

“OJT NEWS”

LA DOTD On The Job Training Newsletter

JULY 2015



Please be advised that LADOTD is beginning our transition to use a component of AASHTO Trans*port known as Civil Rights and Labor or CR & L. It is imperative that we obtain the type of software each Contractor is utilizing for completion and submission of their Certified Payroll to the District offices in order for our IT Team to determine compatibility with the CR & L software. This program will increase the efficiency in which payrolls are checked for correctness with the Wage Decisions assigned to Contracts that you are submitting the payrolls for.

Your response **deadline** for submitting this information is by the close of business on **Thursday, July 30, 2015**. This will allow the agency the time to assist our contractors in the transition to this new software.

Please respond to this notice and send your information to kyle.mcnamee2@la.gov no later than the stated deadline. Should you have any questions, please contact Gene McArdle, Pam Firmin or Kyle McNamee of the Compliance Programs Section at 225-379-1382.

Kyle McNamee
DOTD
Compliance Programs
Phone: (225) 379-1490



FRIENDLY REMINDER—We still need responses to the OJT Program Surveys. Your feedback will allow us to properly assist you with your areas of concerns. Please take a moment to complete and send back to us.



In This Issue

- OJT Survey.....2
- Events & Workshops...3
- OSHA Safety.....4
- LA DOTD Lettings.....6
- LA DOTD Contact Information.....7
- SJB Services.....7

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. 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.

July 28-30, 2015

Traffic Control Technician/Supervisor Course

Time: July 28 8:00am - 5:00pm; July 29/30 8:00am - 4:00pm

Location: Monroe AGC Office (807 Hudson Lane)

More Info: Visit www.lagc.org/supervisor to register or contact Michael Demouy at michaeld@lagc.org for more information. The technician course will be held on the first day and the supervisor course will be held on days 2 and 3. Passing the TCT is a prerequisite for taking the TCS course.

August 25-27, 2015

Traffic Control Technician/Supervisor Course

Time: August 25 8:00am - 5:00pm; August 26-27 8:00am - 4:00pm

Location: New Orleans Regional Transportation Management Center (10 Veterans Memorial Blvd).

More Info: Visit www.lagc.org/supervisor to register or contact Michael Demouy at michaeld@lagc.org for more information. The technician course will be held on the first day and the supervisor course will be held on days 2 and 3. Passing the TCT is a prerequisite for taking the TCS course.

October 9, 2015

Lake Charles Clay Shoot

Time: TBD

Location: TBD

More Info: Contact David Landreneau at davidl@lagc.org or (337) 884-4735.

It's that time of the year, so take the necessary precautions to prevent the following heat-related illnesses.

Heat stroke, the most serious form of heat-related illness, happens when the body becomes unable to regulate its core temperature. Sweating stops and the body can no longer rid itself of excess heat. Signs include confusion, loss of consciousness, and seizures. **"Heat stroke is a medical emergency that may result in death!"** Call 911 immediately.

Heat exhaustion is the body's response to loss of water and salt from heavy sweating. Signs include headache, nausea, dizziness, weakness, irritability, thirst, and heavy sweating.

Heat cramps are caused by the loss of body salts and fluid during sweating. Low salt levels in muscles cause painful cramps. Tired muscles—those used for performing the work—are usually the ones most affected by cramps. Cramps may occur during or after working hours.

Heat rash, also known as prickly heat, is skin irritation caused by sweat that does not evaporate from the skin. Heat rash is the most common problem in hot work environments.

The chart below shows **symptoms** and **first aid measures** to take, if a worker shows signs of a heat-related illness.

Illness	Symptoms	First Aid*
Heat stroke	<ul style="list-style-type: none"> Confusion Fainting Seizures Excessive sweating or red, hot, dry skin Very high body temperature 	<ul style="list-style-type: none"> Call 911 While waiting for help: Place worker in shady, cool area Loosen clothing, remove outer clothing Fan air on worker; cold packs in armpits Wet worker with cool water; apply ice packs, cool compresses, or ice if available Provide fluids (preferably water) as soon as possible Stay with worker until help arrives



**Heat Related
Illnesses & First
Aid.....**

Heat ex- haustion	Cool, moist skin Heavy sweating Headache Nausea or vomiting Dizziness Light headedness Weakness Thirst Irritability Fast heart beat	Have worker sit or lie down in a cool, shady area Give worker plenty of water or other cool beverages to drink Cool worker with cold compresses/ice packs Take to clinic or emergency room for medical evaluation or treatment if signs or symptoms worsen or do not improve within 60 minutes. Do not return to work that day
Heat cramps	Muscle spasms Pain Usually in abdomen, arms, or legs	Have worker rest in shady, cool area Worker should drink water or other cool beverages Wait a few hours before allowing worker to return to strenuous work Have worker seek medical attention if cramps don't go away
Heat rash	Clusters of red bumps on skin Often appears on neck, upper chest, folds of skin	Try to work in a cooler, less humid environment when possible Keep the affected area dry
* Remember, if you are not a medical professional, use this information as a guide only to help workers in need.		



