

NDLTAP Update

NDACE County Road Conference
January 2020

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Training Coordinator



NDLTAP TRAINING

*Helping local entities expand their skills
Delivering all your training needs*



NDSU UPPER GREAT PLAINS TRANSPORTATION INSTITUTE WWW.NDLTAP.ORG




Topics – Events/Training

- County Road Day
- Motor-grader Operator Training - Video
- Request a training
- Safety Tailgate Talks

**If you want to host a County Road Day
LET US KNOW**



A close-up photograph of a yellow excavator bucket, showing its hydraulic arm and the bucket's teeth. The bucket is positioned over a pile of light-colored gravel or sand. The background is a clear, bright blue sky.

in partnership with

NDSU

UPPER GREAT PLAINS
TRANSPORTATION INSTITUTE
NORTH DAKOTA LOCAL TECHNICAL ASSISTANCE PROGRAM

Join Us for
**LAMOURE
COUNTY**

**Road Day
& Open House**

**August 27, 2019
3:00 – 7:00 PM**

LaMoure County Road
Department
505 4th Ave. SE
LaMoure, ND

Public is invited to the
LaMoure County Shop

- Burgers and Brats
- Backhoe Rodeo
- Equipment Showcase
- Meet the Crew

LAMOURE COUNTY ROAD DEPARTMENT BRIEFS



LaMoure
LaMoure
★

photo credit: LaMoure County Highway Department

1,200 Total roadway miles
123 Miles of gravel
142 Miles of pavement
162 Bridges/box culverts

4 Gravel trucks
6 Motor graders
4 Snow plow trucks
1 Cone crusher

County Highway Employees:

5 Road crew
3 Foremen (dirt, culvert, crusher)
4 Blade operators
1 Assistant superintendent/blade operator
1 Office administrator
1 Superintendent/engineer
5 Summer seasonal





LaMoure County Innovation Champions



INNOVATIONS:

- Make Roads Safer
- Save Tax Dollars
- Provide Safer Work Environment for County Road Crew



LaMoure County
Highway Department

Highlighted LaMoure County's Innovations on a poster.

New "You Show Us" program

Innovation Champions



2020 Motor-Grader Operator Training



2020 MOTOR-GRADER OPERATOR TRAINING

On-site -Classroom/Field

Basic Training

- \$500.00/day per county (subject to change)
- 2.5 hours classroom training
- 4 hours field training
- Classroom training is limited to 30 attendees.
- Field training is limited to 10 attendees (includes time in the blade)
- Road Scholar credit 6 hours

Advanced (Customized) Training

- \$500.00/day per county (subject to change)
- Morning session – 3 hours with 2 operators
- Afternoon session – 3 hours with 2 operators

