



Meeting Minutes

06-18-21

SGL Office in Maitland, FL with Virtual Option

<i>Participants</i>	<i>Organization</i>
<i>Adam Massimo</i>	Arrive Alive Traffic Control
<i>Alison Sanders</i>	Ranger Construction
<i>Bill Phelps</i>	Friedlander Company
<i>Brandon Houston</i>	Hardrives Paving
<i>Crystal McGowan</i>	Road Safe Traffic
<i>Danielle Robertson Rath</i>	GEG Research and Consulting
<i>David Asselin</i>	Ranger Construction
<i>Eric Green</i>	Ajax Paving
<i>Greg Deese</i>	FDOT
<i>Heather Hicks</i>	FTBA
<i>Jamie Bertoch</i>	ACME Barricades
<i>Kathy Thrash</i>	Florida 8-1-1
<i>Lora Hollingsworth</i>	FDOT
<i>Lou Dema</i>	SGL Constructors
<i>Lydi Guzman</i>	Prince Contracting
<i>Mark Ligon</i>	Vecellio Group
<i>Michael Simmons</i>	TRC Solutions
<i>Michael Spyra</i>	Prince Contracting
<i>Morgan Reid</i>	Workcomp Solutions
<i>Nicole Padron</i>	Prince
<i>Peter Berrios Torres</i>	SACYR
<i>Rex Roberts</i>	Hubbard Construction
<i>Robinson Boucan</i>	EHS Contractors
<i>Steve Thomas</i>	Walsh Group
<i>Tina Pereira</i>	OHL Community Asphalt
<i>Wayne Baxter</i>	DAB Constructors

- 1) Introduction and Housekeeping
 - a) Attendance will be taken from Teams meeting list. Those who called in are identified by their phone numbers.
 - b) Is there any feedback or comments regarding last week's minutes? (Jamie)
 - i) Minutes from 05-18-21 meeting were approved.
 - c) Jamie introduced the guest speaker, Danielle Robertson Rath.
- 2) Danielle Robertson Rath Presentation **Danielle's packet of information was sent to the group and is available again upon request.*
 - a) Danielle explained that she is a caffeine scientist, author, and speaker. Her job is to help people perform their best when they are feeling their worst.
 - b) Danielle showed some of the books she has written
 - i) Are You a Monster or a Rock Star? and How to Get Sh*t Done When You Feel Like Sh*t.
 - c) In today's session, we're going to talk about the five levels of fatigue and how you can use the five levels of fatigue to keep yourself and your team safe.
 - d) Danielle asked everyone to draw a triangle and divide it into six sections by drawing five lines across. The triangle was used to model the five levels of fatigue. More information was added to the triangle throughout the presentation. Danielle elaborated on the following key points:
 - i) Seven hours of sleep per night is the goal. Less sleep than that increases the risk of injury. For every hour less than 7, the risk of injury increases by 10%.
 - ii) Those who work 70 hours a week are four times more likely to have an accident than those who work 50 hours per week.
 - iii) Danielle referred to Bruce Willis's character in the original Die-Hard movie to exemplify the five levels of fatigue.
 - iv) Level 0 is the ideal level. Level 1 is where people become bored and distracted. Level 2, we become tired and annoyed. Level 3 is the stress level. We begin to lose control and struggle to stay awake. Level 4 is an energy emergency; you are barely hanging on. Level 5 is dangerous; all you can do at this point is rest.
 - e) Danielle offered additional information outside of the caffeine triangle model.
 - i) Caffeine doesn't work within the first hour of waking up because of the body's cortisol awakening response.
 - ii) A "napaccino" is a short 20-minute nap just after consuming caffeine that helps minimize the brain foggiess that we experience after napping because it takes caffeine about 20 minutes to take effect.
 - iii) If you would like to receive a copy of Danielle's Energy Drink Report Card, text "YES" to 262-278-0713.
 - iv) The caffeine placebo effect has been shown to be very strong. If you are craving caffeine but want to avoid it, consider drinking a different hot beverage or decaf.
 - v) 200 milligrams is the optimal level of caffeine. Beyond that, a phenomenon called the Yorks Dodson Law comes into play. This law states that performance increases to a certain point until a person is over-stimulated and then performance is adversely affected.
 - vi) It is important to be able to recognize your own level of fatigue. If you find you are consistently fatigued, you need to evaluate your routine to get more sleep. Your fatigue level affects your safety and that of others around you.
 - f) Danielle paused to allow members to ask questions.
 - i) Is the 200 milligrams per day or at one time? (Alison) Answer: At one time, every four hours.

