

ON THE MOVE

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Sharing Knowledge. Improving Communities.



Working Together to Serve Our Communities

Road Scholar Program a Team Effort

by Nicholas R. Jones, P.E., Interim Director, Utah LTAP Center

Even with the economy in it's current tenuous condition, it is important to remember that the transportation system is the life blood of our communities and the nation. Without a fully functioning transportation system, we cannot deliver vital goods and services to our citizens.

The transportation system truly is the fabric which holds us all together as communities. Areas where the roads are poorly planned, built, and maintained suffer in their ability to compete economically with their neighbors that do provide these services.

With that in mind, the Utah LTAP Center will be implementing the Road Scholar Program this coming year. The program includes a variety of training courses on subjects critical to the training of local agency transportation and maintenance personnel. These workshops focus on the activities that each local government must provide its citizens.

Our citizens deserve a system that is well designed, constructed,

and maintained. To achieve that goal, local agency government employees need consistent training as they progress through their career, to understand how to effectively execute their responsibilities safely, and efficiently.

Since we all work together as a statewide community, the responsibility falls to us to share our knowledge with each other of better and more efficient ways to provide the critical services our communities are depending on us to provide.

We are also held accountable to implement national standards relating to the way in which we provide our services. If we fail to comply with these standards, litigation is often the penalty, and that adds a cost to the tax-payers of our community.

We are also faced with a continued national workforce shortage. Nationally, half of the transportation workforce will retire by 2010. The individuals who will replace retiring workers need to be trained and ready to provide the knowledge and expertise necessary to keep

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our transportation system “on the move.”

The transportation industry is always looking for new and innovative ways to increase the safety of our workers and the traveling public, to provide more economical ways to build and maintain transportation facilities, and better ways to operate the system. When an entity finds a “better mousetrap” sharing that information sometimes takes a long time and sometimes doesn’t get to every city, town, and county. LTAP seeks to find and communicate these innovative processes so that all have access to them.

To that end, we invite YOU to share your expertise in any of these key areas by assisting with and participating in the Road Scholar program. You can contact us by phone at (435) 797-2931 or e-mail [utahltap@usu.edu]!

The following is a list of proposed topics to be offered in the Road Scholar Program. Each will likely involve 4 to 8 hours of training offered in various locations around the State:

Road Scholar: Level 1

1. First Aid
2. C. P. R.
3. Basic Maintenance Math
4. Basic Surveying/grade checking
5. Roadway Materials
6. Signing and Striping Basics (MUTCD)
7. Pavement Maintenance Basics



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8. Flagger Certification (ATSSA)
9. 2 Electives

Road Scholar: Level 2

1. Traffic Control Technician (ATSSA)
2. Roadway Drainage
3. Construction Inspection
4. Pavement Maintenance II
5. Winter Maintenance Anti-Icing
6. Environmental BMP's
7. Supervisory Skills
8. Speed Limits & School Zones
9. 2 electives

Electives

Electives are included in each level of training:

1. Heavy Equipment Safety
2. Heavy Equipment Operation Training
3. Basics of a Gravel Road
4. Rural Road Maintenance and Drainage
5. GPS and Asset Management
6. Retro Reflectivity for Signs
7. Road Safety Fundamentals
8. Geosynthetics
9. Computer Basics
10. Flagger Instructor (ATSSA)
11. Traffic Control Supervisor (ATSSA)
12. Pedestrian Safety & ADA Ramps
13. Access Management Training

As you review this list, please evaluate the above subjects and make any suggestions for additional training courses that would be useful in your operations.

UDOT Prepared for American Recovery & Reinvestment Act of 2009

*from A. Matthew Swapp, P.E.
UDOT Local Government
Programs Engineer*

As many of you are aware, the State of Utah is set to receive approximately \$213,000,000 in federal stimulus funds for transportation.

A list of shovel-ready projects was submitted to the Utah Transportation Commission for their adoption into the STIP on February 25, 2009.

