

# KWORDS *from* KWORCC

## Road Work Ahead!

Road and Bridge departments are gearing up for a busy season of road repair and new construction. Keeping your crews safe should always be a top priority! For a complete list of suggested county rules and safety precautions, please see your 2008 KWORCC Loss Prevention Manual. Here are some highlights:

First, make sure your workers are wearing the appropriate visibility gear. The Kansas standard - ANSI/ISEA 107-2004 — establishes a set of performance criteria for high-visibility apparel. The standard defines three garment categories, which are based on worker hazards and tasks, complexity of the work environment and vehicular traffic and speed. Class 1 garments should not be used by any county department, so they will not be discussed further.

For daytime activity flaggers must wear safety apparel meeting the requirements of ISEA's "American National Standard for High Visibility Apparel" and labeled as meeting the ANSI standard for Class 2 risk exposure. The apparel background material color should be either orange, yellow, white, silver, yellow-green or a fluorescent version of these colors and shall be visible a minimum of 300m (1000 feet). The retro-reflectivity safety apparel shall be designed to clearly identify the wearer as a person.

**Class 2 garments** cover workers who perform tasks that divert their attention from approaching traffic, or that put them in close proximity to passing vehicles traveling at 25 miles per hour or higher. Examples of workers who use Class 2 apparel include:

- \* Roadway construction, utility and railway workers;
- \* Survey crews;
- \* Emergency response and law enforcement personnel;
- \* Trash collection and recycling operations;
- \* Accident site investigators;

**Class 3 garments** provide the highest level of visibility and are intended for workers who face serious hazards and often have high task loads that require full attention to their work. Class 3 garments should be used for all nighttime activities. Garments for these workers should provide enhanced visibility and include the arms and legs. Examples of workers who use Class 3 apparel include:

- \* Roadway construction personnel and flaggers;
- \* Utility workers;
- \* Survey crews;
- \* Emergency response personnel.

Next, make sure you follow proper signage techniques: The type, size and placement of warning signs should be in accordance with the MUTCD and LVR.

1. Warning signs should be placed on the right curb of the roadway. On divided roads, a parallel sign should be placed on the median.
2. On city streets, signs must be at least seven feet above and two feet from the edge of the right side curb.

3. On rural roads, warning signs should be at least one foot above and one foot from the edge of the roadway.
4. Cover warning signs until work begins and remove them from view when work is completed.
5. Signs and safety vests should be reflective so night drivers may be able to view them clearly.
6. Temporary signs in the work area should not block or contradict visible permanent signs.
7. Cover permanent signs.

### Flagger Certification Training

KDOT requires that all construction zone workers who act as flaggers attend a flagger training class and pass a test in order to be certified. Flaggers are to carry their certification cards with them while flagging. KWORCC offers a flagger certification course which meets all of KDOT's requirements. **If you have not already had all of your flaggers certified this year**, call today and schedule a class with Carl Eyman: 877-357-1069

Flaggers serve an important function in construction zones. They are responsible for the safety of themselves, other construction workers and the public. In 2010, in Kansas, more than 500 people were injured in work zone accidents and seven were killed. The National Safety Council reported there were 1,010 people killed in work zone accidents in 2006. Of these, 866 were motor vehicle occupants and 144 were construction workers or other pedestrians. There were also 37,688 people injured in work zone accidents in 2006. Of these 36,688 were motor vehicle occupants and 933 were construction workers or other pedestrians. The flagger is there to ensure everyone's safety. If the flagger is not safe then no one in the work zone is safe, which is why certification is so important.



(continued on page 2)



700 SW Jackson • Suite 200  
Topeka, Kansas 66603  
Toll Free 1-877-357-1069  
[www.kworcc.com](http://www.kworcc.com)

### CLAIMS REPORTING

For assistance with on-the-job injuries, contact IMA at 1-800-333-8913. Questions on claims should be directed to Susan May. All correspondence, bills or other documentation for your claims can be mailed to Susan's attention at: PO Box 2992, Wichita, Kansas 67226.

