BEGIN INSTRUCTION ZONE

Night Work

ROADWAY SAFETY

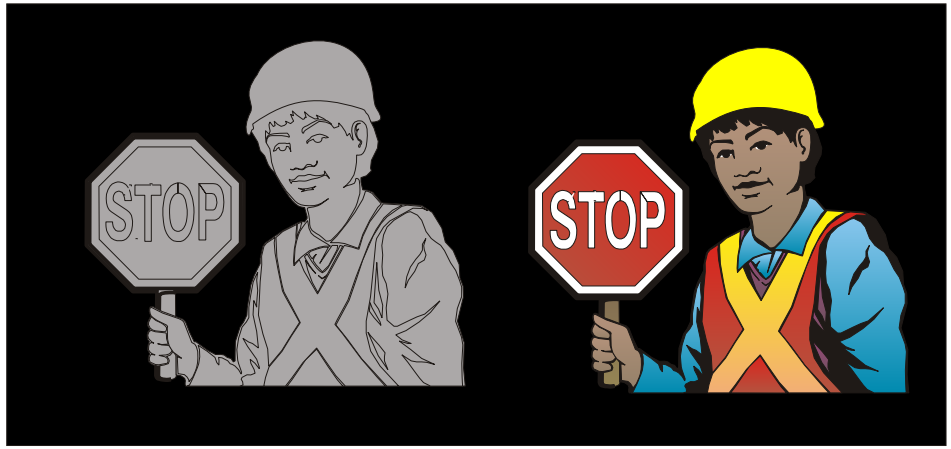
1

What Are the Special Challenges?

Night operations change the work environment.

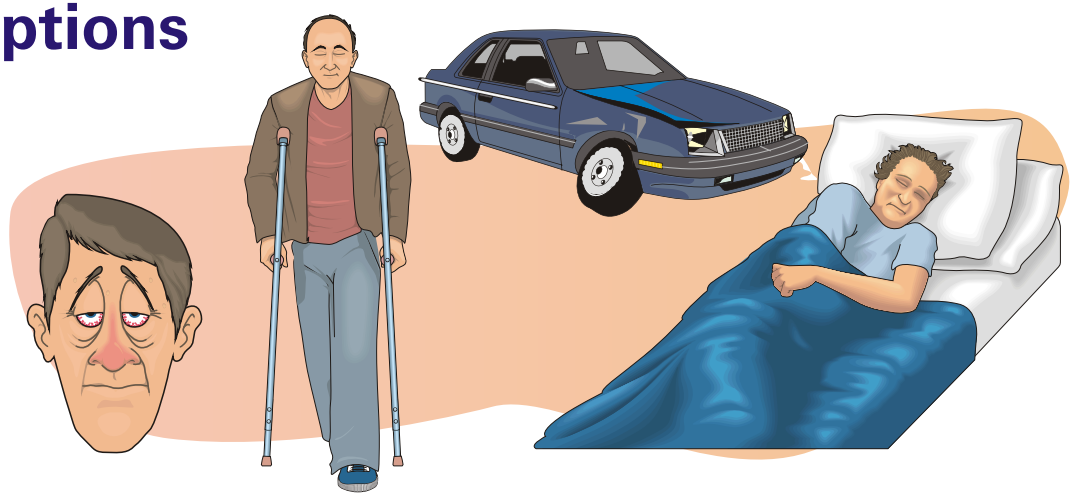
On the worksite

- Poor visibility for motorists
- Poor visibility for workers
- Communication between shifts
- Impaired or drowsy drivers



Physical and social disruptions

- Sleep disruption
- Risk of injury from drowsiness
- Impaired family or social relationships



