



Technology Exchange

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Summer Temperatures Are Up: How Can You Prevent Heat Stroke?

In some parts of Louisiana, we have recently experienced a heat wave with heat index between 110 and 115 degrees. This is particularly hard for our public works personnel and roadway workers who are outside day and night to ensure our roads are in tip-top shape.

An article in *Lafayette Daily Advertiser* reported that over 31 million people faced an excessive heat warning throughout the country on the last Wednesday of June, with temperatures over 115 degrees being recorded in parts of the U.S. by the USA TODAY Heat Index. A heat advisory was even issued the week of June 26 by the National Weather Service for much of southeast Louisiana, including New Orleans, Baton Rouge, and Slidell, with the 110-degree heat index range of summer heat which rose to nearly 120 degrees.

In order to prevent any type of heat-related injuries, LTAP shares an array of resources from APWA, NHTSA, OSHA, and CINTAS Corporation. In our last virtual showcase presented by CINTAS to the members of the Louisiana Parish Engineers and Supervisors Association (LPESA), heat-related illnesses and first aid were highlighted as topics of discussion.

Employers should encourage workers to work shorter shifts and take frequent breaks

The good news is that heat-related illnesses are preventable. Workers who have not spent time recently in warm or hot environments and/or being physically active will need time to build tolerance to the heat. During their first few days in warm or hot environments, employers should encourage workers to: (1) Consume adequate fluids (water and sport drinks); (2) work shorter shifts; (3) take frequent breaks; and (4) quickly identify any heat illness symptoms. Read more on <https://www.osha.gov/heat-exposure>

Wear PPE that protects against heat exposures

Are there types of PPE that can be worn to protect against heat exposures? Yes. According to National Institute

Visit www.louisianaltap.org for our current classes, training requests, free resources, and much more...

Hydrate for Your Safety

Drinking enough fluids is one of the most important things you can do to prevent heat illness.

- ☒ Hydrate before, during, and after work.
- ☒ Drink 1 cup of cool water every 20 minutes – even if you aren't thirsty! Water is generally sufficient for short jobs. For longer jobs, drink an electrolyte-containing beverage.
- ☒ Avoid energy drinks and alcohol.
- ☒ Your work performance may suffer when you are dehydrated, even if you don't notice.

[osha.gov/heat](https://www.osha.gov/heat)



Being a Part of It All

By Steven Strength, PE, PTOE, LTAP Director



As I write this, we are in the midst of summer gatherings, vacations, and seasons of celebration as well as reflection. Reflecting on the blessings we have been given to live and work in the USA, we understand that to be a citizen is to enjoy the privileges that have been so dearly won, but it also implies allegiance and an obligation on our part to perform the duties of belonging. Being a professional is a lot like being a citizen, and as employees of state, parish, or local government, or anywhere in transportation or public works, we have certain obligations, the price of being a part of it all.

We have the responsibility to stay healthy and safe so we can perform our duties and serve the public in excellent fashion. Check out our articles on the dangers of heat stress and steps you can take to be ready for the upcoming hurricane season, elsewhere in this newsletter. Another obligation we have to ourselves and our fellow citizens is to continuously improve our knowledge and skills. LTAP's Roads Scholar program continues to offer opportunities for growth and skills development, and information on becoming a Roads Scholar can be found just by reading further and checking out our website.

The highest requirement of being a part is to do your part. In the public sector, nothing runs on automatic. It takes people who are willing to be a part by doing their part to make their community better. I hope you will look beyond the summer heat and decide to make a difference—take a class, mentor a co-worker, apply for that promotion, set the example, and follow the lead of so many Americans who decided to make a difference. You don't need to set the world on fire, just decide to be a part by doing your part. Enjoy your summer, and stay safe out there. And while you're at it, stay cool, too!