### TRUSTEES

- **Doyle "Hooley" Alcorn**, President  
Jewell County Commissioner  
307 N Commercial  
Mankato, Kansas 66956  
(785) 378-3055
- **Linda Buttron**, Vice-President  
Jefferson County Clerk  
300 Jefferson, PO Box 321  
Oskaloosa, Kansas 66066  
(785) 863-2272
- **Bonnie Swartz**, Secretary  
Gray County Clerk  
PO Box 487  
Cimarron, Kansas 67835  
(620) 855-3618
- **Michelle Garrett**, Controller  
Morris County Clerk  
501 W Main  
Council Grove, Kansas 66846  
(620) 767-5518
- **Dr. Steve Garten**  
Barber County Commissioner  
120 E Washington  
Medicine Lodge, Kansas 67104  
(620) 886-3961
- **Ralph D. Unger**  
Decatur County Commissioner  
PO Box 28  
Oberlin, Kansas 67749  
(785) 475-8101
- **Jim Wise**  
Miami County Commissioner  
201 S Pearl Street  
Paola, Kansas 66071  
(913) 294-3976

## Construction zone safety depends on you

Summertime is the prime time for completing road construction and improvement projects. In addition to finishing the work on time and within budget, it is always a challenge to balance the need to keep roads open for motorists with the need to provide a safe work zone for the crews. Road construction has become increasingly dangerous work due to impatient, distracted and unsafe drivers who disregard warning signs and flaggers.

Kansas law provides at KSA 8-1531: "The driver of a vehicle shall yield the right-of-way to any authorized vehicle or pedestrian actually engaged in work upon a highway within any road construction zone...." Further, at 8-1531a the law states: "It shall be unlawful for any person to fail, neglect or refuse to comply with restriction or traffic regulations in a road construction zone or fail to comply with traffic orders or traffic directions by a flagman in a road construction zone...." Ignoring directions from flaggers or speeding through work zones is illegal, dangerous and counterproductive. Traffic fines are doubled in work zones and cannot be reduced, suspended or waived.

Reckless motorists also slow down traffic for everyone else. When one driver ignores a flagger's direction to stop, it triggers a chain reaction. The flagger must protect the safety of the workers in the zone by either yelling or calling ahead. Traffic must be stopped until the unsafe conditions are corrected, resulting in longer waits for other drivers. Further, the unsafe driver could possibly be injured by moving machinery or injure a member of the construction crew. If a worker or motorist is injured, the road could be closed for an extended period to deal with medical emergency.

Motorists should also use caution when there are no flaggers present if it is obvious they are in a construction zone. Obey the posted speed limit and do not cross into oncoming traffic to get around crews or equipment.

Here are some other common-sense tips for traveling through work zones:

- Slow down, pay attention and stay calm. The crews aren't there to personally inconvenience you. They are there to improve the roads for everyone;
- Merge to avoid a lane closure as soon as possible. Motorists can help maintain traffic flow and posted speeds by moving to the appropriate lane at first notice of an approaching work zone;
- Try an alternate route;
- Expect delays and plan for them by leaving early to reach your destination on time, and
- Some work zones - such as those involving road striping, patching or shoulder mowing - have moving equipment and mobile crews. Just because you don't see the workers immediately after you see the warning signs doesn't mean they are not out there. Observe the posted signs until you see the one that says, "END ROAD WORK."

## Heat ~ A Deadly Situation

Heat is the number one weather-related killer in the United States. The National Weather Service statistical data shows that heat causes more fatalities per year than floods, lightning, tornadoes and hurricanes combined. Based on the 10-year average from 2000 to 2009, excessive heat claims an average of 162 lives a year. By contrast, hurricanes killed 117; floods 65; tornadoes, 62; and lightning, 48.

In August 2003, a record heat wave in Europe claimed an estimated 50,000 lives. North American summers are hot; most summers see heat waves in one or more parts of the United States. East of the Rockies, they tend to combine both high temperature and high humidity, although some of the worst heat waves have been catastrophically dry.

### NOAA's Watch, Warning and Advisory for Extreme Heat

Each National Weather Service (NWS) Weather Forecast Office (WFO) can issue the following heat-related products as conditions warrant:

**Excessive Heat Outlook:** are issued when the potential exists for an excessive heat event in the next 3-7 days. An Outlook provides information to those who need considerable lead time to prepare for the event, such as public utilities, emergency management and public health officials

**Excessive Heat Watch:** is issued when conditions are favorable for an excessive heat event in the next 12 to 48 hours. A Watch is used when the risk of a heat wave has increased, but its occurrence and timing is still uncertain. A Watch provides enough lead time so those who need to prepare can do so, such as cities who have excessive heat event mitigation plans.

