NDLTAP Update

NDACE County Road Conference
January 2020

Denise Brown
Training Coordinator
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
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**

- **Total roadway miles**: 1,200
- **Miles of gravel**: 123
- **Miles of pavement**: 142
- **Bridges/box culverts**: 162
- **Gravel trucks**: 4
- **Motor graders**: 6
- **Snow plow trucks**: 4
- **Cone crusher**: 1

**County Highway Employees:**
- **Road crew**: 5
- **Foremen (dirt, culvert, crusher)**: 3
- **Blade operators**: 4
- **Assistant superintendent/blade operator**: 1
- **Office administrator**: 1
- **Superintendent/engineer**: 1
- **Summer seasonal**: 8

*Photo credit: 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

Basic Training
- $500.00/day per county (subject to change)
- 2.5 hours classroom training
- 4 hours field training
- Classroom training is limited to 10 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

[Map of North Dakota with dates and locations marked]
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
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 Talks
  - Traffic Control Requirements for NDDOT Operations on Highways and Streets *(PDF, 21381K)*
  - Tractor Mower Safety *(PDF, 1195K)*
  - Rumble Strip Training – PSS RoadQuake
  - 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

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

When Your Body Gets Hot

- 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.
Thank You
Any Questions?

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