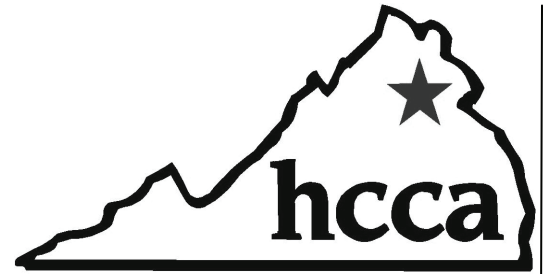


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2nd  
Quarter  
2011



*We Dig Virginia!*

## Work Zone Traffic Control Recertification Closer Than You Think



The VDOT Work Zone Traffic Control certification regulations went into effect for anyone performing work in the VDOT easement in July 2008. The original training was done in 2007 but only for VDOT employees. Training for all other contractors started in 2008.

HCCA started doing Work Zone training in that period.

The certification that each student received as a result of taking the Basic (one day), Intermediate (two day) or Advanced (two day) class is good for four years. This means that those individuals who received their Work Zone cards in 2008 will need to be recertified in 2012 (2009 in 2013, 2010 in 2014, etc.).

We had no idea as to the nature of the recertification process until now. According to David Rush of VDOT,

“We are currently revising all three WZTC training programs to be in compliance with the 2011 Virginia Work Area Protection manual which will become effective on January 1, 2012. We anticipate having the revised Basic, Intermediate, and Advanced courses ready this fall.”

It would appear from Mr. Rush’s comments that the process of recertification will consist of taking the same courses again, albeit with updated materials and using a different manual. The final index of the new Work Zone manual can be viewed at [http://www.virginiadot.org/business/resources/wztc/2011 Table of Contents 5-20-11.pdf](http://www.virginiadot.org/business/resources/wztc/2011%20Table%20of%20Contents%205-20-11.pdf).

According to Rush, “...we will be notifying all approved WZTC instructors on how to access the new presentations and information shortly.” Since the HCCA has long been on the approved WZTC list, we will keep you informed as we receive new information.

In the meantime we strongly suggest you ensure that you have a list of every trained employee indicating the date they were certified so you will know when the time comes for them to be recertified. We expect that HCCA will be offering a number of the recertification classes as soon as they are ready to go.

**SAFETY NEWS**

THE SAFETY NEWSLETTER OF THE  
HEAVY CONSTRUCTION CONTRACTORS ASSOCIATION

**Because You Asked...  
A Brief Introduction to the Science  
of Soil Mechanics**

**New OSHA Class Restrictions**

**Soil mechanics** is a branch of engineering mechanics that describes the behavior of soils. It differs from fluid mechanics and solid mechanics in the sense that soils consist of a heterogeneous mixture of fluids (usually air and water) and particles (usually clay, silt, sand, and gravel) but soil may also contain organic solids, liquids, and gasses and other matter.

Along with rock mechanics, soil mechanics provides the theoretical basis for analysis in geotechnical engineering, a sub-discipline of Civil Engineering. Soil mechanics is used to analyze the deformations of and flow of fluids within natural and man-made structures that are supported on or made of soil, or structures that are buried in soils. Examples of applications are building and bridge foundations, retaining walls, dams, and buried pipeline systems. Principles of soil mechanics are also used in related disciplines such as geophysical engineering, engineering geology, coastal engineering, agricultural engineering, hydrology and soil physics.

The main thrust of soil mechanics is to understand the genesis and composition of soil, the distinction between *pore water pressure* and inter-granular *effective stress*, capillary action of fluids in the pore spaces, *soil classification*, *seepage* and *permeability*, time dependent change of volume due to squeezing water out of tiny pore spaces, also known as *consolidation*, *shear strength* and stiffness of soils. The shear strength of soils is primarily derived from friction between the particles and interlocking, which are very sensitive to the effective stress. Understanding the basics allows us to better recognize some examples of geotechnical engineering applications of the principles of soil mechanics such as slope stability, lateral earth pressure on retaining walls, and bearing capacity of foundations.

We understand that OSHA has changed the parameters of classes. In the near future no OSHA-related topic can be taught to less than three students nor more than forty without prior

**HCCA Expands ATSSA Class Offerings**

**ATSSA - Traffic Control Supervisor** - The Traffic Control Supervisor course is a 2-day course designed for individuals who supervise traffic control technicians and other field personnel. It provides comprehensive training on work zone standards, guidelines, installation and removal procedures, inspection, documentation and supervisory skills.

**ATSSA - Traffic Control Technician** - The TCT course provides an introduction to temporary traffic control in work zones for individuals who work in the field installing and removing traffic control devices. It teaches concepts, techniques and practices in the installation, and maintenance of traffic control devices. The students are provided an ATSSA Guide which is used as the basic text material for the course. This handy Guide booklet contains material condensed from the Manual on Uniform Traffic Control Devices (MUTCD) but in a simplified, easy to understand and use format.