*(continued on page 3)*

**Excessive Heat Warning/Advisory** are issued when an excessive heat event is expected in the next 36 hours. These products are issued when an excessive heat event is occurring, is imminent, or has a very high probability of occurring. The warning is used for conditions posing a threat to life or property. An advisory is for less serious conditions that cause significant discomfort or inconvenience and, if caution is not taken, could lead to a threat to life and/or property.

NOAA's heat alert procedures are based mainly on Heat Index Values. The Heat Index, sometimes referred to as the apparent temperature and given in degrees Fahrenheit, is a measure of how hot it really feels when relative humidity is factored with the actual air temperature.

To find the heat index, look at the Heat Index Chart. As an example, if the air temperature is 96°F (found on the top of the table) and the relative humidity is 65% (found on the left of the table), the heat index—how hot it feels—is 121°F. The National Weather Service will initiate alert procedures when the Heat Index is expected to exceed 105°- 110°F (depending on local climate) for at least 2 consecutive days.

**IMPORTANT:** Since heat index values were devised for shady, light wind conditions, **exposure to full sunshine can increase heat index values by up to 15°f.** Also, **strong winds**, particularly with very hot, dry air, can be extremely hazardous.

The Heat Index Chart shaded zone above 105°F shows a level that may cause increasingly severe heat disorders with continued exposure and/or physical activity.

### The Hazards of Excessive Heat

Heat disorders generally have to do with a reduction or collapse of the body's ability to shed heat by circulatory changes and sweating or a chemical (salt) imbalance caused by too much sweating. When the body heats too quickly to cool itself safely, or when you lose much fluid or salt through dehydration or sweating, your body temperature rises and heat-related illness may develop. Heat disorders share one common feature: the individual has been in the heat too long is exercised too much for his or her age and physical condition.

Studies indicate that, other things being equal, the severity of heat disorders tend to increase with age. Conditions that cause heat cramps in a 17-year-old may result in heat exhaustion in someone 40, and heat stroke in a person over 60.

#### NOAA's National Weather Service

Heat Index  
Temperature (°F)

|     | 80 | 82 | 84  | 86  | 88  | 90  | 92  | 94  | 96  | 98  | 100 | 102 | 104 | 106 | 108 | 110 |
|-----|----|----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|
| 40  | 80 | 81 | 83  | 85  | 88  | 91  | 94  | 97  | 101 | 105 | 109 | 114 | 119 | 124 | 130 | 136 |
| 45  | 80 | 82 | 84  | 87  | 89  | 93  | 96  | 100 | 104 | 109 | 114 | 119 | 124 | 130 | 137 |     |
| 50  | 81 | 83 | 85  | 88  | 91  | 95  | 99  | 103 | 108 | 113 | 118 | 124 | 131 | 137 |     |     |
| 55  | 81 | 84 | 86  | 89  | 93  | 97  | 101 | 106 | 112 | 117 | 124 | 130 | 137 |     |     |     |
| 60  | 82 | 84 | 88  | 91  | 95  | 100 | 105 | 110 | 116 | 123 | 129 | 137 |     |     |     |     |
| 65  | 82 | 85 | 89  | 93  | 98  | 103 | 108 | 114 | 121 | 126 | 130 |     |     |     |     |     |
| 70  | 83 | 86 | 90  | 95  | 100 | 105 | 112 | 119 | 126 | 134 |     |     |     |     |     |     |
| 75  | 84 | 88 | 92  | 97  | 103 | 109 | 116 | 124 | 132 |     |     |     |     |     |     |     |
| 80  | 84 | 89 | 94  | 100 | 106 | 113 | 121 | 129 |     |     |     |     |     |     |     |     |
| 85  | 85 | 90 | 96  | 102 | 110 | 117 | 126 | 135 |     |     |     |     |     |     |     |     |
| 90  | 86 | 91 | 98  | 105 | 113 | 122 | 131 |     |     |     |     |     |     |     |     |     |
| 95  | 86 | 93 | 100 | 108 | 117 | 127 |     |     |     |     |     |     |     |     |     |     |
| 100 | 87 | 95 | 103 | 112 | 121 | 132 |     |     |     |     |     |     |     |     |     |     |

