

# 2024 Stand-Down to Prevent Struck-by Incidents Webinar: *Developing and Enforcing Internal Traffic Control Plans*

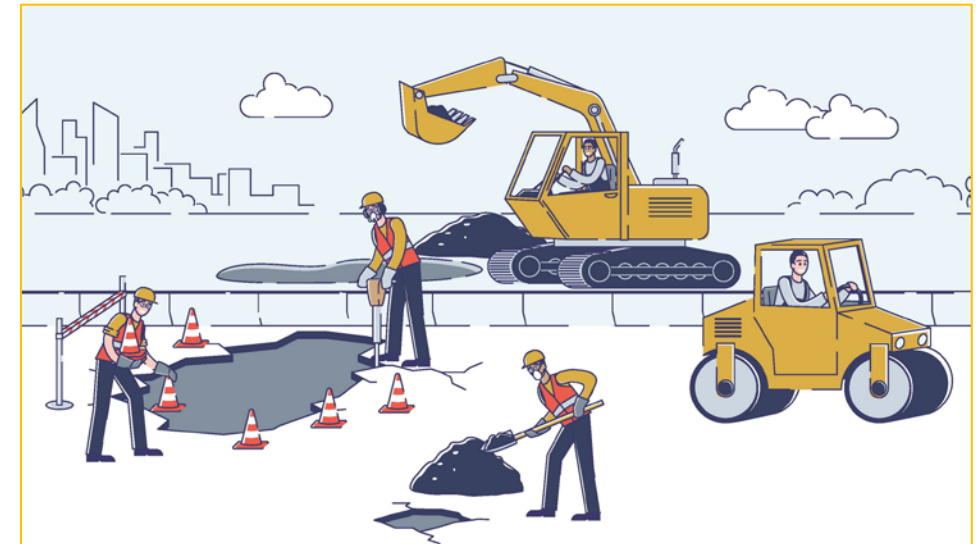
*Hosted by CPWR & the NORA Construction Sector Council Struck-by Work Group*

**Welcome:** Bradley M. Sant, JD, CSP, ASP, Senior Vice President of Safety and Education, ARTBA

**Moderator:** David Fosbroke, Research Statistician, Division of Safety Research, NIOSH

**Panelists:**

- **Mandy Kustra**, Safety Director, Ajax Paving
- **Olja Correa, MBA**, Compliance Assistance Specialist, Tampa Area Office, OSHA
- **Phillip Russell**, Board Certified OSHA Attorney for Contractors, Ogletree Deakins
- **Travis Parsons**, Director of Occupational Safety & Health, Laborers' Health & Safety Fund of North America



**APRIL 15-19, 2024**  
**NATIONAL STAND-DOWN**  
TO PREVENT STRUCK-BY INCIDENTS



**STOP. TALK. ACT.**



FOR MORE INFORMATION VISIT:  
[HTTP://CPWR.COM/STRUCK-BY-HAZARDS](http://cpwr.com/struck-by-hazards)





# ITCP Journey

- Started in 2015 after hearing about it at a conference
- Initially- communicated verbally during daily huddle and any subcontractors present
- Map/ generalized not job specific from ARTBA guide
- Only doing ITCP on very large jobs
- This all changed on March 31, 2016

# Ideas on Getting Your ITCP Started

- **Management Involvement**
- **Safety supported but operations owned**
- Start an ITCP Committee
- Develop the Foundation
- Define Responsibilities
- Meet with your Subcontractors & Inspection Team
- Where are the ITCP going to be stored? Box, cloud (not laptop) etc

# *Ajax Paving Industries of Florida, LLC*

## *Internal Traffic Control Plan*



# **FIELD GUIDE**





American Road & Transportation Builders Association



INTERNAL TRAFFIC CONTROL PLANNING FOR WORK ZONE SAFETY



**AVOIDING  
RUNOVERS/  
BACKOVERS  
IN WORK ZONES**

**Student  
Workbook**



# Guidance

## Developing Internal Traffic Control Plans (ITCPs) for Work Zones

March 2016

**Work Zone Safety  
Consortium**

This material is based  
upon work supported by the  
Federal Highway Administration  
Grant Agreement DTFH61-II-H-00029