Instructors



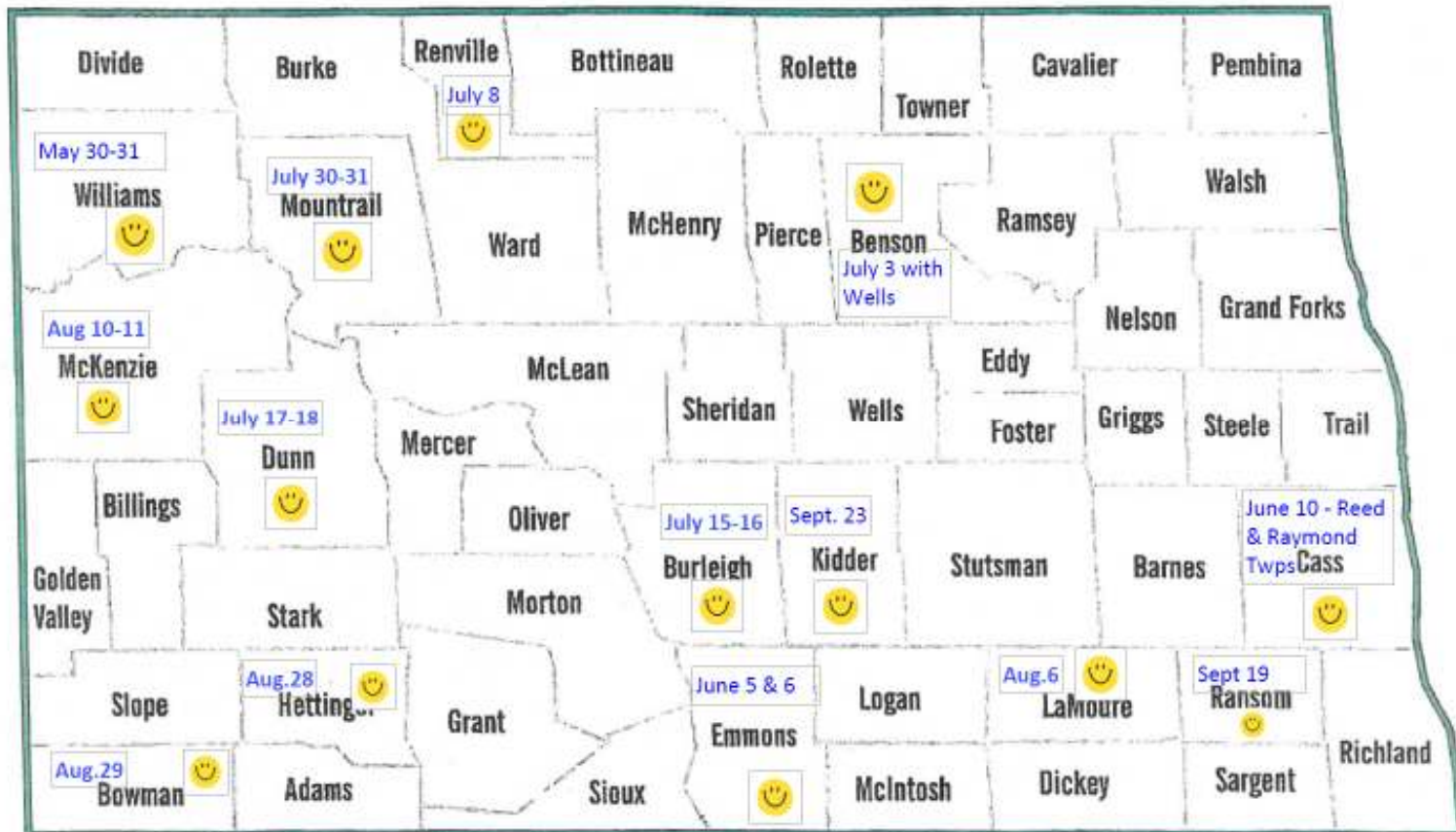
Gary Steiner - Burleigh County Operator. He has 25 year's experience as a motor-grader operator with Burleigh County. Steiner was also a heavy equipment operator for 10 years with the North Dakota National Guard.