**ATSSA - Flagger Instructor Training** - This 2-day course is designed to prepare Traffic Control Supervisors to be able to present the 4-hour ATSSA Flagger Registration course to those wishing to become ATSSA-registered flaggers. In addition to basic training in fundamental concepts of work zone traffic control and flagging, adult training techniques will be presented, discussed, and demonstrated. There will be opportunity for the participants to put into practice training techniques and flagging procedures. At the conclusion of the course an exam will be taken. The successful completion of the course, including the exam, will result in certification as an ATSSA-Certified Flagger Instructor.

**ATSSA – Flagging Certification for Maryland/DC** (English and Spanish Versions) - Learn the basic flagging procedures in this four hour training. You will learn the techniques and principals to flag traffic safely, effectively, and efficiently. Flagger Cards will be issued at the end of each class. Flagger Cards are good for two years before re-certification. This course meets the MDOT and DCDOT requirements for Flagging Traffic in the state of Maryland and the District of Columbia. Virginia will honor the Maryland/DC certification as well.

# Tis' the Season for Heat Related Illnesses



[OSHA is focusing on heat-related illnesses](#) this week, launching a national initiative to educate workers on the hazards of working outdoors. According to its [announcement](#), thousands of workers experience heat illness each year and over 30 workers were killed last year by heat stroke.

To assist employers and workers engaged in outdoor work, OSHA has published a [Web page](#) and other safety materials on the subject, like [heat related safety posters](#). The page also has links to National Oceanic and Atmospheric Administration ([NOAA](#)) [weather alerts](#) and [NOAA's Heat Watch page](#).

According NOAA's Heat Watch page, an average 1500 people in the U.S. die each year from excessive heat. The page also has interesting facts about the hazards of excessive heat and its affect on the human body.

## **OSHA tips on how to beat the heat include the following:**

- Drink water often
  - Schedule frequent rest periods
  - Rest in the shade
  - Wear hats and lightly colored clothing
  - Acclimate to hot environments by gradually increase exposure
  - Report heat symptoms early
- Know what to do in an emergency

OSHA's quick card on [Protecting Workers from Heat Stress](#) has the following tips on recognizing heat exhaustion and heat stroke.

## **Symptoms of Heat Exhaustion include:**

- Headache, dizziness, or fainting
- Weakness and wet skin
- Irritability or confusion
- Thirst, nausea, or vomiting

## **Symptoms of Heat Stroke include:**

- Confusion, inability to think clearly, passing out, collapsing, or seizures
- May stop sweating

The HCCA Motorcycle Committee  
Asks You to Come Out This Weekend and Support Our Troops

3rd Annual  
American Legion Post 72  
Riders

**FREE  
ADMISSION!**



# Bike & Car Show

Show What You Ride, Show What You Drive



**\$100 Cash Prize for Best  
Bike and Best Car!**

Check in your bike or car from 10am - 11am  
Voting between 11am - 1:30pm \$5 entry fee

**Proceeds to benefit  
disabled Veterans**

## Saturday, June 11

### 10am to 2pm

rain date June 18

**Activities include:**

- Music
- 50/50 Raffle
- Door Prizes
- Silent Auctions
- Food Vendors & more!

### **American Legion #72**

345 Legion Dr, Warrenton  
Just off E. Shirley Ave. (Business 17/29)  
behind Horse Show Grounds



## HCCA Motorcycle Committee to Raffle Off 2011 Harley-Davidson *Street Glide*

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The members of the HCCA Motorcycle Committee are selling raffle tickets to win a **2011 Harley-Davidson *Street Glide***. The tickets are \$50 each, with only 550 tickets to be sold. The winning ticket will be drawn at the conclusion of the 7th Annual HCCA Motorcycle Rally on Saturday, September 24, 2011 (rain date October 1, 2011) at the Warrenton Moose Lodge, 6415 Airlie Road, Warrenton, VA 20187

Raffle tickets can be purchased from any member of the Committee: **Doug Coleman** (TDS), **Mark Pickett** (Owens and Dove), **Kim Paulson** (Luck Stone), **Steve Bradley** (Waterworks Supply), **Jim Steve** (Americast) or **Stuart Stanley** (Stuart A. Stanley Company). Tickets are also available at the HCCA office.



**2011 Vivid Black Harley-Davidson Street Glide 96 cubic inches**

The 2011 Harley-Davidson Street Glide has been purchased by the HCCA Biker's Trust from Grove's Winchester Harley-Davidson, Winchester, VA

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# Virginia Underground Damage Prevention Conference

## Virginia Beach, VA April 25-28, 2011

The **Twelfth Annual Damage Prevention Conference** was opened by Mr. Massoud Tahamtani, Director of the Division of Utility and Railroad Safety within the State Corporation Commission. Following the presentation of the Colors and the National Anthem sung by Renee Salmon the program began in earnest. The keynote speaker was Mr. Michael Shupp a retired marine who led the second invasion of Al Fallujah, Iraq and the parallels that he drew from a well executed military operation and the construction schedules, safety inspections and damage prevention of underground utilities were amazing.



