

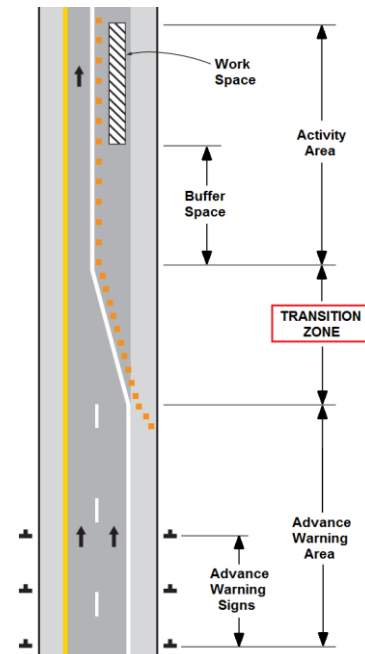
## Work Zone Safety in Oregon

### Nature of the Problem

- National studies show **Driver Inattention** is the biggest contributor to work zone crashes.
- Driving too fast for conditions or Speed is another significant cause of crashes.
- Approximately 40% of work zone crashes occur in the Transition Zone prior to the work zone Activity Area.

### Magnitude of the Problem

- Over the last 5 years (2010-2014), Oregon has averaged **477** work zone related crashes **per year**.
  - Averaging 13 Serious Injury; 7 Fatal crashes per year.
- For 2014, preliminary estimates confirm four work zone fatalities in Oregon.
  - 2012 and 2013 – Five fatalities each year.
- Since 2011, national work zone crashes still claim far too many lives:
  - 2014 – **669** work zone fatalities.
  - 2013 – **579** work zone fatalities.
  - 2012 – **617** work zone fatalities
  - 2011 – **590** work zone fatalities.
- In 2014, Oregon work zone fatalities represented 1 of every 100 roadway fatalities.
- Work zone crashes are serious for Workers *and* Drivers. In Oregon and nationally, **more drivers or their passengers are killed or injured in work zone crashes** when compared to worker statistics. At least 80% of work zone fatalities are Drivers or their passengers.
- Roadway construction is one of the most dangerous occupations in the United States. Road construction workers are 6 times more likely to be injured or killed on the job compared to other professions.
- Work zone crashes tend to be more severe when compared to crashes outside the limits of a work zone.



### ODOT in Action

- Administering approx. **\$3.8 million** in Federal funds for special
  - Work zone law enforcement patrols (July, 2015 – June, 2017) on State Highways
  - Public information and education campaigns



### ***ODOT in Action***

- Annual Project Reviews and Training; continual policy, procedure, and contract specification updates; and, legislative and educational efforts – all used to improve work zone safety
- Positive protection measures, when practical, to separate workers from live traffic
- Closing roadways to reduce worker exposure to traffic, expedite project completion
- Perform work at night to avoid peak traffic hours
- Provide enhanced traffic control planning and management – including dedicated Traffic Control Supervisors during construction
- Communication outreach through effective print, internet, theater, radio and television campaigns:
  - ***Avoid Distractions. Respect the Zone.***
  - ***See Orange, Zone In.***
  - ***Give ‘Em A Brake***
  - ***Respect the Cone Zone – Better Roads Ahead***
  - ***Fines Double 24/7. Workers or Not***



### ***Coming Up for the 2016 Construction Season***

- Expanded training for ODOT employees and contractors in work zone set-up and inspection through Inspector and Traffic Control Supervisor Certifications
- Performance-based contracts to improve safety through policies, plans and practices
- Continued use of work zone speed reductions by lowering regulatory speeds in qualifying work zones
- New Traffic Control Devices: Temporary transverse rumble strips, Radar speed trailers, Traffic screens, Pedestrian channelizing devices – enhancing work zone safety and mobility
- Recommending ANSI Performance Class 3 high visibility safety apparel for all highway workers at night, and for Flaggers at all times
- Promoting use of ***TripCheck*** and new ***TripCheck Mobile*** application
- Promoting the ***5-1-1*** Telephone Travel Information system through work zone enforcement campaigns, and public information and education outreach
- Continued enforcement of the “Fines Double” law for violations in work zones
- Promoting the use of Intelligent Transportation Systems (ITS) – temporary and permanent – to provide real-time traffic and work zone information to drivers – improving traffic management, operations and safety in work zones

# Transportation Safety Division

## 2016 Facts and Tips

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- Active efforts by Public Works agencies and contractors to ensure consistent, accurate, and appropriate work zone signing
- Enhanced partnerships with the Oregon Trucking Association, Associated General Contractors, Oregon State Police, City/County law enforcement agencies, and AAA Oregon/Idaho, to improve work zone safety in Oregon.