The projects were selected after coordination between the Metropolitan Planning Organizations, UDOT, the Joint Highway Committee and others.

This additional federal funding is intended to create needed jobs during the current economic slowdown.

A full listing of the approved projects is available to the public on the UDOT Web site [http://www.udot.utah.gov/main/f?p=100:pg:0:::1:T,V:2288,]

Utah LTAP Center Website *Find Local Agency Resources Here!*

Newsletters, workshop/webinar registration, reference publications, downloads, information services, lending library...it's all here:

<http://www.utahltap.org/>

Brief Overview of the American Recovery & Reinvestment Act of 2009

On February 17, President Barack Obama signed into law the \$789 billion American Recovery and Reinvestment Act (ARRA) of 2009. On February 13, after a relatively short Conference Committee, both the U.S. House of Representatives and the U.S. Senate cleared the bill for the President's signature. The bill provides investments in infrastructure, health, education and energy, as well as more than \$280 billion in tax cuts. The legislation also establishes oversight and accountability mechanisms.

Almost 20% of the ARRA will be spent on improving the nation's infrastructure. Here are a few highlights of what you can find in the ARRA:

Transportation

- Transportation--\$1.5 billion for an intermodal discretionary grant program to be competitively awarded via grants to state and local governments.
- Highways--\$27.5 billion for highway and bridge construction projects to be distributed to state transportation departments by the U.S. DOT with a portion

of those state funds allocated to urban areas based on population size.

- Transit--\$8.4 billion for transit capital assistance to be distributed based on the existing Federal Transit Administration's (FTA) urban and rural transit formula.
- Rail--\$9.3 billion (including \$1.3 billion for Amtrak)
- Airports--\$1.1 billion for the Airport Improvement Program

Environment & Water

- \$4 billion Clean Water State Revolving Fund
- \$2 billion Safe Drinking Water State Revolving Loan Fund
- \$4.6 US Army Corps of Engineers Water Resources Projects
- \$1 billion US Bureau of Reclamation Rural Water Projects
- \$1.38 billion Rural Water & Waste Disposal Program
- \$6 billion for Superfund
- \$1 billion for Brownfields
- \$3.2 billion for Energy Efficiency & Conservation Block Grant Program
- \$3 billion for Diesel Emission Reduction Act Grants

Technology & Equipment

- \$7.2 billion in wireless and broadband grants to be competitively awarded by the U.S. Department of Agriculture (USDA) as well as distributed on a discretionary basis.
- \$6.3 billion for state and local government energy grants to be competitively awarded by the Department of Energy as well as distributed on a discretionary basis.

For more information, please visit APWA's American Recovery and Reinvestment Act of 2009: Information and Resources page. To view go to: <http://www.apwa.net/Advocacy/resources.asp>

Another resource is www.recovery.gov, which features information on how the Act is working, accountability and up-to-date data on the expenditure of funds.

Source: American Public Works Association

our thanks for excerpts from the New Jersey LTAP E-News, February 2009 issue [<http://cait.rutgers.edu/njltap/nj-ltap-eneews-february-2009>] and additional information gathered from Economic Recovery Resource Center, Public Works On-line [<http://www.pwmag.com/>]

Want to learn more about the American Recovery & Reinvestment Act of 2009?

Check out these on-line resources:

www.fhwa.dot.gov/economicrecovery

www.recovery.gov

www.apwa.net

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Are You Feeling Stressed Out?

Ways You Can Cope

With the downturn in the economy, and the constant bad news being presented to us from every angle, it's natural that our personal stress level is on the rise. So, what can you do to cope? Here are a few things that can help.

It is important to remember that stress is the response of your body to all demands made upon it. Understanding these demands and their effects can help you learn to recognize your own "stress response," as well as ways to counteract distress to lead a healthier life.