Rick Pevarski (VUPS), Les Eszenyi (HCCA)  
Massoud Tahamtani (SCC), Mark Singer (VUHCC)

The conference was well attended by stake holders, SCC staff and vendors alike. Following the keynote speaker the audience was presented the Damage Prevention progress report, the educational and outreach programs and the technology updates. Additionally, “damage prevention – an operator’s perspective” and “3 D GIS and SUE – proper excavation planning” was explained to mitigate costly delays once a project begins.

The following “Breakout Sessions” dominated the remainder of the Conference:

- [1] Should Ticket Size and Scope Determine due Time?
- [2] Plumber’s Putty is Cheap, but Burying a Damage is not
- [3] Pipes Re-Authorization
- [4] Municipalities and Proactive Damage Prevention
- [5] Unable to Locate Lines – What can be done
- [6] Electronic Manifests and Enhanced Locate Documentation
- [7] Abandoned Lines.

Lest one might think that this conference is all work and no play, at the reception, dinner, awards and entertainment ceremony the attendees were treated to a delicious meal as well as Ms. Lisa Mills, singer/songwriter (sponsored by S & N Communications) and comedian Mr. Todd Yohn.

Each year the Damage Prevention Conference is better and better organized, better and better attended and volumes of information are disseminated by staff and vendors in attendance. I highly recommend any and all contractors to attend next year and take away the experience, knowledge and contacts of industry friends.

# OSHA Recordkeeping Advisor

The Occupational Safety and Health Administration (OSHA) of the Department of Labor has developed this elaws Advisor to address the federal requirement to report and record work-related injuries and illnesses. The OSHA Recordkeeping Advisor is intended to help determine:

- ✦ Whether an injury or illness (or related event) is work-related
- ✦ Whether an event or exposure at home or on travel is work-related
- ✦ Whether an exception applies to the injury or illness
- ✦ Whether a work-related injury or illness needs to be recorded
- ✦ Which provisions of the regulations apply when recording a work-related case

The OSHA Recordkeeping Advisor presents questions and relies on responses to determine the appropriate course of action. The Advisor does not store any information. If the Advisor does not address the circumstances of a particular case, please [contact OSHA](#) or obtain expert advice.

Some employers may be exempt from OSHA's recordkeeping rules, for example those with 10 or fewer employees during the previous calendar year and those classified in specific industries. If you are unsure whether your company or business is covered by the requirements, please see, OSHA's regulations at [29 CFR 1904.1](#), Partial exemption for employers with 10 or fewer employees; [29 CFR 1904.2](#), Partial exemption for establishments in certain industries; and [29 CFR 1904.3](#), Keeping records for more than one agency; and [Appendix A](#) (the list of industries). Employers in [States with OSHA-approved State plans](#) should contact their States for information on State-specific exemptions. In addition, public sector employers in these States are subject to State recordkeeping regulations.

While using this Advisor, please remember that you should treat incidents such as any cut, laceration, needlestick, splash with bodily fluid, or exposure to tuberculosis as an injury or illness. (The Advisor addresses "privacy concern cases" as needed.) Furthermore, a [Standard Threshold Shift \(STS\) in hearing](#) in one or both ears, [any significant diagnosed injuries and illnesses](#), and cases involving medical removal under an OSHA standard should be considered injuries or illnesses for the purposes of this Advisor.

The OSHA Recordkeeping Advisor is written in plain language and intended to assist employers, especially small business employers, in understanding their recordkeeping requirements under OSHA regulations. It is not, however, a substitute for the [OSHA Recordkeeping Rules 29 CFR 1904](#), the [OSHA Recordkeeping Handbook](#) or for the [OSHA Recordkeeping Related Letters of Interpretation](#). For those who wish to read exact regulatory language, links are provided throughout the Advisor where appropriate.

# Summer Safety Training Schedule

## JUNE

7-8	ATSSA Traffic Control Supervisor
9-10	ATSSA Flagging Instructor
11	First Aid/CPR (Spanish)
14-15	Rigger I
16	Work Zone Basic
16	Work Zone Basic (Spanish)
17	ATSSA Flagging
17	Fall Protection (Spanish)
23	Lift Truck Trainer
24-25	OSHA-10 (Spanish)
25	Confined Space
30	ATSSA Flagging/MD (Spanish)

## JULY

9	Work Zone Basic
9	Defensive Driving Falls Church
16	First Aid/CPR
25-28	OSHA-510
29-30	Work Zone Intermediate

## AUGUST

6	Defensive Driving FC
8	ATSSA TC Technician
9-10	ATSSA TC Supervisor
11-12	ATSSA Flagging Instructor
13	Work Zone Basic
26-27	Work Zone Intermediate

### **EM 385-1-1 CONSTRUCTION SAFETY HAZARD AWARENESS COURES FOR CONTRACTORS**

40 –Hour class designed specifically for contractors, military, and government employees, doing business with the US Navy, NAVFAC, US Army Corps of Engineers and other government agencies that require EM 385 training.

The Chesapeake Region Safety Council is holding the classes in Baltimore. The Council has asked the HCCA if there would be an interest in holding the class at our facility in Manassas. Please give the HCCA office a call (703) 392-7410 or send an email to Janice, Ken or Les to let us know if you feel there is a need in our area for this class.

( Janice@hcca.net Les@hcca.net or Ken@hcca.net )