

# “OJT NEWS”

## SPECIAL ANNOUNCEMENT

In accordance with Federal Guidelines, beginning with the January 2017, DOTD Letting, the due date for all DBE/SBE required paperwork (CS-6AAA), on all DBE/SBE Federal Goal Projects, will be reduced from seven (7) calendar days to five (5) calendar days, excluding State and Federal holidays. The count will begin the day after the bid letting. The process and procedures on how the documentation is submitted to the DOTD Compliance Office will not change.



The Disadvantaged Business Enterprise Program Implementation Modifications can be viewed in their entirety at <https://www.federalregister.gov/articles/2014/10/02/2014-23173/disadvantaged-business-enterprise-program-implementation-modifications>.

If you have any questions, please contact the DOTD Compliance Office at 225-379-1382.

**Save the Date:**

Meet & Greet - February 15, 2017

Electronic Payroll Training - March 14, 2017



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# LA DOTD ON THE JOB TRAINING SURVEY

QUESTIONS: PLEASE WRITE IN ANSWER OR FILL IN CIRCLE AS APPROPRIATE.

We thank you in advance for completing the questionnaire. We ask that you please elaborate in the comment sections so we can further assist you.

When you have finished, please fax back to Mr. Kenyatta Sparks at 225-769-3596 or email to: [Kenyatta.Sparks@sjbgroup.com](mailto:Kenyatta.Sparks@sjbgroup.com). Thank you.

1. Has your company ever participated in the DOTD OJT Program?  Yes  No

2. If yes, was the program beneficial to your company?  Yes  No

Comments: \_\_\_\_\_  
\_\_\_\_\_

3. Would your company be interested in participating in the DOTD's OJT Program on Federally aided highway construction projects that support OJT Goals?  Yes  No

Comments: \_\_\_\_\_  
\_\_\_\_\_

4. What barriers would prevent your company from participating in the OJT Program?

Comments: \_\_\_\_\_  
\_\_\_\_\_

5. What suggestions would your company make to assist the DOTD in making the OJT Program more efficient and user friendly to achieve the OJT Program Goals?

Comments: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

6. Does your firm participate in any training and or apprentice programs?  Yes  No

7. If yes, your program might qualify and meet the federal standards required for the OJT Program. Is there someone in your office that we can contact to get more information on your program?

Comments: \_\_\_\_\_  
\_\_\_\_\_

In 2008, the Louisiana Department of Transportation and Development, LA Associated General Contractors, Louisiana Division Office, Federal Highway Administration and contractors partnered to create the On-The-Job Training program to be utilized on LADOTD's highway construction projects. The OJT Program was developed in conformity with FHWA requirements. The LADOTD seeks to achieve the goal to provide training to individuals, including minorities, women, disadvantaged individuals and protected veterans. Please note that there are now OJT goals on selected projects. If you have any questions, please call Ms. Stephanie Ducote, DOTD Compliance Programs Director or Mr. Gene McArdle, DOTD Labor/OJT Compliance Manager at 225-379-1382.

**Training  
Template.....**

**ASPHALT DISTRIBUTOR OPERATOR DOT NO. 853.665-010**

**Approximate training time: 26 Weeks or 1040 Hours**

***JOB DESCRIPTION***

Sets spray bar and operates valves and levers at rear of truck to control distribution of oil or bituminous liquid for highway surfacing. May oil, grease, or otherwise service and make necessary adjustments to equipment as needed. Performs other related duties.

***WAGE STRUCTURE***

Trainee will be paid the trainee wages specified in the construction contract. If no trainee wages are specified in the construction contract, minimum trainee wages will be as follows (but not less than the current minimum wage):

1. **The Beginning of the Training Period:** Sixty percent (60%) of the skilled wage rate specified in the contract of this classification.
2. **After Completion of One Half (½) of the Training Period:** Seventy-five percent (75%) of the skilled wage rate specified in the contract for this classification.
3. **After Completion of Three Fourths (¾) of the Training Period:** Ninety percent (90%) of the skilled wage rate specified in the contract for this classification.
4. **On Completion of the Training Period:** One hundred percent (100%) of the skilled wage rate specified in the contract for this classification.