## Daily ITCP Tasks

1. **Superintendent** - Daily ITCP submitted day prior to work shift
  - a. Created by Superintendent in BlueBeam that includes job specific details and minimum requirements
    - i. Job number, name, date and Superintendent name/number
    - ii. Direction of moving operations
    - iii. Crews onsite (Ajax and subs)
    - iv. Job specific areas (for example):
      1. Staging / parking
      2. cleanout areas
      3. port-a-potty location
  - b. Submit your ITCP "jobwide" via email to: job foremen, truck foremen, subs, safety dept., inspection staff, job PM
  
2. **Foreman** - Pre-shift checklist briefed to all Ajax employees daily at the start of work shift
  - a. Whiteboard information
  - b. daily ITCP map from Super
  - c. major hazards of shift – restricted areas, what's different today
  - d. who needs a spotter
  - e. other crews onsite
  - f. if you see something going wrong, stop it and fix it
  - g. clear zones to park equipment at end of shift
  - h. end of shifts tasks – TPR operator care, work zone cleanup, etc.

- **Be in the right place**

- Crew
  - Stay within of your assigned operations (night work, stay within lighted area).
  - Utilize spotter when required (see below)
- Quality Control
  - Stay within 100 ft. of your QC truck or within lighted work area
  - Utilize spotter when required (see below)
- Supervision
  - Stay near lighted area when on foot
  - Utilize spotter when required (see below)
- Verification Technician
  - Must adhere to the crew and Quality Control requirements
  - Utilize spotter when required (see below)
  - Check in with supervisor for any special instruction

- **Spotter system**

- A spotter is required when working away from your crew on a task that prevents your full attention to internal or external traffic. Spotter will have a flashlight or traffic wands to warn others in work zone of their location.
  - Marking or string lining
  - Cutting cores
  - Checking slopes
  - On foot doing tasks away from your crew during night time operations

- **Truck / Vehicle traffic in the Work Zone**

- Speed Limit
  - 10 mph with in work zone, no exceptions
- Personal vehicles
  - Vehicles not used for construction must be parked in designate parking areas and workers transported to assigned area via company vehicle
- Deliveries
  - All deliveries must be coordinated with on-site supervisor.

- **Report unsafe conditions immediately**

- Remember to report any and all unsafe practices and conditions to the on-site supervisor
- Consider using a Crash truck / off duty officer t when posted speed limit is greater than 45 mph

