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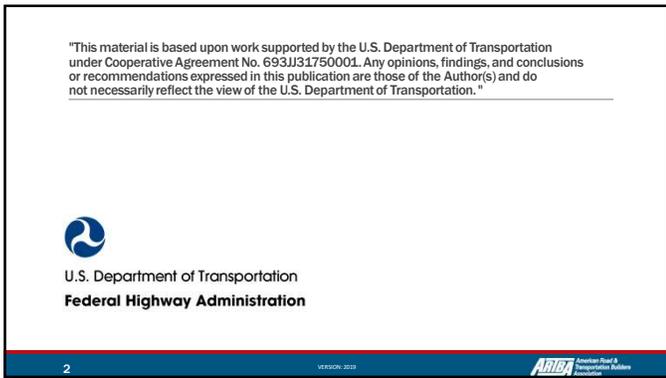
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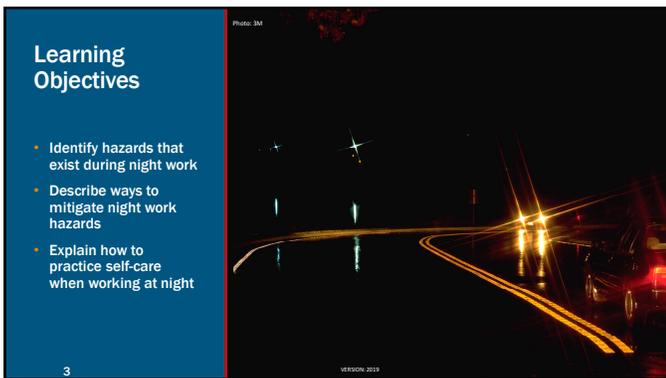
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**VIDEO:**

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CASO DE ESTUDIO: IDENTIFICACIÓN DE RIESGOS

4

VERSION: NOVEMBER 2017



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VERSION: NOVEMBER 2017



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**Why Is Night Work Different**

Drivers may be:

- tired and drowsy
- travel at higher speeds
- alcohol or drug-impaired

Both drivers and workers are more likely to be:

- tired and fatigued
- have decreased vision and visibility
- working against natural sleep patterns



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### Common Night Work Problems

- Reduced visibility
- Driver impairment or inattention
- Fatigue
- Inadequate lighting
- Lack of maintenance of traffic control devices



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### Visibility



Photo: ARIBA

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VERSION: 2020



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### Impaired & Distracted Drivers



Photo: Pluhaj

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VERSION: 2020



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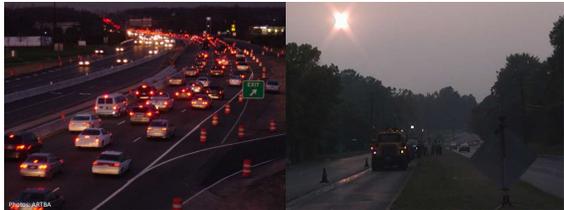
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### Traffic Control



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VERSION: 2019



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### Retroreflective & Illuminated Channeling Devices



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VERSION: 2019



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### High Visibility Clothing



Shirt and pants images from eSafety Supplies

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VERSION: 2019



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### Activity: Retroreflectivity

Activity instructions: Have a person in class put on Class 2 & 3 high visibility garments. Shine a flashlight on the garments to demonstrate how they work.



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VERSION: 2017



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### Lighting



- Portable Light Plant Towers
- Balloon Lighting
- Roadway Luminaries on Temporary Poles
- Headlights and Vehicle Lights

Photos: POF

14

VERSION: 2020



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**VIDEO:**  
Study Case: Lack of Lights and Distraction