The Basic Stress Response

Your body responds to all stress, both positive and negative, by trying to get back to normal. Depending on the stressor (whatever causes the stress response), hormones, like adrenalin, may surge. Your heart-beat and blood pressure will probably increase. Your blood sugar rises. These physical responses have helped humans survive danger by helping them run away faster or fight harder. Once they escaped the

danger, the tension of the moment left their bodies, and their stress response was followed by relaxation.

Physical Effects

Today, we experience stressors that are very different from those of our ancestors. Yet positive stressors such as getting married, or negative stressors, such as work conflicts or



sleeping, eating (either too much or too little), drinking or smoking.

Minimize the Effects

There are many ways to keep the negative effects of different stressors to a minimum:

- Take time to relax each day.
- Exercise regularly (after getting your doctor's okay).
- Learn to "let go" of things that are outside of your control. Learn to adapt to changes.
- Learn to take action when you can make a difference.
- Avoid excessive alcohol, caffeine, fats, and sugars. Don't smoke.

The Mind-Body Connection

Your mind and body are connected. When your mind is healthy, your body can resist illness better. When your body is healthy, your feelings are more positive. During stressful times, take care of both for maximum health and satisfaction. Use your stress energy positively, to meet life's challenges, experiences, and goals.

5 Ways to Reduce the Effects of Stress

Take time to relax each day.

Read a good book, listen to relaxing music, etc.

Exercise regularly (after getting your doctor's okay). *Try a walk in the fresh spring air to get you started.*

Learn to "let go" of things that are outside of your control.

Learn to take action when you can make a difference.

Avoid excessive alcohol, caffeine, fats, and sugars. Don't smoke.

worries about economic uncertainty, still cause the same physiological fight-or-flight response.

If a stressful situation goes on for too long without any relief, you may experience diseases and disorders such as colds, ulcers, asthma, heart attack, or stroke. You may feel tired, irritable, depressed, or anxious. You may have trouble



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Eat Right, Work Better...Reduce Stress

You have lots of job responsibilities, but you also have a responsibility to take care of yourself. Explore some ways to keep fit, energetic, and ready to meet the challenges you face each day. Eating properly is one of the most basic, and probably the easiest, ways to maintain physical and mental fitness.

Correct nutrition helps you avoid fatigue, keeps you from gaining too much weight, and promotes alertness. By giving your body the right fuels at the right time, you'll keep your energy level at its most efficient point.

A Balanced Diet

Your eating habits play a big part in how you feel. Eat a balanced diet, with a variety of foods from the basic food groups. Avoid overly processed and refined foods. Limit your intake of dietary fats, cholesterol, salt, and sugar.

You also need to know where your calories are coming from. Some 50-60% of your daily caloric intake should come from complex carbohydrates, such as whole grains, fruits, and vegetables. Lean

meat, poultry, fish and other protein sources should contribute 10-20% of your calories. A maximum of 30% should come from fats. No more than a third of the fat (10% of the total) should be from saturated fats such as butter, cream, or animal fats.

If you snack, avoid foods containing high fat or sugar, such as candy bars, potato chips, salted nuts, and soft drinks. Fresh or dried fruit and plain popcorn are good alternatives and good sources of fiber.

When to Eat

Don't skip meals or overeat. Choose light but nourishing snacks if you take mid-morning breaks. Eating lightly often not only is better for your digestion but keeps you alert for the rest of your day. Overeating can make you drowsy. It's best to eat one major meal a day.

Common Sense

More than anything else, eating properly is a matter of common sense. If you're trying to control your weight, avoid fried foods. Substitute fish or chicken for red meat.

Green salad is a better choice than French fries, but limit your use of high-fat dressings.

You may see lunches as social occasions, but you can still enjoy the company of fellow workers without overindulging. Drink milk, water, or fruit juice with your meal instead of alcohol. Alcohol blocks your body's ability to absorb essential nutrients from your food. It also is a depressant and can aggravate your stress. So, no matter how properly you eat, you won't get the maximum nutritional value if you consume alcohol with your meal.