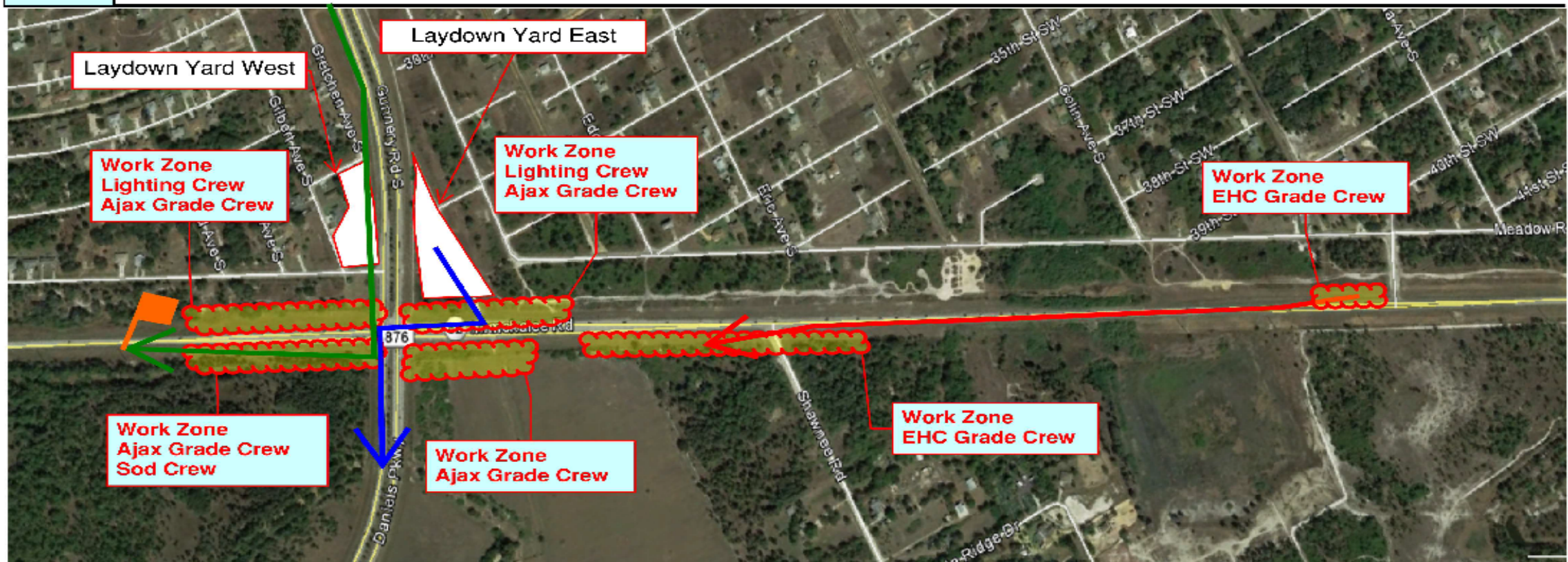


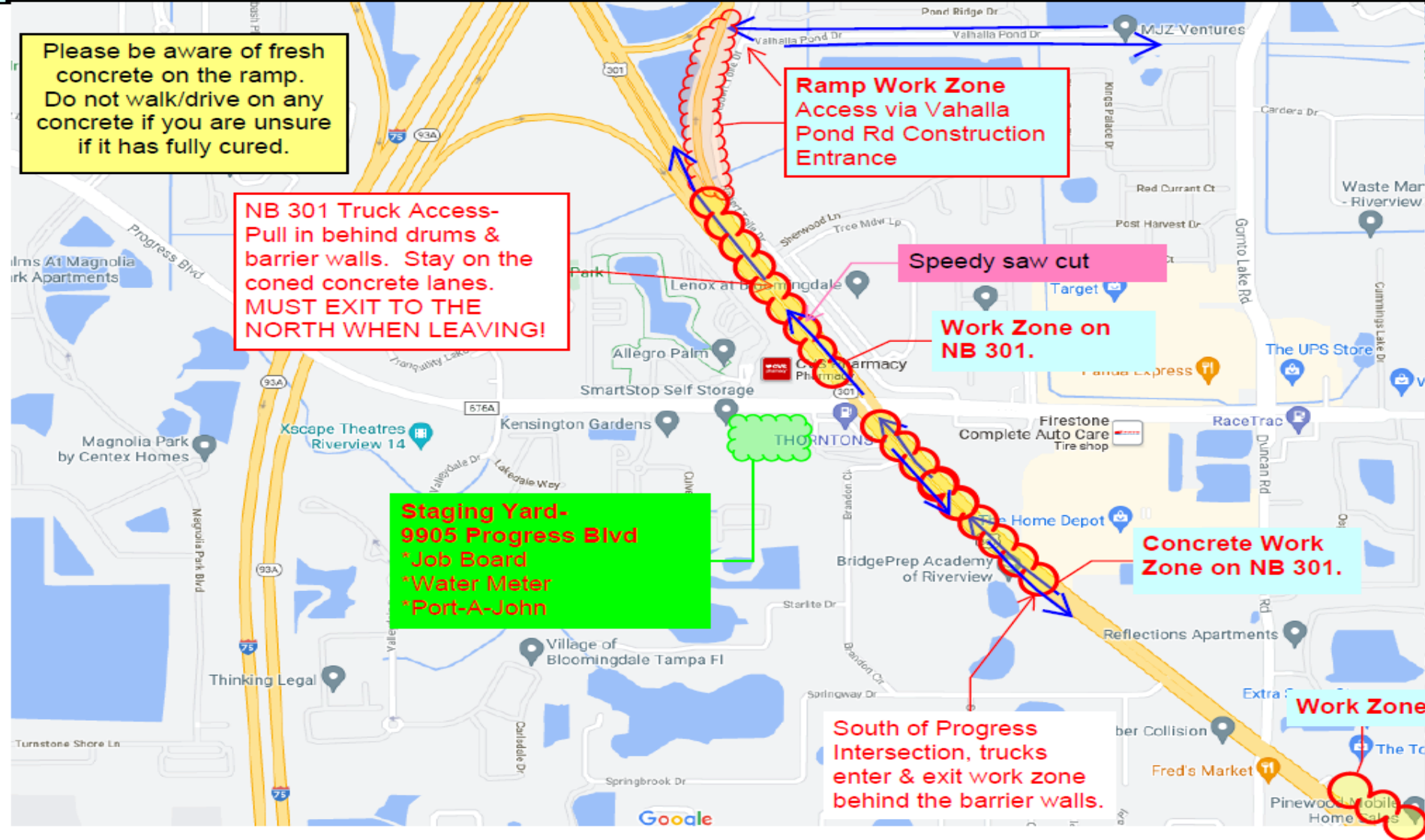
# Personal Protective Equipment (PPE)