BEGIN INSTRUCTION ZONE

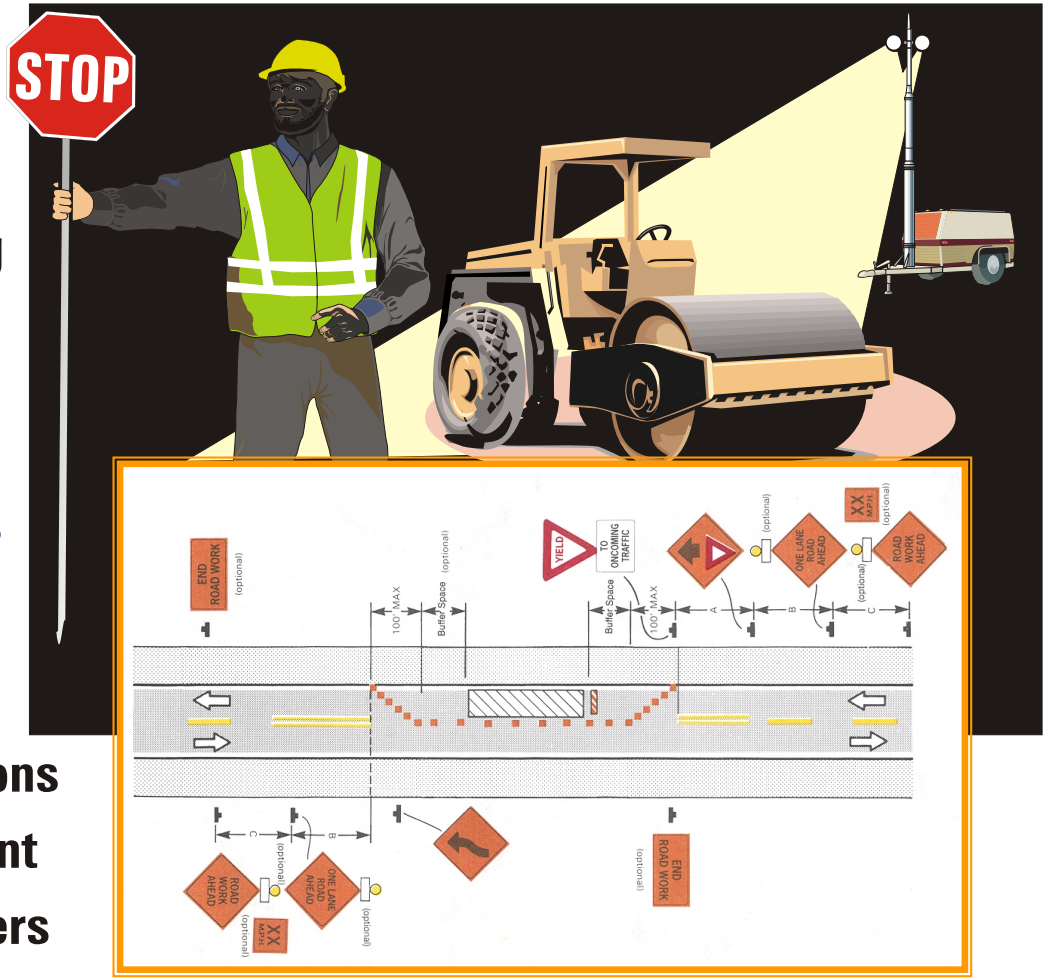
Night Work

ROADWAY SAFETY

2

How Can We Protect Ourselves at Night?

Use SPECIAL PRECAUTIONS at the site for night work.



Increase visibility

- Retro-reflective clothing
- Flashing lights on body/clothing
- Retro-reflective tape on equipment
- Good work area lighting

Know your surroundings

- Vehicle and equipment paths
- Assigned work areas
- Safe paths to/from work locations
- On foot, watch out for equipment
- On equipment, watch for workers