A collage of four photographs related to the LPESA Fall 2023 Conference. The top-left photo shows a large audience seated in a conference hall facing a stage with a presentation screen. The top-right photo shows three people on a stage; a man in a white shirt is presenting a certificate to a man in a grey shirt, with a woman in a black blazer standing to the left. The bottom-left photo shows a man in a grey shirt standing at a podium on a stage, addressing the audience. The bottom-right photo shows a group of people in a hallway or exhibition area, some wearing blue shirts and caps, engaged in conversation. Overlaid on the collage is the text "SAVE The DATE" in large yellow letters, the dates "SEPTEMBER 27-28, 2023", the event name "LPESA FALL 2023 CONFERENCE", and the website "WWW.LPESA.ORG". The location "HOTEL BENTLEY, ALEXANDRIA, LA" is written at the bottom. A small logo for the Louisiana Parish Engineers and Supervisors Association is also visible in the top right of the collage.

Shifting Gears to Address Safety of Vulnerable Road Users

It's a fact: roadways are used by more than just automobiles. People who aren't in vehicles have become more vulnerable to safety risks than ever. Pedestrians, joggers, skaters, bicyclists, scooter riders, pedestrians in wheelchairs, you name it—they're all vulnerable road users (VRU).

In Louisiana, VRU fatalities made up 23% of the total traffic fatalities for 2021. This was particularly significant because this was the year when Louisiana saw the highest traffic fatalities since 2007. On a 5-year average (2017-2021), VRU deaths have comprised 22% of the total number of fatalities.

Based on NHTSA's 2021 Fatality Analysis Reporting System (FARS), Louisiana came second as having the highest pedestrian fatality rate (3.98) per 100,000 population in 2021, preceded by New Mexico (4.82) and followed by Florida (3.75). The national pedestrian fatality rate in 2021 was 2.23.

The numbers are undeniably alarming. There are proven safety countermeasures that can be done more than just dedicating bicycle lanes and enhancing crosswalk visibility. With the latest Bipartisan Infrastructure Law, the new Safe Streets and Roads for All (SS4A) grant program was established. How is this new grant going to support the national Zero Deaths initiative toward the prevention roadway deaths and serious injuries involving VRUs? Learn how you can tap into this pot of money by visiting transportation.gov/grants/SS4A.

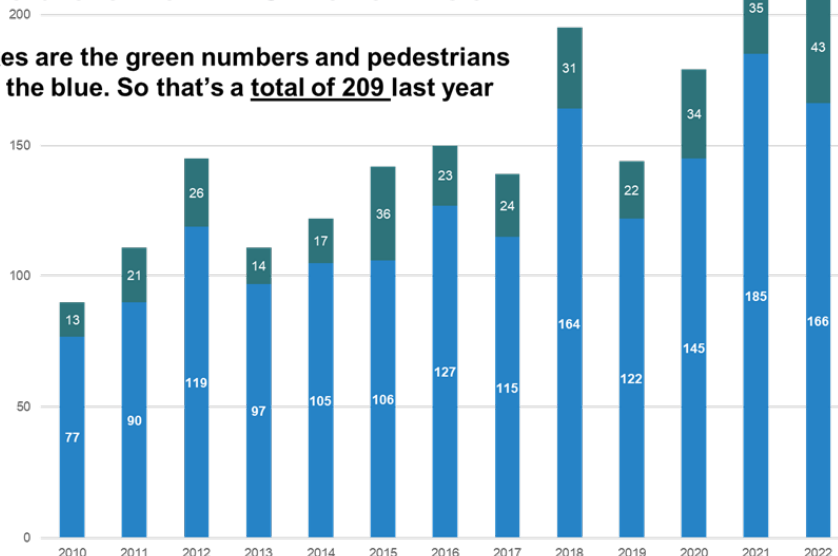
LTAP offers VRU workshop beginning soon!

Why VRU, and why should Louisianans address it? How can parishes and municipalities incorporate VRU projects into their existing initiatives? What proven countermeasures can be deployed to address VRU deaths? How can adapting and implementing local road safety plans address VRU needs? These questions can be answered through LTAP's "Safety of Vulnerable Road Users" workshop which will be offered in nine locations beginning on August 9. Visit louisianaltap.org/training.html to register.



Louisiana VRU Fatalities

Bikes are the green numbers and pedestrians are the blue. So that's a total of 209 last year



This info is prepared for the purpose of identifying, evaluating, and planning safety improvements on public roads, which may be implemented utilizing federal aid highway funds. This information shall not be subject to discovery or admitted into evidence in a Federal or State court pursuant to 23 U.S.C. 407.