***TRAINING BREAKDOWN***

I. Orientation and Observation	
A. Safety Procedures .....	5 Hours
B. Observation of Machine in Operation .....	35 Hours
C. Starting and Manipulating Valves and Levers to Distribute Material and Move Equipment .....	30 Hours
II. Care and Maintenance	
A. Safety Procedures .....	5 Hours
B. Routine Fueling, Lubricating and Servicing.....	35 Hours
III. Actual Operation of Equipment	
A. Safe Operating Procedures.....	5 Hours
B. Regulates Valves and Levers to Distribute Oil or Bituminous Liquid for Highway Surfacing .....	120 Hours
C. Operation of Equipment.....	805 Hours
<b>Total .....</b>	<b>1,040 Hours</b>

# WINTER WEATHER...

Winter weather creates a variety of hazards that can significantly impact everyday tasks and work activities. These hazards include slippery roads/surfaces, strong winds and environmental cold.

Learning how to prepare for work during the winter, protect workers from the cold and other hazards that can cause illnesses, injuries, or fatalities, is essential to maintaining a safe work environment and completing tasks successfully.

## Who is affected by environmental cold?

Environmental cold can affect any worker exposed to cold air temperatures and puts workers at risk of cold stress. As wind speed increases, it causes the cold air temperature to feel even colder, increasing the risk of cold stress to exposed workers, especially those working outdoors, such as recreational workers, snow cleanup crews, construction workers, police officers and firefighters. Other workers who may be affected by exposure to environmental cold conditions include those in transit, baggage handlers, water transportation, landscaping services, and support activities for oil and gas operations.

Risk factors for cold stress include:

Wetness/dampness, dressing improperly, and exhaustion

Predisposing health conditions such as hypertension, hypothyroidism, and diabetes

Poor physical conditioning

## What is cold stress?

What constitutes cold stress and its effects can vary across different areas of the country. In regions that are not used to winter weather, near freezing temperatures are considered factors for "cold stress." Increased wind speed also causes heat to leave the body more rapidly (wind chill effect). Wetness or dampness, even from body sweat, also facilitates heat loss from the body. Cold stress occurs by driving down the skin temperature, and eventually the internal body temperature. When the body is unable to warm itself, serious cold-related illnesses and injuries may occur, and permanent tissue damage and death may result. Types of cold stress include: trench foot, frostbite, and hypothermia.

For more information, see OSHA's [Cold Stress Safety and Health Guide](#).

## How can cold stress be prevented?

Although OSHA does not have a specific standard that covers working in cold environments, under the [Occupational Safety and Health Act \(OSH Act\) of 1970](#), employers have a duty to protect workers from recognized hazards, including cold stress hazards, that are causing or likely to cause death or serious physical harm in the workplace.

Employers should train workers. Training should include:

How to recognize the environmental and workplace conditions that can lead to cold stress.

The symptoms of cold stress, how to prevent cold stress, and what to do to help those who are affected.

How to select proper clothing for cold, wet, and windy conditions.

Employers should:

Monitor workers physical condition.



## Winter Weather...

- Schedule frequent short breaks in warm dry areas, to allow the body to warm up.
- Schedule work during the warmest part of the day.
- Use the buddy system (work in pairs).
- Provide warm, sweet beverages. Avoid drinks with alcohol.
- Provide engineering controls such as radiant heaters.

### **Types of Cold Stress**

#### ***Immersion/Trench Foot***

Trench foot is a non-freezing injury of the feet caused by prolonged exposure to wet and cold conditions. It can occur in temperatures as high as 60°F if feet are constantly wet. Injury occurs because wet feet lose heat 25-times faster than dry feet.

*What are the symptoms of trench foot?*

Reddening skin, tingling, pain, swelling, leg cramps, numbness, and blisters.

#### ***First Aid***

Call 911 immediately in an emergency; otherwise seek medical assistance as soon as possible.

Remove wet shoes/boots and wet socks.