If you gulp down a cola, energy drink or a cup of coffee to get an energy boost, watch out! Caffeine is a stimulant--too much caffeine acts in the same way as too much stress. It's wise to limit caffeine in general, but it's particularly beneficial to avoid it when you're under stress.

The Payoff

Try to remember that how and what you eat can affect how you feel. Help your body feel more alert and energetic by eating a balanced diet at appropriate times during the day. Also try to avoid the stress seesaw by limiting alcohol and caffeine consumption. It will take some work to take care of yourself, but you'll feel better when you improve your nutritional health.

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Nutrition Tips/Idea Web Resources

For tips and ideas on eating right, please feel free to check out some of these free on-line resources. Many interactive options are available and can provide valuable support in achieving and maintaining healthy eating habits.

<http://mypyramid.gov/>

<http://www.healthyutah.org/>

local agency employees are eligible to tap into this resource

FHWA Urges Road Agencies to Consider “Top Nine” Life-Saving Strategies: State & Local Agencies Already Working to Implement

The FHWA Safety Program urges State and local roadway officials to consider implementation of nine safety countermeasures that show great potential to reduce highway fatalities and injuries. As State and local highway agencies develop plans to address the safety challenges identified in their strategic highway safety plans, they are urged to consider the benefits of investments in these proven roadway safety tools and techniques.

Road Safety Audits: A road safety audit (RSA) is a formal safety performance examination of an existing or future road or intersection. Audit teams are independent and multidisciplinary. The team reports on potential road safety issues and identifies opportunities to improve safety for all road users. The Utah LTAP Center has been heavily involved in assisting local agencies in this area. In fact, they are just finishing the formal reports for nearly 18 local agencies.

Rumble Strips and Rumble Stripes: Rumble strips are raised or grooved patterns on the roadway that provide both an audible warning (rumbling sound) and a physical vibration to alert drivers that they are leaving the driving lane. They may be installed on the roadway shoulder or on the centerline of undivided highways. Rumble stripes

are rumble strips that are placed at the centerline or edgeline.



Example of Rumble Strips

Median Barriers: Median barriers are longitudinal barriers used to separate opposing traffic on a divided highway. They are designed to redirect vehicles striking either side of the barrier. Median barriers can significantly reduce the number of cross-median crashes and the overall severity of median-related crashes. You may have noticed an increase in median barrier along State roads in Utah. An example of this can be seen in Cache Valley's Wellsville Canyon where median barrier has been expanded with additional barrier planned to increase driver safety along this stretch of roadway.



Example of Median Barrier

Safety Edge shape is created by fitting resurfacing equipment with a device that extrudes and compacts the shape of the pavement edge at a specific angle as the paver passes. This mitigates shoulder pavement edge drop-offs immediately during the construction process and over the life of the pavement. Because the technique involves only a slight modification of paving equipment, it has a minimal impact on project cost. Improved compaction of the pavement near the edge is an additional benefit of the Safety Edge.

Roundabouts: A roundabout is a circular intersection where entering traffic yields to vehicles on the circulatory roadway. Roundabouts are designed to channel traffic at the entrance and provide collision deflection around a center island. Modern roundabouts are geometrically designed to reduce speeds and deflect collision forces, which substantially improves safety, while providing excellent operational performance at the intersection. Several local communities are already looking at this option to improve safety and serviceability for the traveling public.



Roundabout Example

Safety Edge: The Safety Edge asphalt paving technique minimizes vertical drop-off safety hazards. A

Left- and Right-Turn Lane at Stop-Controlled Intersections: Left-



turn lanes are auxiliary lanes for storage or speed change of left-turning vehicles. Left-turn lanes reduce the likelihood of intersection crashes. They also make turning easier for drivers and improve the intersection's operational efficiency. Right-turn lanes provide a separation at intersection approaches between right-turning traffic and adjacent through-traffic. This reduces conflicts and improves intersection safety.