This article was taken from the OSHA Website. For more information about heat-related illnesses: visit, www.osha.gov. Please share this very important information with your employees.

Remember an ounce of prevention could save a life.



Letting of 8/12/2015 LA DOTD Headquarters

[Proposal: H.001257.6](#) INTERSECTION LA 114 @ LA 1

DBE Goal: 11%

OJT Goal: 6 Trainees **Description of work:** clearing and grubbing, grading, drainage structures, cold planing asphaltic concrete, class ii base course (stone, recycled portland cement concrete, blended calcium sulfate), lime treatment, superpave asphaltic concrete pavement, precast concrete piles, concrete slab span bridge, and related work.

Parish(es): Avoyelles

Route(s): LA 1; LA 114

Federal Number: H001257

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

[Proposal: H.001278.6](#) INTERSECTION IMPROVEMENTS YOUREE DRIVE @ KINGS HIGHWAY

DBE Goal: 6%

OJT Goal: 4 Trainees

Description of work: clearing and grubbing, drainage structures, cold planing asphaltic concrete, pavement patching, class ii base course, superpave asphaltic concrete pavement, portland cement concrete pavement, traffic signalization and related work.

Parish(es): Caddo

Route(s): LA 1; LA 3032

Federal Number: H001278

Estimated Construction Cost: \$5,000,000 to \$7,500,000

[Proposal: H.001795.6](#) RED CHUTE AND OLD CHANNEL BRIDGES

DBE Goal: 10%

OJT Goal: 2 Trainees

Description of work: clearing and grubbing, grading, drainage structures, cold planing asphaltic concrete, pavement patching, class ii base course (stone, recycled portland cement concrete, blended calcium sulfate), lime treatment, superpave asphaltic concrete pavement, precast concrete pilings, cast in place concrete slab span bridge, precast concrete girder spans bridge, detour road and bridging, and related work.

Parish(es): Bossier

Route(s): LA 612

Federal Number: H001795

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

[Proposal: H.005508.6](#) VEROT SCHOOL ROAD

DBE Goal: 10%

OJT Goal: 12 Trainees

Description of work: clearing and grubbing, grading, drainage structures, cold planing asphaltic concrete, subgrade treatment, class ii base course (stone, recycled portland cement concrete, soil cement), superpave asphaltic concrete pavement, portland cement

concrete pavement, drilled shaft foundations, traffic signalization, and related work.

Parish(es): Lafayette

Route(s): LA 339

Federal Number: H005508

Estimated Construction Cost: \$20,000,000 to \$30,000,000

[Proposal: H.007085.6](#) SHED ROAD IMPROVEMENTS BENTON ROAD TO AIRLINE DRIVE

DBE Goal: 10%

OJT Goal: 3 Trainees

Description of work: clearing and grubbing, grading, drainage structures, pavement patching, class ii base course (stone, recycled portland cement concrete, blended calcium sulfate), lime treatment, portland cement concrete pavement, concrete walks, drilled shaft foundations, water distribution system, traffic signalization, and related work.

Parish(es): Bossier

Federal Number: H007085

Estimated Construction Cost: \$10,000,000 to \$15,000,000

[Proposal: H.008345.6](#) BAYOU ALEXANDRE

DBE Goal: 9%

OJT Goal: 1 Trainees

Description of work: clearing and grubbing, grading, pavement patching, class ii base course (soil cement), lime treatment, superpave asphaltic concrete pavement, precast concrete pilings, precast prestressed concrete girder spans bridge, and related work.

Parish(es): St. Martin

Route(s): LA 3083

Federal Number: H008345

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

[Proposal: H.010639.6](#) LA 939 AND LA 940 REHAB

DBE Goal: 5%

OJT Goal: 1 Trainees

Description of work: grading, drainage structures, cold planing asphaltic concrete, in-place cement treated base course, asphaltic surface treatment, superpave asphaltic concrete pavement, and related work.

Parish(es): Ascension

Route(s): LA 939; LA 940

Federal Number: H010639

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

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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