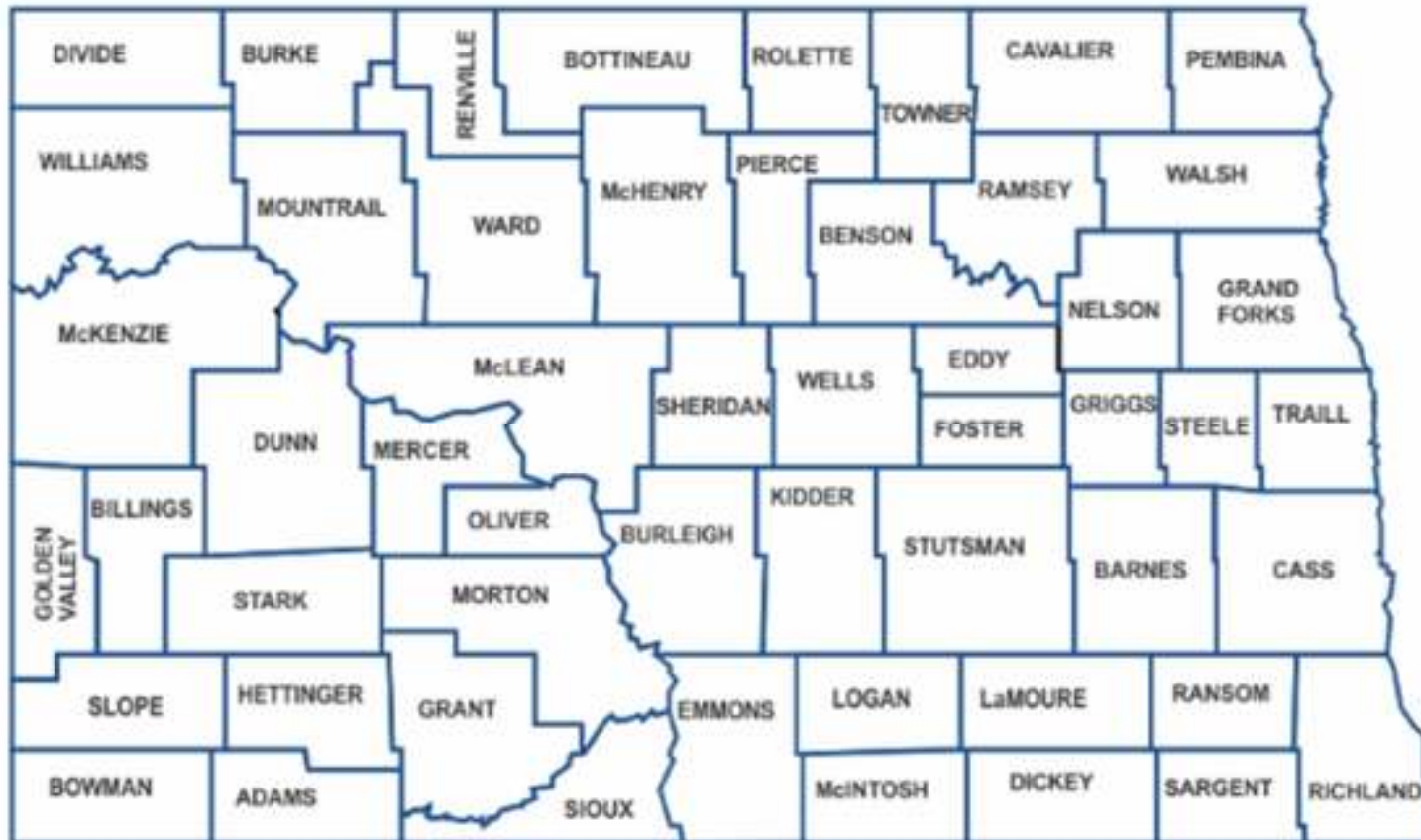
Russell Klimpel – Mountrail County Operator. He has 6 year's experience as a motor-grader operator with Mountrail County. Klimpel has 7 year's experience rebuilding roads in North Dakota. He also has 10 year's building forest service roads in Montana.



2019 Training Sites May - Sept



2020 Training - Sign Up Today



Sonetics Head Sets



2 Way headsets (3)

Current headsets are a one-way system

Blocks out the noise of the equipment

REQUEST A TRAINING

NDLTAP offers training opportunities to North Dakota counties every day. Our staff is committed to providing valuable training to county personnel. NDLTAP will work with your counties individual training needs to fit your schedule.

Pick your topic of interest:

- Gravel – What is good gravel? Road Basics
- Signing – Requirements and Inventory
- Culvert – Installation and Maintenance
- Safety Tailgate Talks – Personal Protective Equipment, Spotting and Backing, Safe Working Habits
- NDLTAP Training Resources Toolbox
- Bridge 101 – Inspection to Maintenance
- Communicating about Road Safety to Elected Officials
- Basic Surveying
- ND Truck-Weight Calculator
- City Projects – Concepts, Costs & Construction

Schedule your county training/outreach today!
Contact amanda.jean.miller@ndsu.edu, 701-328-9855

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About Us

Programs

Resources

- [Asphalt](#)
- [Bakken Briefings](#)
- [Bridges](#)
- [Culverts](#)
- [Erosion and Sediment Control](#)
- [Equipment Loan Program](#)
- [Gravel/Motor Grader](#)
- [GRIT](#)
- [Local Road Needs Study](#)
- [Local Roads Safety](#)
- [Media Relations](#)
- [Mobile/Phone Apps](#)
- [ND Truck-Weight Education](#)
- [Newsletters NDLTAP](#)
- [NRRM/MnROAD](#)
- [Resource Library](#)
- [Road Ready Research, R3](#)
- [Safety](#)

Safety Talk

Staying Fit for Snowfighting *(PDF, 830K)*

Nov 2018 – Knead the toilet paper in your hands to loosen the inner cardboard core. Remove the core, compress the roll and place inside the coffee can. Pour one bottle of rubbing alcohol into the can, let it soak in and carefully light the top of the paper. It should burn with a clean flame.