### **Safety Tips for Drivers**

- Pay attention to the driving task – especially in the Transition Zone of a work zone. Inattentive driving is the leading cause of work zone crashes.
- **Orange is Your Clue!** When you see **orange** signs, barrels, cones, and barricades – slow down and watch for highway workers.
- Obey all speed zone signs. Speeds may be **reduced** for your safety and the safety of workers.
- Double your following distance. **Don't tailgate.**
- Signal, look, and move safely into the correct lane well in advance.
- **Be Alert!** Work Zones can have narrow lanes, closed lanes, closed shoulders and workers very close to live traffic.
- When possible, move over for highway workers – Give workers more room between you and them.
- Be aware of temporary construction accesses on either side of the roadway.
- Be cautious and avoid following construction vehicles too closely – they often move abruptly in and out of work areas.
- **Expect Delays** — Plan for work zone delays. Leave earlier if you can. Be patient and drive safely through work zones.
- **Plan your trip.** Start planning in advance by using [www.TripCheck.com](http://www.TripCheck.com) or **TripCheck Mobile** ([www.TripCheck.com/mobile](http://www.TripCheck.com/mobile)) to:
  - Check your routes, look for work zones, and monitor road and weather conditions before you leave.
  - Call **5-1-1** for latest traffic, weather and highway conditions.
  - Avoid work zones by using alternate routes, when practical.



### ***Safety Tips for Workers***

- Expect the unexpected. Assume Drivers ***don't*** see you.
- Understand the difficulty Drivers have negotiating work zones. Minimize impacts to traffic flow by not requiring drivers to make sudden lane changes or encounter unexpected conditions.
- Pay attention. ***Beware of complacency – in yourself and coworkers.***
- Avoid having your back to traffic or use a Spotter to watch your back for you. Have a communication plan between you and your Spotters.
- Flaggers should stand on the shoulder and focus on approaching vehicles. Avoid standing in the lane, unless visibility is an issue and this location is used to get Drivers' attention to stop. Once traffic is stopped, move back to the shoulder.
- Bring more attention to yourself by wearing ***ANSI Class 3 high visibility safety garments*** – recommended at night or during poor weather and low-light conditions.
- All Workers, including Emergency Responders, within the right of way ***shall*** wear safety garments that meet ANSI Performance Class 2 or 3.
- Do Not use personal electronics while operating equipment. Make sure the vehicle or equipment is stopped completely before using a smartphone or smart tablet for work purposes.
- When you need electronics for your job, remember to look up often and in alternating directions.
- If a phone call or text must be sent while on the job site, establish an anchor point (vehicle, structure, equipment) to put your hand or arm on while you use the phone. This keeps you from wandering while talking or texting.
- Do not use electronics while flagging, other than for coordinating traffic control movements with other flaggers.
- Use hands free devices or voice command.
- Practice working with any electronic devices you need to use before getting on the jobsite.
- Have devices properly mounted instead of trying to hold them.
- Only use personal electronics in approved safe zones or during breaks. Talking, texting, games, and pictures can wait.
- Some work tasks use handheld devices. Look up every 2 seconds to check for new risks.
- If you need longer focus, have a spotter next to you to watch for risks.
- Be sure to get two full nights of sleep (7 hours each) before working the night shift.



## Transportation Safety Division

# 2016 Facts and Tips

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- If intermittent day and night work shifts are required, establish a 4-hour anchor sleep time each 24 hour period and supplement with naps.
- The best naps are 10-12 minutes long. Perfect for during lunch breaks.
- Long naps (2 hours) in the mid-afternoon prior to the night shift help reduce sleep debts.
- Make exercise/stretching part of the daily routine.
- Stay hydrated with water.
- Watch for signs of fatigue in others.
- Report unsafe behavior of a co-worker to a supervisor. Remember that lives are on the line.

### ***Looking for More Information?***

Visit ODOT's Work Zone Safety program website:

<http://www.oregon.gov/ODOT/TS/Pages/workzonesafety.aspx>