- ii) Is there a limit to the amount of milligrams you should intake in one day? (Dave) Answer: 400 milligrams is the amount that's recommended as safe per day. Higher than 400 milligrams and the health benefits start to get outweighed by the side effects. That would be about 4 standard cups of coffee.
 - iii) I have always heard caffeine has negative effects on sleep, how long before you go to bed should you avoid caffeine? (Mark) Answer: Genetics plays a role in how long caffeine stays in your system, but basically, after four hours you will have about half of the amount of caffeine you consumed left in your system. So, products with a lot of caffeine are more likely to affect your sleep.
 - iv) Do the other ingredients in energy drinks increase the effects of caffeine? How are the other ingredients factored in? (Mark) Answer: Drinks labeled as energy drinks are supposed to display the total amount of caffeine from all sources on their label, but they don't have to. It is a best practice. Caffeineinformer.com is a good website you can use to check the caffeine content of different products. It is more difficult to know the caffeine content of coffee especially when ordered from a coffee shop because it will depend on the size of the drink and how it is made. Caffeine content in brewed coffee can vary greatly.
 - v) How much caffeine is dangerous or can kill you? (Alison) Answer: You will start to feel the side effects around 1 ½ grams, it takes about 10 grams to be fatal. At caffeineinformer.com you can enter a particular drink and it will tell you the amount that would be fatal. It is about 27 cans of Monster.
 - vi) Are products labeled as caffeine free really caffeine free? (Tina) Answer: Products that are labeled as caffeine free are legally required to test the product to ensure that they actually are caffeine free.
 - vii) What is the recommended safe daily dose of caffeine for folks with cardiovascular or heart issues? (Mark) Answer: Not sure if there is any specific number. 300 milligrams a day is generally considered to be cardioprotective .
 - g) Danielle thanked everyone for having her and mentioned that she would leave her information (website and phone number) with Jamie to share with the group.
- 3) Greg Deese with FDOT spoke about Contractor-Initiated-Safety-Solutions.
- a) Trying to brainstorm some ways to incentivize contractor-led safety solutions in the industry.
 - b) Greg requested some input from FTBA SC members and received some good feedback. Brad Sant sent some info regarding a system being utilized in Texas which draws from a contingency fund for safety improvements.
 - c) Greg welcomes any ideas FTBA SC members have that could help bring more importance to safety in the industry especially in the project-planning phase. Greg and the task team will be using this information to prepare a presentation for DOD senior management. Goal is to make a convincing case that some of these incentives can be implemented and actually move the needle.
 - d) Some ideas that have already been thrown around include focusing on job risk analysis and the language therein as well as offering CVE bonus points for jobs without safety incidents. Monetary incentives are also a consideration.
 - e) Jamie mentioned that all of the ideas presented by the FTBA SC need to be reviewed by Ananth prior to being presented.
 - f) Members can email Jamie, Mark, or Phillip any ideas. Jamie, Mark, and Phillip will share with Ananth before sending to FDOT.
 - g) Bill asked if the idea is to come up with new safety initiatives for contractors or to reinforce the safety initiatives that are already in place? Answer: Good question, it's basically for new things.

- h) Jamie noted that the use of positive protection is very important for worker safety and if it is not being used it is usually because of a budget issue.
- 4) Subcommittee Updates
 - a) We have had a few members volunteer to join sub-committees. Alison will send out an updated list of the sub-committees and their members.
 - b) Technology
 - i) Bill mentioned that the tech sub-committee has discussed possibly integrating the tech sub-committee in with the rest of the sub-committees since technology is an integral part of everything we do. Or perhaps, consolidating the Resource Development sub-committee and the Technology sub-committee together.
 - ii) Bill noted that the group is a little bit lost as to what they are supposed to be doing.
 - iii) Mark explained that the group's purpose is to research and inform the larger group about emerging safety-related technology and bring awareness to the committee about technology that is available to improve safety.
 - c) Training
 - i) The FTBA SC and Robinson Vasquez with ARTBA hosted an OSHA 10-Hour and Excavation & Trenching course for Spanish speakers at SGL's office in Maitland. The course had about 16 participants.
 - d) Marketing and Membership
 - i) The M&M committee welcomed three new members this month: Peter Berrios, Morgan Reid, and Zach Stoudemire.
 - ii) M&M committee is already planning for the FTBA SC's participation in the 2022 Construction Conference. Due to recent shortages of certain supplies and supply chain complications...we are looking ahead to ordering our booth giveaways earlier.
 - iii) We brainstormed some ideas to further increase membership. Peter suggested we spice up the meetings by having them in some different locations in which members can participate in some training-style meetings such as the Palm Beach Fire Department, Cintas Training Facility, and the Lee County Evidence Center.
 - iv) Mandy and Eric suggested we increase participation at the Safety Breakout Sessions during the Conference by reserving large raffle items for those who attend the sessions.
 - v) Can we get the Tech sub-committee to bring in a VR or other tech-related demo for the booth?
 - vi) The group agreed that the "Safety Village" suggestion in which all safety-related booths are located in the same area at the Construction Conference vendor hall is a good idea. Will pursue.
 - e) Awards
 - i) No updates from the Awards sub-committee. Jamie will get with this group to check on progress toward proposal for new Awards program.
 - f) Resource Development
 - i) This group is in need of new members.
 - g) Work Zone Light Colors Temporary Sub-Committee
 - i) Still need a volunteer to chair this sub-committee.
 - ii) This group will meet to finalize summary of finding to be sent to Ananth.
- 5) Open Forum
 - a) A group member requested feedback from the group regarding what can be done to improve worker protection while placing MOT, especially in situations when positive protection is not possible.

- i) Group members agreed that truck mounted attenuators are the best option currently for protecting MOT workers from the motoring public.
 - ii) Several members noted that VMS boards and law enforcement also provide protection.
 - iii) It was also strongly suggested to make sure workers position themselves so that the truck or vehicle they are using to place MOT is between themselves and traffic. This is not a guarantee of safety, but it is far better than nothing. Always use positive protection, preferably TMAs whenever possible.
- b) Bill referred to the Contactor Initiated Solutions Initiative noting that DOT has funds set aside for this endeavor and posed the question, could the DOT play a role in supporting research on the efficacy of these initiatives. What really works, why does it work? Can we get some data to support the initiatives? For example, is it better to speed up a job in order to reduce the amount of time that workers are exposed to safety hazards? Or does the increased work rate lead to more safety incidents due to longer work hours and workers covering tasks that they are not accustomed to. Jamie agreed that we ought to have some standardized success metrics.
- c) Mark noted that we normally skip the July meeting due to vacations. If you are going to the FTBA Convention in August, members are planning on meeting there. Mark is going to double down on some of the projects that need to get completed, such as the work zone light color recommendations. Members should look for an email on that topic.
- d) Dave emphasized the effectiveness of utilizing marked patrol cars in work zones. Just increasing the presence of law enforcement in the area can definitely increase safety on the job site.