Yellow Change Intervals: Yellow signal lights that are not timed appropriately are a safety hazard. Yellow change intervals that are not consistent with normal operating speeds create a "dilemma zone" in which drivers can neither stop safely, nor reach the intersection before the signal turns red.

Medians and Pedestrian Refuge Areas in Urban and Suburban Areas: Medians reduce traffic conflicts and increase safety by providing a buffer area between opposing lanes of traffic. Medians can be open (pavement markings only), or channelized (raised medians or islands) to separate various road users. Pedestrian Refuge Areas—also known as crossing islands, center islands, refuge islands, pedestrian islands, or median slow points—are raised islands placed in the street to separate crossing pedestrians from vehicles.

Walkways: Appropriately designed walkways increase safety for all road users. Types of walkways include:

- Pedestrian Walkway (Walkway)--A continuous way designated for pedestrians and separated from motor vehicle traffic by a space or barrier.
- Shared Use Path--A bikeway

or pedestrian walkway physically separated from motor vehicle traffic by an open space or barrier, either within a highway right-of-way, or within an independent right-of-way. Shared use paths may also be used by pedestrians, skaters, wheelchair users, joggers, and other non-motorized users. Shared use paths also are referred to as "trails" or "multiple-use trails."



Shared Use Path Example

- Sidewalks--Walkways that are paved and separated from the street, generally by curb and gutter.
- Roadway Shoulder--In rural or suburban areas where sidewalks and pathways are not feasible, gravel or paved highway shoulders provide a safer area for pedestrians to walk next to the roadway.

For more information on these countermeasures, visit [<http://safety.fhwa.dot.gov>].

Source: Federal Highway Administration

excerpt from the New Jersey LTAP E-News, February 2009 issue [<http://cait.rutgers.edu/njltap/njltap-eneews-february-2009>]

Minimizing Driving Fatigue

from the Utah Safety Council [www.utahsafetycouncil.org]

Whether you are behind the wheel, fueling, or just climbing into or out of your vehicle, fatigue can affect your ability to perform any of these tasks safely. Know how to minimize the effects of fatigue by following these suggestions.

- Get plenty of sleep before you start a trip. Try to plan your trips to allow yourself time to get sleep.
- Get a good night sleep before you head back out onto the road. There is no substitute for sleep.
- Be alert to the warning signs of fatigue and drowsiness. If you feel drowsy, pull over and take a nap.
- Schedule a break at least every two hours or 120 miles, but stop sooner if needed.
- Take a nap when you need to, but plan ahead. Napping along-

side the road can be dangerous and is prohibited on interstate highways and many state routes as well. Find a safe place to stop such as a truck stop, rest area, intersecting highway or designated pull off.

- Get fresh air. Keep a window opened slightly. During a break, take a walk, do a safety check or get some form of exercise before getting behind the wheel again.
- If you start to feel drowsy, but have not yet made it to a safe parking area, talk to other passengers in the car. Roll down your window. Find some music you can sing along with.

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National Public Works Week: May 17-23, 2009

"Revitalize, Reinvest, Renew"

"We're at a pivotal time in our nation's history where we need to see a significant shift in how we invest in, maintain and sustain our infrastructure."

--Marshall Elizer

excerpt from <http://www.apwa.net/About/npww/>

The theme for the 2009 National Public Works Week signals a change in thinking and a new direction in practice. **Revitalizing** our infrastructure means finding new ways to sustain performance, using new materials, increasing efficiency. **Reinvesting** in our infrastructure will ensure safety, longevity, and a positive quality of life. **Renewing** our infrastructure means replacing and reinvigorating the systems and structures on which we depend.

National Public Works Week (NPWW) is a celebration of the tens of thousands of men and women who provide and maintain the infrastructure and services collectively known as public works.