BEGIN INSTRUCTION ZONE

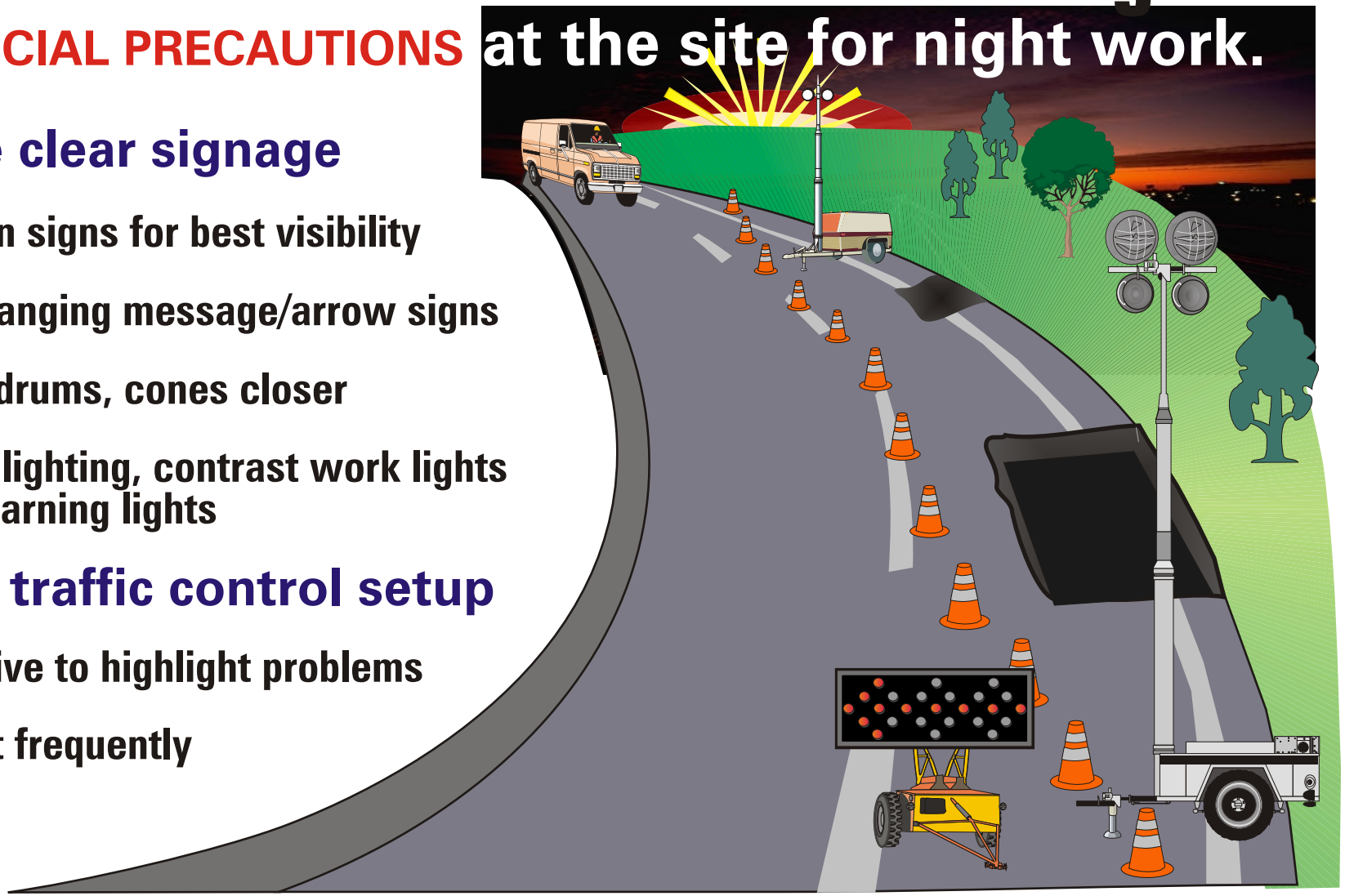
Night Work

ROADWAY SAFETY

3

How Can We Protect Ourselves at Night?

Use SPECIAL PRECAUTIONS at the site for night work.



Provide clear signage

- Position signs for best visibility
- Use changing message/arrow signs
- Space drums, cones closer
- Proper lighting, contrast work lights from warning lights

Inspect traffic control setup

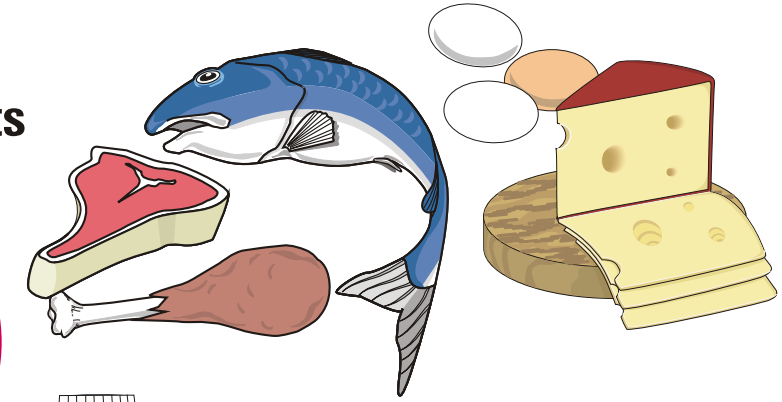
- Test drive to highlight problems
- Inspect frequently

How Can Our Health Habits Help?

Night work is not normal. You must compensate.

On the worksite

- Eat protein-rich meals, avoid sugars and fats
- Drink water, avoid caffeine



At home

- Make sleep a priority
- Follow a pre-sleep routine
- Have light snack before bed
- Keep daylight out
- Eat family meals together
- Plan daytime social activities