Heat Stroke Prevention

continued from page 1

for Occupational Safety and Health (NIOSH), there is wearable PPE that protects against heat exposure. These are called auxiliary cooling systems or personal cooling systems (e.g., water-cooled garments, air-cooled garments, cooling vests, and wetted overgarments) and can range in simplicity, cost, and maintenance.

When in Doubt, Cool the Worker and Call 911

Our friends at OSHA relate that workers suffering from heat stroke experience mental dysfunction such as unconsciousness, confusion, disorientation, or slurred speech. Their recommendation is to cool these workers immediately and call 911! Read more on <https://www.osha.gov/heat-exposure/illness-first-aid>



Nebraska LTAP Shares Tailgate Talks on Working in Heat

Our LTAP counterpart from Nebraska shares their Tailgate Talks on “Working When It’s Hot.” Every stage of heat stress has a corresponding treatment.

- For **heat cramps**, simply stop working and drink lots of fluids. Rest in a cool area. Drinking Gatorade or other electrolyte replacement fluids may also help.
- For **heat exhaustion**, give first aid by moving the person to a cool place to rest. Remove as much extra clothing as possible. Give the person water. Drinking electrolyte solutions may also help. Don’t allow the person to get chilled, and treat for shock if necessary. Get medical help.
- For **heat stroke**, call 911 to get medics immediately. Immerse the person in cool water or ice.

Read more on: <https://www.ltap.unl.edu/images/neltap/Documents/Working-in-Heat.pdf>

NHTSA Reminds the Public of Fatal Risk of Hot Cars to Children

“Every year, 38 children lose their lives in hot cars, and these are tragedies that can be prevented,” NHTSA Deputy Administrator Sophie Shulman said. “By never leaving a child alone in a car to checking the backseat before getting out of the vehicle, we are asking all Americans to understand the risks posed by hot cars and do their part to keep children safe.”

NHTSA urges everyone to do their part to keep children safe:

- Lock your car when you aren’t using it.
- Even if you don’t have a child of your own, a child in your neighborhood could get into your unlocked vehicle with tragic consequences.
- Never leave your child alone in a car, even if you think you’ll only be gone for a minute.
- Rolling down a window does little to keep a vehicle cool.
- Heatstroke can happen even on a relatively cool day.
- The inside of a vehicle can reach dangerous temperatures in as little as 10 minutes.

Read more on [NHTSA.gov/Heatstroke](https://www.nhtsa.gov/Heatstroke)



Every year, 38 children lose their lives in hot cars, and these are tragedies that can be prevented.

Resources & Tools for Getting Organized for a Hurricane



From heat alerts to boil advisories, here comes hurricane season, getting us all anxious this time of the year. After Hurricane Ida blindsided many of us in 2021, officials from Louisiana Governor's Office of Homeland Security and Emergency Preparedness (GOHSEP) have become more vigilant than ever.

The middle of August through the middle of October is historically the most likely time for a Gulf hurricane and when hurricanes Audrey, Andrew, Betsy, Camille, Gustav, Ida, Ike, Katrina, and Rita struck Louisiana. As a reminder, LTAP encourages our local agency partners to utilize the resources and tools that are made available for you in an event of a hurricane.

Get a Game Plan

Pre-event planning is important, so if you don't have a game plan laid out yet, get one. Get a copy of the Emergency Preparedness Guides, which you can secure from the Parish Office of Homeland Security and Emergency Preparedness (Parish OHSEP), American Red Cross, and selected United Way offices.

For those of you who are tech-savvy, maximize the benefits of downloading the Get a Game Plan app! You can view all emergency information right at your fingertips; get your family plan, kids plan, mitigation plan, and business plan all squared away right before the hurricane makes landfall.

For more information, visit www.getagameplan.org.



Our partners at the Louisiana Municipal Association (LMA) conducted the "2023 Hurricane Season Forecast and Pre-Event Planning Webinar" last month to provide guidance on how it is important to deploy a 72-hour plan in the event a hurricane is reported to be coming our way. In case you missed the webinar, you may view the recording here: <https://vimeo.com/716100806>

ALL ABOUT CONTRAFLOW

The decision to use contraflow occurs when (1) the city of New Orleans and the metro parishes call for a mandatory evacuation and (2) there's a slow-moving Category 3 or higher hurricane in the Gulf. The decision to invoke contraflow must be made 72 hours in advance. There is an immense amount of preparation that goes into successful contraflow.