Dry the feet and avoid working on them.

Keep affected feet elevated and avoid walking. Get medical attention.

#### ***Frostbite***

Frostbite is caused by the freezing of the skin and tissues. Frostbite can cause permanent damage to the body, and in severe cases can lead to amputation. The risk of frostbite is increased in people with reduced blood circulation and among people who are not dressed properly for extremely cold temperatures.

*What are the symptoms of frostbite?*

Reddened skin develops gray/white patches in the fingers, toes, nose, or ear lobes; tingling, aching, a loss of feeling, firm/hard, and blisters may occur in the affected areas.

#### ***First Aid***

Follow the recommendations described below for hypothermia.

Protect the frostbitten area, e.g., by wrapping loosely in a dry cloth and protect the area from contact until medical help arrives.

DO NOT rub the affected area, because rubbing causes damage to the skin and tissue.

Do not apply snow or water. Do not break blisters.

DO NOT try to re-warm the frostbitten area before getting medical help, for example, do not use heating pads or place in warm water. If a frostbitten area is rewarmed and gets frozen again, more tissue damage will occur.

It is safer for the frostbitten area to be rewarmed by medical professionals.

Give warm sweetened drinks if alert (no alcohol).

#### ***Hypothermia***

Hypothermia occurs when the normal body temperature (98.6°F) drops to less than 95°F. Exposure to cold temperatures causes the body to lose heat faster than it can be produced. Prolonged exposure to cold will eventually



## Winter Weather...

use up the body's stored energy. The result is hypothermia, or abnormally low body temperature. Hypothermia is most likely at very cold temperatures, but it can occur even at cool temperatures (above 40°F) if a person becomes chilled from rain, sweat, or immersion in cold water.

### *What are the symptoms of hypothermia?*

An important mild symptom of hypothermia is uncontrollable shivering, which should not be ignored. Although shivering indicates that the body is losing heat, it also helps the body to rewarm itself. Moderate to severe symptoms of hypothermia are loss of coordination, confusion, slurred speech, heart rate/breathing slow, unconsciousness and possibly death. Body temperature that is too low affects the brain, making the victim unable to think clearly or move well. This makes hypothermia particularly dangerous because a person may not know what is happening and won't be able to do anything about it.

### *First Aid*

Call 911 immediately in an emergency:

Move the worker to a warm, dry area.

Remove any wet clothing and replace with dry clothing. Wrap the entire body (including the head and neck) in layers of blankets; and with a vapor barrier (e.g. tarp, garbage bag) do not cover the face.

If medical help is more than 30 minutes away:

Give warm sweetened drinks if alert (no alcohol), to help increase the body temperature. Never try to give a drink to an unconscious person.

Place warm bottles or hot packs in armpits, sides of chest, and groin. Call 911 for additional rewarming instructions.

### *Basic Life Support (when necessary)*

Co-workers trained in cardiopulmonary resuscitation (CPR) may help a person suffering from hypothermia that has no pulse or is not breathing:

Call 911 for emergency medical assistance immediately.

Treat the worker as per instructions for hypothermia, but be very careful and do not try to give an unconscious person fluids.

Check him/her for signs of breathing and for a pulse. Check for 60 seconds.

If after 60 seconds the affected worker is not breathing and does not have a pulse, trained workers may start rescue breaths for 3 minutes.

Recheck for breathing and pulse, check for 60 seconds.

If the worker is still not breathing and has no pulse, continue rescue breathing.

Only start chest compressions per the direction of the 911 operator or emergency medical services\*

Reassess patient's physical status periodically.

\*Chest compression are recommended only if the patient will not receive medical care within 3 hours.



This article was taken from the OSHA website. For more information on this topic, visit [www.osha.gov](http://www.osha.gov). Please share this information with your employees.