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VERSION: NOVEMBER 2017



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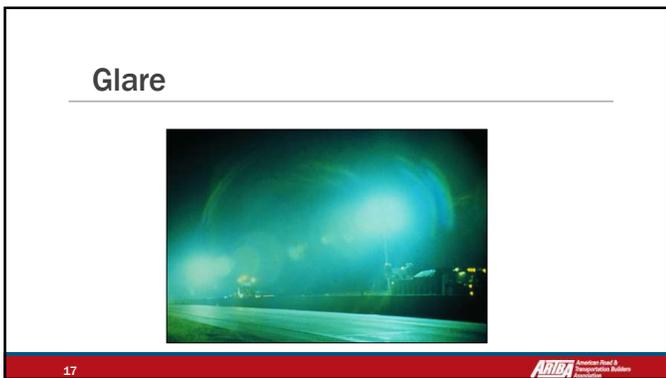
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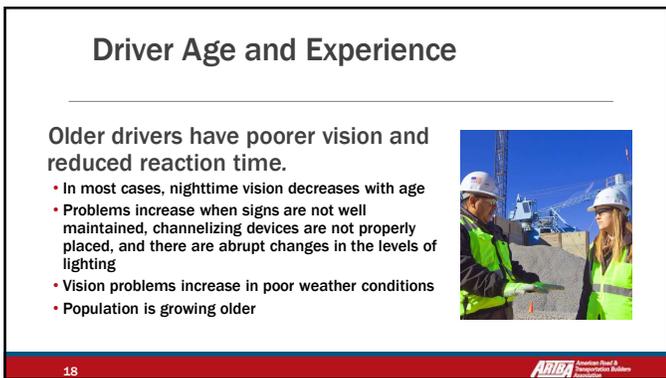
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### Health Effects of Night Work

- Night workers often are tired and sleepy
- Tiredness creates concentration difficulties, increasing possibility of errors or accidents.
- Creates risks for both the worker and the motoring public.



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### Sleep Loss Hazards

- Affects workers ability to perform safely and efficiently
- Concentration is more difficult
- One may fall asleep for brief periods without realizing it



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### Circadian Rhythm

Tells body when to sleep & wake-up

Changes to rhythm can create:

- Sleeplessness
- Fatigue
- Stomach Upset
- Irritability
- Possibly Heart Problems



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## How Can I Prepare for Night Work?

### AT HOME

- Make Sleep a Priority
- Follow a Sleep Routine
- Sleep in a Dark Room
- Eat a Light Snack Before Bed
- Eat Family Meals Together
- Schedule Family Activities

### AT WORK

- Wear High-Viz Clothing [Class III if possible]
- Work in Well-Lit Area
- Know Your Surroundings, Stay Away from Vehicle Paths
- Make Sure TTCDs are Properly Placed
- Ensure Proper Lighting

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## Stress & Fatigue



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VERSION: 2020




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## VIDEO:

THE DANGERS OF SLEEP LOSS  
 PRODUCED BY SAFETY MEMOS

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VERSION: NOVEMBER 2017




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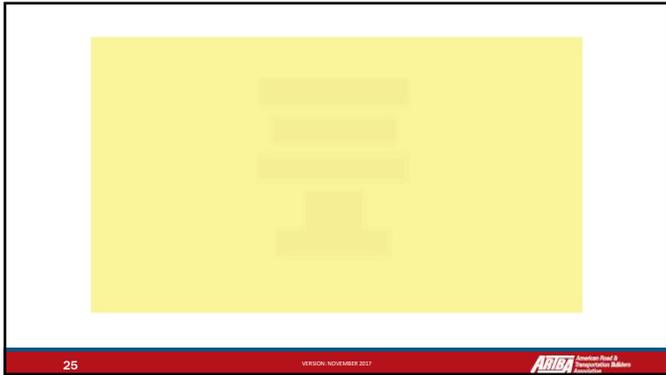
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VERSION: NOVEMBER 2017



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### Self-Care for Shift Workers



- Get exposure to light at work
- Eat protein rich food at work
- Limit caffeine and drink water
- Sleep in a dark place
- Establish a sleep routine
- Turn off computer and phone
- Let others know you are sleeping during the day

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VERSION: 2020



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### Night Work Summary

- Identify hazards that exist during night work
- Describe ways to mitigate night work hazards
- Explain how to practice self-care when working at night



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VERSION: 2019

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# Break

Questions?

Poll

We Will Continue in ....  
minutos



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VERSION 2020

ARIBA American Road & Transportation Builders Association

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