Once the call is made to use contraflow, DOTD crews load barricades, cones, barrels, and other traffic-control devices. Then they block off hundreds of intersections. Engineers have to go to hundreds of signal boxes to reprogram traffic lights for contraflow. DOTD also has to finish transporting evacuees from parish pickup points, and various emergency response agencies must finish staging equipment and personnel to respond quickly after the storm. Additionally, DOTD must coordinate with nearby states and various law enforcement agencies, as well as have crews set up the interstates for contraflow traffic patterns.

For much more information about contraflow and everything else related to emergency preparedness, please scan the QR code to visit the Governor's Office of Homeland Security and Emergency Preparedness (GOHSEP) website.

To see up-to-the-minute traffic situations across the state, please scan the QR code to visit DOTD's 511 travel information website.

WHY ISN'T CONTRAFLOW ALWAYS USED?

In some situations, it's far quicker to encourage citizens to evacuate rather than spend time and resources setting up contraflow. Also, some hurricanes experience rapid intensification and there simply isn't enough time to use contraflow. This was one of the reasons contraflow wasn't used for Hurricane Ida in 2021.

Whether or not contraflow is used, be sure to plan ahead when there's a storm approaching and don't wait until the last minute to evacuate.

DON'T FORGET TO GO NORTH!

Louisiana has several major north/south routes that will allow traffic to head away from the coast. As always, the key is to plan ahead and evacuate before it's too late.

Be Familiar with DOTD's Contraflow Map

The Louisiana Department of Transportation and Development (DOTD) has put together a contraflow map in case evacuations are ordered due to a tropical threat along the coast. GOHSEP encourages you to follow the guidance of your local leaders and leave in a timely manner. If needed, Louisiana's contraflow plan may be part of the evacuation process.

For road closures, call DOTD at 877-4LA-DOTD (visit online at 511la.org), or Louisiana State Police at 800-469-4828 (visit online at lsp.org). You can also scan the QR codes in the graphic to the left.

Leadership Spotlight: Debbie Henton, Executive Counsel of Police Jury Association of Louisiana (PJAL)

By Rudynah Entera Capone, MPA



In this newsletter, we take our leadership lessons from Debbie Henton, Executive Counsel for the Police Jury Association of Louisiana. Debbie brings an extensive knowledge and experience in legislation and law for over 25 years. Eleven of those years were spent representing St. Tammany Parish Government in litigating and addressing matters such as the establishment and termination of and authority over rights to road and drainage infrastructure, subdivision development, environmental services authority, sales tax, special tax expenditure limitations, immunities, code enforcement, statutory funding mandates, annexation, discretionary immunity versus operational decisions, and the Public Records Law. In recent years, she has lectured on topics involving the Public Records Law as to how to comply with the law and identify and address potential issues. She graduated with honors from the University of Southern Mississippi in Music Industry in 1989 and from Loyola Law School—New Orleans in 1994. She enjoys an AV rating, the highest possible rating, under the Martindale-Hubbell attorney rating system.

What is your definition of leadership?

Leadership is the winning and variable combination of a willingness and ability to make a tough decision; to work harder than anyone else in the room, regardless of the task; and to listen.

Tell us some highlights of your professional career, and how those roles helped you develop your leadership skills.

As a product liability and premises defense lawyer, I learned how to work a case. It is not really hard; you just have to keep moving forward. As an attorney representing St. Tammany Parish Government for 11 years, I learned about parish government law and the difference between a government client and a private client. I made tough decisions that allowed me to put my head on the pillow and sleep at night. That peace of mind is worth more than most anything.

If you were to pick three traits that a leader should possess to be effective in leading teams, what would they be? Briefly explain why.

Leaders must know how to quickly assess a situation and delegate responsibilities to accomplish their goal. Leaders must figure out what their team needs to succeed and get it for them. Leaders should analyze the needs and wants of other parties and work towards the goal without running over anyone else.

