

# I-70 CAVE SPRINGS TO FAIRGROUNDS DESIGN-BUILD

## PROJECT UPDATE



### SAFETY SPOTLIGHT

It's not just construction workers that should take precautions while working outside in the summer temperatures. Everyone should be careful when working or spending time outdoors this summer.

Here are some Hot Weather Safety Tips:

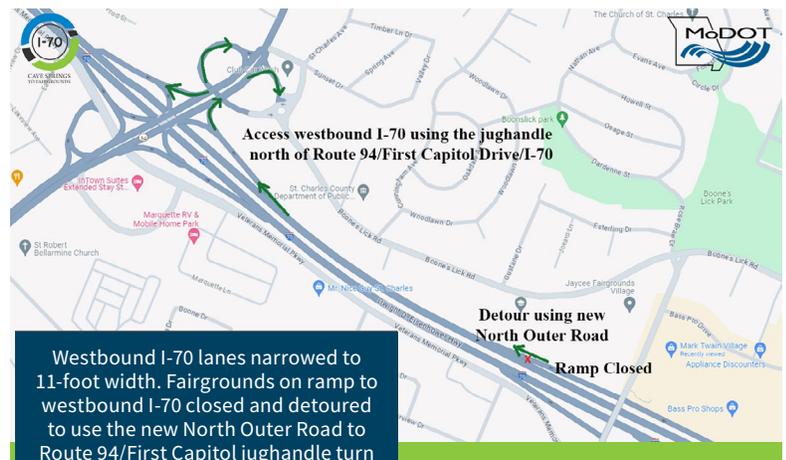
- Stay hydrated. Drink plenty of fluids throughout the day.
- Avoid dehydrating liquids. Alcohol, coffee, tea and caffeinated soft drinks.
- Proper clothing. Lightweight, light-colored & loose-fitting clothing.
- Pace yourself. Slow down. Know your own limits and ability to work safely in heat.
- Take breaks, rest periods and water breaks in a shaded or air-conditioned area.
- Use a damp rag. Wipe your face or put it around your neck.
- Avoid getting sunburn. Use sunscreen and wear a hat if working outside.
- Know the signs of heat-related illness. Check on other workers that might be at high risk.
- Avoid direct sun. Find shade or block out the sun if possible.
- Eat smaller meals. Eat fruits high in fiber and natural juice. Avoid high protein foods.
- Might need to adjust work schedule to avoid the hottest part of the day.
- Schedule strenuous work during the cooler parts of the day.



### NAVIGATING THE WORKZONE

Crews are continuing work on the new north outer road as part of the I-70 Cave Springs to Fairgrounds Design-Build project. As part of that work, the Fairgrounds/Convention Center Boulevard ramp to westbound I-70 is temporarily detoured onto the new North Outer Road alongside westbound I-70 between Fairgrounds/Convention Center Boulevard and Route 94. Motorists can use the jughandle connections located north of the I-70/Route 94 interchange to circle and continue west on I-70. This detour is expected to remain in place until mid-November.

In addition, drivers traveling on westbound Interstate 70 between South 5th Street and Route 94/First Capitol Drive can expect lane shifts and reduced 11-foot lane widths through November. Four westbound I-70 lanes remain open.



### CONSTRUCTION UPDATES

One of the other changes drivers may have noticed is the additional turning lanes at I-70 and Route 94. The improvements at the Route 94 ramp will provide a third left turn lane from westbound I-70 to westbound Route 94. In addition, westbound I-70 to eastbound Route 94 now has two right turn lanes. Remember when using these multi lane turns, stay in your own lane until you complete the turn. Once you have completed the turn, and it is safe to do so, then you can change lanes.