Instituted as a public education campaign by the American Public Works Association (APWA) in 1960, NPWW calls attention to the importance of public works in community life. The week seeks to enhance the prestige of the often-unsung heroes of our society—the professionals who serve the public good every day with quiet dedication.

APWA encourages public works agencies and professionals to take the opportunity to make their stories known in their communities. Over



the years the observances have taken many forms, including parades, displays of public works equipment, high school essay contests, open houses, programs for civic organizations and media events. The occasion is marked each year with scores of resolutions and proclamations from mayors and governors, as well. Some special highlights of NPWW include a United States Senate resolution affirming the first National Public Works Week in 1960, letters of acknowledgment from Presidents Dwight Eisenhower and Lyndon Johnson, and a Presidential Proclamation signed by John F. Kennedy in 1962.

From the beginning, the selection of a Top Ten list of exceptional public works professionals has been a cornerstone of NPWW. The program has identified more than 400 men and women who reflect the highest standards of professional conduct for public works officials. These honorees have been recognized for discharging critical responsibilities in connection to the

design, construction, maintenance and/or operation of major public works projects or activities in large and small municipalities. Often their accomplishments are particularly noteworthy in relation to the limited manpower and financial resources available to them.

APWA has made available *The National Public Works Week How-To Guide*, as one of several resources agencies can use to assist them in the development and implementation of their own individual celebrations. With this tool, an agency will learn how to create proclamations and solicit endorsements from government officials, develop media and press releases, write editorials and articles, and generate material for speeches. There are also several suggestions for celebratory activities to be implemented at the local level.

Our hats are off to all of you, for a job well done in every kind of weather and under every condition! THANK YOU!!!



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Upcoming LTAP Courses, Workshops & Webinars

Spring has arrived...at least on the calendar! And it's a great time to "spring" into training before the busy construction season gets in full swing! Please check our Web site for additional workshop and webinar offerings!! Workshops will be listed under "Register for Classes and Conferences, Webinars." See all registrations on the right side of the Web page. Each course link from the Web page will provide general class information, time, location, cost, etc. A new feature allows you to print the brochure for your convenience.

ATSSA Flagger Training

- April 7, 2009 (Richfield)
- April 29, 2009 (St. George*)
- May 12, 2009 (Moab)

Cost: \$40 (*\$25 as part of Road School)

Time: 8 am-12 noon (AM session), 1-5 pm (PM session)

Participants will need to download and bring a copy of the UDOT Flagger Handbook found on UDOT's Web page (search under "Flagger Handbook").

ATSSA Traffic Control Technician (TCT)

- April 8, 2009 (Richfield)
- April 14, 2009 (Vernal)
- April 30, 2009 (St. George*)
- May 6, 2009 (Logan)
- May 13, 2009 (Moab)

Cost: \$100.00 (state and local personnel); \$125.00 (out-of-state or private sector personnel)

Time: 8 am-4 pm (lunch on your own)

*in conjunction with Road School

ATSSA Traffic Control Supervisor (TCS)*

- April 9-10, 2009 (Price)
- April 15-16, 2009 (Vernal)
- May 6-7, 2009 (St. George)
- May 7-8, 2009 (Logan)
- May 14-15, 2009 (Moab)

Cost: \$250.00 (state and local agency personnel); \$275.00 (out-of-state or private sector personnel)**

Time: 8 am-4 pm each day (lunch on your own)

*TCT course is required before taking this course; **TCS

Certification is an additional cost (\$105 for ATSSA members; \$130 for non-members)

Webinars

- April 8: Highways for LIFE-- Connections Manual for Pre-fabricated Bridge Elements and Systems (no fee)
- May 6: Highways for LIFE-- Safety Edge (no fee)
- June 10: Pavement Smoothness

How to Register

Use on-line registration at our Web site [www.utahltap.org] OR...

1. Circle the workshop date you want to register for.
2. Complete the form (below).
3. Fax the entire page to the LTAP Center at (435) 797-1582.