Likelihood of Heat Disorders with Prolonged Exposure or Strenuous Activity

Caution    Extreme Caution    Danger    Extreme Danger

### Record Highs in Kansas

| City       | Temperature   | Date      |
|------------|---------------|-----------|
| Concordia  | 116 Degrees F | 8/12/1936 |
| Topeka     | 114 Degrees F | 7/24/1936 |
| Wichita    | 114 Degrees F | 8/12/1936 |
| Salina     | 113 Degrees F | 7/14/1954 |
| Dodge City | 110 Degrees F | 6/29/1998 |
| Goodland   | 111 Degrees F | 7/25/1940 |

The hottest temperature ever recorded in Kansas was 121 degrees F in Alton, KS on 7/24/1936

Sunburn, with its ultraviolet radiation burns, can significantly retard the skin's ability to shed excess heat.

### Adult Heat Wave Safety Tips

**Slow down.** Reduce, eliminate or reschedule strenuous activities until the coolest time of the day. Children, seniors and anyone with health problems should stay in the coolest available place, not necessarily indoors. Infants under 6 months should never be exposed to direct sunlight.

**Dress for summer.** Wear lightweight, light-colored clothing to reflect heat and sunlight.

**Put less fuel on your inner fires.** Foods like meat and other proteins that increase metabolic heat production also increase water loss.

**Drink plenty of water or other non-alcohol or decaffeinated fluids.** Your body needs water to keep cool. Drink plenty of fluids even if you don't feel thirsty. Persons who have epilepsy or heart, kidney, or liver disease, are on fluid restrictive diets or have a problem with fluid retention should consult a physician before increasing their consumption of fluids. Do not drink alcoholic beverages and limit caffeinated beverages.

**During excess heat period, spend more time in air-conditioned places.** Air conditioning in homes and other buildings markedly reduces danger from the heat. If you cannot afford an air conditioner, go to a library, store or other location with air conditioning for part of the day.

**Don't get too much sun.** Sunburn reduces your body's ability to dissipate heat.

**Do not take salt tablets unless specified by a physician.**



(continued on page 4)

## Heat Disorder Symptoms

**SUNBURN:** Redness and pain. In severe cases swelling of skin, blisters, fever, headaches. **First Aid:** Ointments for mild cases if blisters appear and do not break. If breaking occurs, apply dry sterile dressing. Serious, extensive cases should be seen by physician.

**HEAT CRAMPS:** Painful spasms usually in the muscles of legs and abdomen. Heavy sweating. **First Aid:** Firm pressure on cramping muscles or gentle massage to relieve spasm. Give sips of water. If nausea occurs, discontinue water.

**HEAT EXHAUSTION:** Heavy sweating, weakness, skin cold, pale and clammy. Pulse thready. Normal temperature possible. Fainting and vomiting. **First Aid:** Get victim out of sun. Once inside, the person should lay down and loosen clothing. Apply cool, wet cloths. Fan or move victim to air conditioned room. Offer sips of water. If nausea occurs, discontinue water. If vomiting continues, seek immediate medical attention.

**HEAT STROKE** (or sunstroke): High body temperature (106° F or higher). Hot dry skin. Rapid and strong pulse. Possible unconsciousness. **First Aid:** *Heat stroke is a severe medical emergency. Summon emergency medical assistance or get the victim to a hospital immediately. DELAY CAN BE FATAL.* Use extreme caution. While waiting for emergency assistance, move the victim to a cooler environment Reduce body temperature with cold bath or sponging. Remove clothing, use fans and air conditioners. If temperature rises again, repeat process. Do not give fluids. Persons on salt restrictive diets should consult a physician before increasing their salt intake.

## 2011 Board Meeting Dates

- ✓ January 20<sup>th</sup>
- ✓ February 17<sup>th</sup>
- ✓ March 17<sup>th</sup>
- ✓ April 28<sup>th</sup>
- ✓ May 19<sup>th</sup>
- June 16<sup>th</sup>
- July 21<sup>st</sup>
- August 18<sup>th</sup>
- September 22<sup>nd</sup>
- October 27<sup>th</sup>
- November 14<sup>th</sup> — Annual Meeting
- December 15<sup>th</sup>