## ***THIRTY-FOUR STATES ADD CONSTRUCTION JOBS BETWEEN NOVEMBER 2015 & 2016 AMID GROWING DEMAND FOR RESIDENTIAL AND PUBLIC PROJECTS***

*California and Nevada Add Most Jobs for the Year, New York and Kansas Have Largest Declines; California and Montana Top Monthly Growth List, Arizona and Delaware Have Biggest Decreases*

Thirty-four states added construction jobs between November 2015 and November 2016 while construction employment increased in 29 states and the District of Columbia during the past month, according to an analysis of Labor Department data released today by the Associated General Contractors of America. Association officials said even as firms in many starts are adding jobs amid growing residential and public sector construction investments, the number of states adding construction jobs for the year has declined compared to a year ago.

“Most of the construction employment gains are coming as firms in many states work to keep pace with growing demand,” said Ken Simonson, chief economist for the association. “In other states, however, construction employment is being held back by either a lack of work where demand is weak or a lack of workers where demand exceeds the pool of qualified workers”

California added the most construction jobs (35,100 jobs, 4.7 percent) during the past year. Other states adding a high number of new construction jobs for the past 12 months include Florida (23,200 jobs, 5.3 percent), Washington (16,500 jobs, 9.4 percent) and Colorado (12,800 jobs, 8.3 percent). Nevada (11.7 percent, 8,400 jobs) added the highest percentage of new construction jobs during the past year, followed by Iowa (10.2 percent, 8,300 jobs), Washington and Oregon (8.4 percent, 7,000 jobs).

Fourteen states shed construction jobs between November 2015 and November 2016 while construction employment was unchanged for the year in D.C. and two states. New York lost the highest number of construction jobs (-6,400 jobs, -1.7 percent), followed by Kansas (-3,600 jobs, -5.9 percent), Alabama (-3,600 jobs, -4.4 percent), Connecticut (-2,200 jobs, -3.8 percent) and Kentucky (-2,200 jobs, -2.9 percent).

California added the most construction jobs between October and November (3,900 jobs, 0.5 percent). Other states adding a high number of construction jobs for the month include Ohio (3,600 jobs, 1.7 percent), Minnesota (3,400 jobs, 2.9 percent) and Missouri (3,000 jobs, 2.5 percent). Montana (8.5 percent, 2,100 jobs) added the highest percentage of construction jobs during the past month, followed by West Virginia (5.2 percent, 1,600 jobs), Maine (4.5 percent, 1,100 jobs), Alaska (4.3 percent, 700 jobs) and Minnesota.

Construction employment declined in 21 states during the past month. Arizona shed more construction jobs than any other state (-3,700 jobs, -2.7 percent), followed by New York (-2,400 jobs, -0.7 percent), Illinois (-2,300 jobs, -1.1 percent) and Connecticut (-1,800 jobs, -3.1 percent). Connecticut lost the highest percentage of construction jobs between October and November, followed by Arizona, Vermont (-1.9 percent, -300 jobs), Alabama (-1.3 percent, -1,000 jobs), Oklahoma (-1.2 percent, -1,000 jobs) and Indiana (-1.2 percent, -1,600 jobs).

Association officials said construction employment will benefit if the incoming administration and Congress make infrastructure projects a top priority early next year. They added that many other parts of the economy stand to benefit from increased investments in civil works projects that will lower shipping costs, increase business productivity and lower costs of many goods for consumers. Any delays in enacting new infrastructure investments could undermine broader economic growth, they cautioned.

“It is not just construction firms that stand to benefit from new the President-elect’s promise to rebuild roads, bridges and other public works,” Stephen E. Sandherr, chief executive officer for the association, said. “These new investments will make our entire economy more competitive, prosperous and successful.”



# Letting of 1/11/2017 LA DOTD Headquarters

**Proposal: H.001006.6 LA 21: LA 41 - LA 16**

DBE Goal: 7%

**OJT Goal: 3 Trainees**

Specbook: 2006

ASPHALT PILOT PROJECT This project has been selected as an Asphalt Pilot Project. Special provisions governing asphalt requirements can be found in the construction proposal section titled 2015 ASPHALT PILOT SPECIAL PROVISION.

Description of work: drainage structures, milling asphalt pavement, pavement patching, in-place cement stabilized base course, asphalt concrete pavement, and related work.