**Questions? Call
1-800-822-8878!**

The latest offerings can be found at www.utahltap.org

Utah LTAP Center Spring 2009 Workshop Registration Form

Name: _____

Agency: _____

Address: _____

City/State/Zip: _____

Phone: _____ FAX: _____

E-mail: _____

Total Workshops Registered For: _____ Total Amount Due: _____

Method of Payment (Please check one)

Check enclosed (made payable to Utah LTAP Center)

Federal Tax ID #87-6000528

Agency PO (Number: _____)

Credit Card (Visa/MC/Discover) #: _____ Exp. date: _____



Partner Happenings

What You Should Know...



Utah League of Cities & Towns

If you desire more information on League activities, or to register for a League sponsored event, please call the Utah League of Cities & Towns directly at (801) 328-1601 or 1-800-852-8528 or go to their Web site [www.ulct.org].

Mid-Year Conference

"Wringing the Most out of Our Resources"

- April 15-17, 2009 (St. George)
Registration information is available on-line and hotel information is available below.

Road School

- April 28-May 1, 2009 (St. George)
Registration information is available on-line and hotel information is available below.

Please take note of the Utah LTAP Center workshops available during Road School (page 11).

Mid-Year Conference & Road School

HOTEL INFORMATION

Hilton Garden Inn 1731 S. Convention Center Dr.	435.634.4100 \$ 104.00
Ramada Inn 1440 E. St. George Blvd.	435.628.2828 \$ 89.00
Holiday Inn 850 S. Bluff	435.628.4235 \$ 89.95
Hampton Inn 53 N. River Road	435.652.1200 \$ 90.00
Crystal Inn 1450 S. Hilton Drive	435.688.7477 \$ 75 single, \$ 90 double
Best Western Abbey 1129 S. Bluff	435.652.1234 \$ 80.00
Wingate by Wyndham 144 W. Brigham Rd., Bldg. G	435.673.9608 \$ 70.00

Please indicate you are part of the Utah League of Cities and Towns Convention



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UTAH ASSOCIATION OF COUNTIES

A Unifying Voice for County Government

Utah Association of Counties

For more information on UAC activities, or to register for a UAC sponsored event, please call them directly at (801) 265-1331 or go to their Web site [www.uacnet.org].

2009 Management Conference

- April 15-17, 2009 (Snow College - Richfield Campus Conference Center)
Registration information for this event is available on-line at the UAC Web site. A limited block of rooms is being held for this event at the Fairfield Inn, Hampton Inn, and Comfort Inn from \$65/night--all three are within five minutes driving time from where the meetings will be. Be sure and mention Utah Association of Counties when booking to get the special rate.



ITE, Utah Chapter

For information on ITE activities, please contact Tim Boschert by e-mail at [tboschert@utah.gov]. ITE, Utah Chapter monthly luncheons are generally held on the third Tuesday of each month starting at 12 noon at the Chinese Gourmet Restaurant in Murray (4500 South State Street).



APWA, Utah Chapter

For more information on APWA activities please visit their Web site [<http://utah.apwa.net>]. Chapter meetings will be held at The Gathering Place in West Jordan at Gardner Village (1100 West 7800 South) or Ruby River in Provo. Please note that

the Southern Utah Branch meets the 1st Tuesday of each month at the Holiday Inn in St. George.



Utah Local Governments Insurance Trust

For information on training and other Trust activities, please call 1-800-748-4440. You can also check out the Trust Web site at [www.ulgt.org].



Utah Risk Management Mutual Association

For more information or to register for URMMA training activities, please call Joanne Glantz at (801) 225-6692. You can also check out their Web site at [www.urmma.org]. URMMA members can call URMMA at (801) 225-6692 to schedule free, in-house supervisor training, harassment training, customer service training and defensive driver coaching.