- Daytime Operations
  - Class 3 reflective vest
  - Hard hats with reflective tape
- Night-time Operations
  - Class 3 reflective vest with sleeves
  - Reflective leggings (from knee to ankle)
  - Hard hats with reflective tape
- EYE Protection (blowing winds, jet blasts)
- EAR Protection (heavy equipment, jet noise)
- Gloves, facemasks, water, sunscreen
- Additional Requirements
  - Safety vests **MUST** have company logos





**GREEN ARROWS - Concrete Trucks****RED ARROWS - Base/subgrade Trucks****BLUE ARROWS - Milling Trucks****YELLOW ARROWS - Asphalt Trucks****DARK GREEN ARROWS - Sod Trucks****FDOT Index: S&S Traffic Control Plan****Job Hours: 7am - 5pm****Closure Hours:** LANE CLOSURES AND/OR FLAGGING OPERATIONS ARE PROHIBITED DURING THE PEAK HOURS OF 6:00 AM TO 10:00 PM WITHIN 600' OF A SIGNALIZED INTERSECTION AND 7:00 AM TO 7:00 PM FOR OPEN ROAD CLOSURES.**Work Zone: STA 675+00 to 741+40 RT****Scope of Work:** Ajax: Grading for curb and sod on all 4 Quadrants of the CFL. Loading out dump trucks with millings in Laydown Yd East. to plant 4 off Albco Rd.  
EHC: Loading out, placing & grading embankment from SR 82 LT Rdwy to work zone on SR 82 RT Rdwy.  
HSD: Working on Load Center on NW Quadrant of the CFL. Pulling wire on all 4 quadrants of the CFL.  
Unlimited Turf: Placing sod on SW quadrant of the CFL



**FDOT Index: 600**

**Job Hours: 12:00a to 11:59p**

**Closure Hours:** Phase 4 Traffic Switch in place  
 NB 301 from 11:00a to 5:00p

**Work Zone:** Phase 3B- SB 301 closed from I-75 ramp to BridgePrep Academy School. Bloomingdale Ave intersection is active for WB & EB traffic. NB I-75 on-ramp is closed from 301 up to 3,200 feet.

**Scope of Work:** Clearing & Grubbing; Milling; Excavation; Stabilization;  
 Install: Gravity Walls; Curbs; Asphalt; PCC; Signalization; Lighting, Sod



# Additional Resources

1. [Roadway Work Zone Safety and Health Coalition Alliance ITCP guide](#)
2. [NORA/CPWR Struck-by webpage](#)
3. [NIOSH Science blog: Using Internal Traffic Control Plans to Prevent Construction Worker Injuries and Fatalities in Work Zones](#)
4. [ARTBA ITCP Instructor guide](#)
5. [ARTBA Training \(general\)](#)
6. [ARTBA Internal Traffic Control online course](#)
7. [ARTBA Safety Short](#)
8. **OSHA resources:**
  - [Directorate of Cooperative and State Programs](#)
  - [Directorate of Construction](#)
  - [On-Site Consultation | Occupational Safety and Health Administration \(osha.gov\)](#)
  - [OSHA Compliance Assistance Specialist Directory](#)
  - [Work Zone Traffic Safety Fact Sheet](#)
  - [Work Zone Traffic Safety \(osha.gov\) \(English\)](#)
  - [OSHA Publications | Occupational Safety and Health Administration](#)
  - [Seguridad del tráfico en las zonas de trabajo \(osha.gov\) \(Spanish\)](#)

# THANK YOU!

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