Previous Articles

- [Staying Fit for Snowfighting](#) *(PDF, 442K)*
- [High-Visibility Safety Apparel](#) *(PDF, 760K)*
- [Falling Hazard - Ice & Snow](#) *(PDF, 678K)*
- [View Archives](#)

Related Resources

- [NLTAPA Tailgate Talk](#)
- [Traffic Control Requirements for NDDOT Operations on Highways and Streets](#) *(PDF, 21381K)*
- [Tractor Mower Safety](#) *(PDF, 1195K)*
- [Rumble Strip Training – PSS RoadQuake](#)
- [Vision Zero: Zero Fatalities. Zero Excuses.](#)
- [Northland ATSSA Grant Application](#)
- CAT Video: [Shake Hands With Danger - 1970s Work Safety & Social Guidance](#)
- [The Ultimate Guide to Road Safety Apps](#)



NDLTAP will be publishing a Monthly Safety Tailgate Talk

Tailgate Talk

Information You Can Use to Prevent Accidents & Injuries

You know you're stressed out from the heat when you sweat a lot, have muscle spasms, get a headache, get tiny red bumps on your skin, or feel dizzy, weak, or sick to your stomach. If this describes you on a hot work day, drink plenty of water throughout the day. Take your rest breaks in a cool or shady area. Massage muscle cramps. Use a mild drying lotion to get rid of heat rash. Taking salt tablets is NOT necessary. There's enough salt in your normal diet!

If a fellow worker passes out from the heat, get them into shade, loosen clothing to cool them down, and give water only when they're conscious.

WHAT SIGNS DO YOU NOTICE WHEN YOUR BODY IS TOO HOT?

First, you may notice that you are tired and less mentally alert. This increases the danger of accidents. You may sweat. The body produces sweat so the evaporation will cool you off. Sweating isn't as effective if the air is very humid, because not as much sweat evaporates. Heat rash is possible. You get it when your sweat glands swell and get plugged up. You can get sunburn if you're in direct sunlight too long without using a sunscreen to protect your skin. Sunburn can be painful and may even lead to skin cancer.

HEAT STRESS, EXHAUSTION, & STROKE

If you don't pay attention to these early symptoms and get out of the heat, you can get **heat stress**. What does this do to your body?

The first symptom is usually **heat cramps**. If you don't replace the fluids and salts (called electrolytes) that you lost by sweating, you may get muscle pain or muscle spasms. These are most common in the arms, legs, back, and stomach.

Heat exhaustion can follow. Your whole body (especially your circulatory system) is extremely stressed out. Some possible symptoms are a pale and flushed face and neck, clammy skin, heavy sweating, fatigue, shortness of breath, headache, dizziness, or fainting, nausea, vomiting, rapid heartbeat and breathing.

Heat stroke is the most serious stage of heat stress. Your body temperature shoots up. 50% of people with heat stroke die. Symptoms are: dizziness and confusion; red, hot, dry skin; nausea and vomiting; very little sweating; rapid pulse, high body temperature around 105 degrees; convulsions; fainting. Anyone with **heat stroke** must be taken to a doctor or hospital immediately.

When Your Body Gets Hot

Using the Tailgate Talks

- [Tailgate Talks – General Use Information for Centers](#)
- [Tailgate Talks – General Instructions for Local Agencies](#)
- NLTAPA Logo to use on the Tailgate Talks you develop from these resources.
Download: [PNG](#) or [JPG](#)

How to Give a Tailgate Talk

- [How to Give a Tailgate Talk](#)
- [Tailgate Talks How To](#)

Tailgate Talk Topics

- [Attitude and Behavior](#)
- [Backing Safety](#)
- [Backing Trouble](#)
- [Bee Sting](#)
- [Ladder Safety](#)
 - [Ladder Safety Checklist Handout](#)
 - [Ladder Safety Handout](#)
 - [Ladder Safety Instructions](#)



North Dakota Local
Technical
Assistance Program
@ndltap





Thank You Any Questions?

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