Parish(es): St. Tammany

Route(s): LA 21

Federal Number: H001006

Estimated Construction Cost: \$2,500,000 to \$5,000,000

Construction Proposal Documents

**Proposal: H.002281.6-R1 LA 66: BIG BAY-OU SARA BRIDGE REHAB**

DBE Goal: 6%

**OJT Goal: 1 Trainees**

Specbook: 2006

Description of work: clearing and grubbing, grading, cold planing asphaltic concrete, class ii base course, superpave asphaltic concrete overlay, temporary detour bridging (LA DOTD supplied), structural metalwork, bridge repairs, and related work.

Parish(es): West Feliciana

Route(s): LA 66

Federal Number: H002281

Estimated Construction Cost: \$2,500,000 to \$5,000,000

Construction Proposal Documents

**Proposal: H.003014.6-R1 I-10: LA 347 TO ATCHAFALAYA FLOODWAY BRIDGE**

DBE Goal: 7%

**OJT Goal: 10 Trainees**

Specbook: 2016

Description of work: clearing & grubbing, grading, partial removal of bridges, temporary detour roads, drainage structures, subgrade layer, class ii base courses, portland cement concrete pavement (colored), precast concrete girder & steel plate girder bridges (widening), drilled shaft foundations, precast concrete piles, precast-prestressed concrete girders, concrete roadway barrier (double face), signage, lighting, and related work. alternate aa 1: portland cement concrete pavement; alternate aa 2: asphalt concrete pavement.

Parish(es): St. Martin

Route(s): I-10; LA 347

Federal Number: H003014

Estimated Construction Cost: \$30,000,000 to \$50,000,000

Construction Proposal Documents

Construction Proposal Documents





# Letting of 1/11/2017 LA DOTD Headquarters

**Proposal: H.011563.6 LA 108: I-10 - LA 27**

DBE Goal: 4%

**OJT Goal: 1 Trainees**

Specbook: 2006

Description of work: excavation and embankment, drainage structures, cold planing asphaltic concrete, pavement patching, in-place cement stabilized base course, pavement widening, superpave asphaltic concrete overlay, and related work.

Parish(es): Calcasieu

Route(s): La 108

Federal Number: H011563

Estimated Construction Cost: \$7,500,000 to \$10,000,000

Construction Proposal Documents

**Proposal: H.012150.6 LA 604: S. JCT. LA 605 - N. JCT. LA 605**

DBE Goal: 5%

**OJT Goal: 1 Trainees**

Specbook: 2016

Description of work: clearing and grubbing, drainage structures, milling asphalt pavement, pavement patching, asphalt surface treatment, asphalt concrete overlay, and related work.

Parish(es): Tensas

Route(s): LA 604

Federal Number: H012150

Estimated Construction Cost: \$1,000,000 to \$2,500,000

Construction Proposal Documents

**Proposal: H.012411.6 LA 1054 AT BIG CREEK BRIDGE REPLACEMENT**

DBE Goal: 11%

**OJT Goal: 1 Trainees**

Specbook: 2006

ASPHALT PILOT PROJECT This project has been selected as an Asphalt Pilot Project. Special provisions governing asphalt requirements can be found in the construction proposal section titled 2015 ASPHALT PILOT SPECIAL PROVISION.

FEMA PROJECT

Description of work: grading, class ii base course, asphalt concrete pavement, precast concrete piles, concrete slab span bridge, and related work.

Parish(es): Tangipahoa

Route(s): LA 1054

Federal Number: H012411

Estimated Construction Cost: \$1,000,000 to \$2,500,000

Construction Proposal Documents

# What can SJB Group do for You?

SJB Group, LLC can provide **free assistance** to Prime Contractors in the following areas:

**By acting as a liaison** between the Prime Contractor and LADOTD for project information, and in problems occurring on the jobsite.

**By informing** of upcoming LADOT lettings, and project information for other agencies throughout the state.

**By assisting** you in developing an approved OJT Program.

**By assisting** you in the enrollment and recordkeeping of your participants.



## Contact Us

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