection for his firefighters seriously.

“Our firefighters put their lives on the line to protect our citizens, and they deserve to be protected from skin cancer,” Kirkpatrick said. “Anyone from Colorado knows the sun here is intense, so we started making small, inexpensive changes to decrease our sun exposure. We provided education to our team about skin cancer prevention and provided sunscreen at all of our fire stations.”

These efforts have paid off, according to Kirkpatrick. “Everyone started protecting themselves using a combination of hats, sunglasses, long-sleeved shirts, and sunscreen. It was an easy way to do something valuable for our health.”

Choose Sun-Safety Strategies that Work

Broad spectrum sunscreen with an SPF of 15 or higher is important, but it shouldn’t be the only defense against the sun. For the **best protection**, encourage your outdoor workers to use shade, clothing, a hat with a wide brim, and sunglasses, as well as sunscreen.



FOR MORE INFORMATION, VISIT CDC’S [SUN SAFETY WEBSITE](#).

For more information on upcoming events and workshops, visit txltap.org

Call the TxLTAP office at 817-272-9678 or email us at txltap@uta.edu to schedule an event or workshop near you.

GRAVEL ROADS ACADEMY

Improve upon current knowledge related to gravel road maintenance best practices. Learn how to get more mileage out of your gravel roads budget with the latest tools, techniques, and know-how from road maintenance experts.

HEAVY EQUIPMENT RODEO

Heavy equipment operators will be given a chance to learn and practice new skills while stressing safety and excellence. Operators will use maintainers, backhoes, dump trucks, loaders, and more to steer through a series of exercises designed to test their abilities.

HEAVY EQUIPMENT FOR WILDFIRES

Heavy Equipment Operators are sometimes called out to assist fire fighters in wildland fire situations. Learn methods of attacking a fire, techniques of diminishing a fire with a dozer and grader, and dangerous situations to avoid.

SNOW AND ICE TECHNIQUES

Snow and ice control is a complex process. This workshop will cover personal and operational safety, plowing techniques, salt and abrasive application, and decision making based on the forecast and actual in storm conditions.



TXLTAP EVENTS & WORKSHOPS

TAKE ADVANTAGE OF

TECHNICAL
ASSISTANCE

TXLTAP IS FORTUNATE TO HAVE SOME OF THE MOST EXPERIENCED AND KNOWLEDGEABLE TRANSPORTATION PROFESSIONALS ON STAFF.

This staff includes former maintenance managers, heavy equipment operators, road crew chiefs, civil and transportation engineers, inspectors, and the public works directors who all worked on the state's road system and in a nutshell "have been there, done that." Now Texas' local roadway agencies can directly benefit from their street smarts.

While training and information sharing at conferences or through a newsletter can do a lot of good, TxLTAP recognizes sometimes there is just nothing like rolling up your sleeves, experiencing the problem first hand and then offering a meaningful solution. That's why in addition to hosting classes and publishing Better Roads, Safer Roads, our program offers local roadway agencies an opportunity to consult directly with a TxLTAP subject matter expert to specifically address your organization's unique issue. And like all resources TxLTAP offers, there is no charge to receive our help or expertise.

Do you need information on proper method for repairing your lingering road problem? Would it help if someone came out to watch your road crew perform a repair and offer suggestions on how to save time and money in the future? Could you use the help of a traffic engineer who could assess a problematic intersection? Would it be a benefit to you if a subject matter expert came to ride the roads and developed a training presentation specific to your needs?

Take advantage of our technical assistance service!

Call 817-272-9678 or email us at txltap@uta.edu. We're ready to help!



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Making Roads Safer
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Striving for
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Training that
Makes an Impact



INFRASTRUCTURE MANAGEMENT

Building Smart & Using
Resources Effectively



TRAINING. TECHNICAL ASSISTANCE. RESOURCES.

TxLTAP serves all local government roadway agencies by providing no charge training, technical assistance and resource access.

Learn more at TxLTAP.org
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