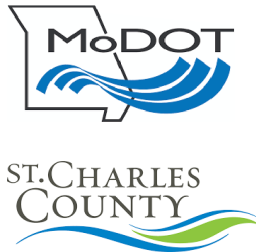


# PROJECT UPDATE



## SAFETY SPOTLIGHT

While construction continues on the I-70 Cave Springs to Fairgrounds Design-Build Project, working outdoors in the summer time exposes workers to extreme heat. You can also be exposed to these same conditions while working outside around your home, so it's important to review heat stress.

Workers who are exposed to extreme heat or work in hot environments may be at risk of heat stress. Exposure to extreme heat can result in occupational illnesses and injuries. Heat stress can result in heat stroke, heat exhaustion, heat cramps, or heat rashes. Heat can also increase the risk of injuries in workers as it may result in sweaty palms, fogged-up safety glasses, and dizziness. Burns may also occur as a result of accidental contact with hot surfaces or steam.

Workers at risk of heat stress include outdoor workers and workers in hot environments such as firefighters, bakery workers, farmers, construction workers, miners, boiler room workers, factory workers, and others.

Workers at greater risk of heat stress include those who are 65 years of age or older, are overweight, have heart disease or high blood pressure, or take medications that may be affected by extreme heat.

Prevention of heat stress in workers is very important.

## CONSTRUCTION UPDATES

We've made a lot of progress on the I-70 Cave Springs to Fairgrounds Design-Build Project since work began a year ago. Take a look at some of our progress.



» Cave Springs Interchange in December 2022



» Cave Springs Interchange in June 2023



» Zumbahl Interchange in December 2022



» Zumbahl Interchange in June 2023



## NAVIGATING THE WORKZONE

Drivers on Interstate 70 at Zumbahl Road may experience temporary delays overnight tonight (Friday, July 28). Crews will be placing girders over I-70 from 10 p.m. until 5:30 a.m. Motorists can expect a two-lane closure on eastbound I-70 approaching the bridge construction and then 20-minute intermittent full closures of the interstate while girders are swung into place.

All work is weather permitting.

The Cave Springs and Zumbahl interchanges are being converted into single point urban interchanges (SPUI) for the I-70 Cave Springs to Fairgrounds Design-Build Project.