Utah Safety Council

For more information or to register for Utah Safety Council training activities, please call (801) 478-7878 or 1-800-933-5943 or e-mail [safety@utahsafetycouncil.org]. You can also check out their Web site at [www.utahsafetycouncil.org]. All workshops are offered at their location (1574 W 1700 S, Suite 2A, Salt Lake City) and some are even offered on-line. Online registration forms

and scholarship applications (some covering up to 50% of the cost of the course) are available at their Web site. On-site classes are also available.

First Aid, CPR and AED for Business

- April 14, 2009
- May 19, 2009
- June 16, 2009

Cost: \$55 (member)/\$65 (non-member)

This course supplies participants with the most up-to-date First Aid, CPR and AED training.

Safety Training Methods

- April 21-24, 2009 (8 am–5 pm)

Cost: \$1,100 (member)/\$1,550 (non-member)

This course will show you how to create, select and deliver performance-based training that helps you achieve your organization's safety and business goals. You'll learn how to: (1) Make educated decisions about safety training needs; (2) Set realistic training goals that employees can meet; (3) Write learning objectives for employees and track their progress; (4) Use strategies and methods that engage as well as educate; and (5) Identify training and non-training solutions to safety issues. This course is part of the National Safety Council's Advanced Safety Certificate. Professional Development Scholarships are available to cover 50% of the cost for this course.

Safety Inspections

- May 29, 2009 (8 am–5 pm)

Cost: \$210 (member)/\$270 (non-member)

This workshop provides an overview of the safety and health inspection process, and then examines specific techniques to improve the process. Upon completion of the Safety Inspections course, you will be able to: (1) Plan and conduct a safety inspection; (2) Complete inspection reports;

(3) Develop recommendations and follow-up; and (4) Manage an effective inspection program. This course is part of the National Safety Council's Advanced Safety Certificate. Professional Development Scholarships are available to cover 50% of the cost for this course.

Fundamentals of Industrial Hygiene

- June 9-12, 2009 (8 am–5 pm)

Cost: \$1,100 (member)/\$1,550 (non-member)

Chemical, physical, ergonomic and biological hazards exist in every workplace. This course shows you how to identify, evaluate and control those hazards, with hands-on demonstrations. You'll learn how to: (1) Create and maintain a healthy, hazard-free workplace; (2) Conduct walk-through surveys and perform basic air and noise monitoring; (3) Recognize when to call in a certified industrial hygienist; (4) Develop a plan to control hazards in your facility. This course is part of the National Safety Council's Advanced Safety Certificate. Professional Development Scholarships are available to cover 50% of the cost for this course.



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Blue Stakes of Utah

For more information on the services and activities of Blue Stakes of Utah, please visit their Web site or contact their notification center.

Utah Construction Career Days *April 28-29, 2009* **Bridgerland Applied Technology College (BATC), Logan**

You can find out more at the Utah Construction Career Days Web site [<http://www.utahccd.org/>] or contact Pam Pyle at the Utah LTAP Center by calling 1-800-822-8878.

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The Utah LTAP Center Advisory Board meets at least twice annually to make recommendations and evaluate the effectiveness of the program.

"On the Move"

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About the Utah LTAP Center

The Utah LTAP Center is an integral part of a nationwide Local Technical Assistance Program (LTAP) financed by the Federal Highway Administration, state departments of transportation and local transportation agencies. The Center bridges the gap between research and practice by translating the latest state-of-the-art technology in transportation into implementable products and information for the special use of local transportation agencies and personnel. Located at Utah State University, the Utah LTAP Center is also part of the Utah Transportation Center (UTC), a Tier II University Transportation Center of the U.S. Department of Transportation.

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Utah LTAP Center Staff

Interim DirectorNicholas R. Jones, P.E.
 Business Manager Pamela Pyle
 Field Projects ManagerN. Dee Hadfield
 Network AdministratorBrant Whiting
 NewsletterJulie H. Duersch
 Phone/Fax (435) 797-2931/797-1582
 E-mail.....utahltap@usu.edu
 Web site.....www.utahltap.org

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