What is your leadership style?

The best solutions are gotten from participation of a group. To get participation, people need to be comfortable floating ideas. That is my goal. My leadership style is one that allows a group to determine the best solution because all facts and concepts can be freely discussed.

In any of your past and present leadership roles, what has been the most challenging task you've had to overcome? Can you briefly share how you handled such a challenging task?

One of my most challenging tasks was to be a witness in a case. Testimony went long. The plaintiff wanted the issue, not a resolution, so the questions were less about the case and more about personal conflict. You lead by removing emotion from the response and helping everyone in the room focus on the law and the facts.

Who is your model leader? Why?

My grandfather, Col. Frank G. Spiess Sr., is my model leader. He received three bronze stars and two silver stars in WWII. He was an Assistant Adjutant General for the Louisiana National Guard. He was a leader in every aspect of his life, and the reports of his deeds during WWII made it clear that he did not stand behind his troops and direct; he was in the front, leading by example. My mother, Sue Cannon Spiess, led with graciousness and dignity, and overcame myriad obstacles because she willingly sacrificed for the betterment of other people. And my husband, Alan, to whom, throughout his life, others have looked to as the gold standard for behavior because he repeatedly chose the right path even though it was not the easiest.

Locals Say, "I now feel more comfortable moving forward now that I've attended the LPA Core Training!"

At the end of May, LTAP conducted the Local Public Agency (LPA) two-day Core Qualification Training class and Construction, Engineering & Inspection (CE&I) at the Regional Transportation Management Center in New Orleans. We had over 50 in attendance for the core class, which was a record-breaking number for any class in our LPA class series. Participants, who were mostly the "Responsible Charge" of their respective projects, were given an insight into planning, programming, project development, and getting their projects funded. They engaged in a few group activities and individual activities. Many attendees felt more comfortable moving forward in their agencies.

The next LPA class series will be held October 3-5 in Lake Charles. Sign up at louisianaltap.org!



Kudos to Roads Scholar Graduate Phillip Clark from Desoto Parish!

Phillip Clark from DeSoto Parish recently completed the Roads Scholar Program that LTAP offers to local transportation and public works personnel who are in the field of engineering, maintenance, construction, planning, and implementation of infrastructure systems that impact local communities. Clark received his certificate during the LPESA Spring Conference held on May 3-4 at the Cypress Bayou Casino Hotel in Charenton.

How Can You Become a Roads Scholar?

To become a Louisiana Roads Scholar and receive a Louisiana Roads Scholar Certificate, each participant must attend 10 of the 15 training courses approved for the program. Six of the courses are required and nine are elective. The student can pick a minimum of four of the seven elective courses, or if desired, may attend all nine. To know more about the Roads Scholar Program, visit <https://www.louisianaltap.org/roads-scholar.html>



Upcoming LTAP Classes

LTAP: Safety of Vulnerable Road Users Workshop, August–September 2023

Vulnerable Road Users (VRU) include pedestrians, bicyclists, and other personal modes of transportation. They continue to account for a significant percentage of U.S. traffic fatalities in Louisiana and are listed as an emphasis area in Louisiana's Strategic Highway Safety Plan (SHSP).

This workshop will discuss how road safety stakeholders and local agencies can help reduce VRU deaths and serious injuries in Louisiana.

Roads Scholar #9: The Road to Better Signing, October–November 2023

This course provides a basic overview of the *Manual on Uniform Traffic Control Devices (MUTCD)* and its application to common local traffic control situations. All local personnel who place and install signs and pavement marking should be familiar with the guidance provided by the MUTCD.

Visit louisianaltap.org/training.html to register for all LTAP classes.



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The purpose of the Local Technical Assistance Program is to provide technical materials, information, and training to help local government agencies in Louisiana maintain and improve their roads and bridges in a cost-effective manner. To accomplish this purpose, we publish a quarterly newsletter; conduct seminars, workshops, and mini-workshops covering various aspects of road and transportation issues; provide a lending library service of audio/visual programs; provide technical assistance through phone and mail-in requests relating to transportation technology; and undertake special projects of interest to municipalities in Louisiana.