



Cones Out?

Road workers face serious hazards from passing traffic, and it's vital the public recognizes that construction zones are their workplace. The "Cones Out?" campaign, running from May 10th to 16th, 2026, is a collaborative effort by the Heavy Civil Association of NL and the Newfoundland and Labrador Construction Safety Association (NLCSA). The campaign focuses on **4 critical safety messages**, reminding driver when approaching a construction zone, road crews OR emergency response vehicles to:

Slow Down! - Slowing down in construction zones is crucial to ensuring the safety of both workers and motorists by providing more time to react to changing conditions and hazards.

Move Over! - The zipper merge in construction zones is essential for maintaining traffic flow and reducing congestion by utilizing all available lanes efficiently.

Heads Up! - Being attentive when driving through a construction zone is vital for ensuring the safety of workers, fellow motorists, and oneself by anticipating potential hazards and adhering to signage and speed limits.

Be Respectful! - Being respectful and patient when driving through a construction zone helps maintain a safe environment for workers and motorists alike.

Get Involved!

Your participation is key to the success of this campaign. Here's how you can make a difference:

- **Promote Awareness:** Spread the word about the campaign within your organization and network. Encourage your teams to actively engage and uphold safety practices on the road.
- **Access Resources:** Visit [Cones Out?](#) on the NLCSA website for more information about the campaign and to access resources such as toolbox talks, info sheets and more.
- **Follow and Share:** Stay informed and promote our message by following NLCSA and the Heavy Civil Association of NL on social media. Share updates and resources to extend our reach and impact.

Together Towards Safer Roadways

The "Cones Out?" Campaign symbolizes our collective commitment to fostering a culture of safety and responsibility on our roadways. When Cones Are Out: Slow Down, Heads Up, Move Over and Be Respectful. By working together and adhering to the principles of we can significantly reduce accidents and protect lives.

For more details and to access campaign resources, please visit the NLCSA [website](#). Let's drive change and keep our roads safe for everyone.



This is their workplace. Drive like "your" family works there!

Driving through a construction zone?



Slow Down



Heads Up



Be Respectful



Slow Down!

You're risking more than a ticket!

Driving through a construction zone?



Slow Down



Heads Up



Be Respectful



NLCSA



Heavy Civil
Association of
Newfoundland and
Labrador Inc.



CONES OUT?

Be Respectful!

They're working to keep us all moving safely!

Driving through a construction zone?



Slow Down



Heads Up



Be Respectful



NLCSA



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Labrador Inc.



CONES OUT?

Heads Up!

Stay alert so no one gets hurt!

Driving through a construction zone?



Slow Down



Heads Up



Be Respectful



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CONES OUT?

Move Over!

Your lane change could save a life!

Flashing lights means
SLOW down and
MOVE over!



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CONES OUT?



511 Newfoundland and Labrador

NL 511 is a free digital traveler information service provided by the Department of Transportation and Infrastructure. The website has been designed to help people plan their routes and travel safely and efficiently across the province of Newfoundland and Labrador.

NL 511 provides real-time traffic and road condition information for Newfoundland and Labrador. It offers users access to up-to-date information on road closures, construction updates, highway cameras, traffic incidents, and weather conditions, helping them make informed decisions about their travel routes.

Travellers can access 511 by using the free smartphone app ([Apple](#), [Google Play](#)), visiting the website [NL511.ca](#), or dialing 5-1-1 to hear key information over the phone.

Key Features:

1. **Real-Time Updates:** Get real-time updates on road conditions, traffic incidents, and construction activities across Newfoundland and Labrador.
2. **Customizable Alerts:** Users can customize alerts based on their specific travel routes and preferences, ensuring they receive relevant information tailored to their needs.
3. **Interactive Map:** The interactive map feature allows users to visualize road conditions, closures, and incidents in their area, helping them plan their journeys more efficiently.
4. **Weather Information:** Updated weather forecasts and alerts, allow users to prepare for adverse weather conditions that may affect travel. **Benefits of the 511NL App:**

1. **Improved Travel Planning:** The app helps users plan their journeys more efficiently by providing real-time updates on road conditions and traffic incidents.
2. **Enhanced Safety:** By staying informed about road closures, construction activities, and weather conditions, users can make safer decisions while traveling.
3. **Time and Cost Savings:** By avoiding traffic congestion and delays, users can save time and reduce fuel costs associated with unnecessary detours or delays.
4. **Access to Emergency Information:** The app provides access to emergency contact information and resources, ensuring users can quickly access assistance in the event of an emergency on the road.



NL 511 is a valuable tool for travelers in Newfoundland and Labrador. By staying informed and planning their journeys more effectively, users can enhance safety, save time, and make the most of their travel experiences in the province.





Sign Management & Maintenance in a Construction Zone

As construction workers in Newfoundland and Labrador, it is our responsibility to ensure the safety of both ourselves and the motoring public in construction zones. One crucial aspect of maintaining safety is the proper maintenance and management of signage throughout the construction area.

This toolbox talk aims to emphasize the importance of maintaining signs and moving signage as work progresses, in accordance with the [Traffic Control Manual](#) published by the Newfoundland and Labrador Department of Transportation and Infrastructure

Safety First:

- Proper signage is essential for alerting motorists to changes in road conditions, hazards, and detours. By maintaining clear and visible signage, we help prevent accidents and ensure the safety of all road users.
- As outlined in the Traffic Control Manual, adhering to traffic control plans and layouts is crucial for maintaining consistency and predictability in construction zones.

Compliance with Regulations:

- The Traffic Control Manual provides guidelines and regulations for the placement and maintenance of signage in construction zones. Familiarize yourself with these regulations and ensure compliance at all times.
- Regularly inspect signage for damage, fading, or obstruction, and take immediate action to repair or replace any signs that are not meeting regulatory standards.

Moving Signage As Work Progresses

- Construction zones are dynamic environments where work progresses and

conditions change regularly. It is our responsibility to move signage accordingly to reflect these changes.

- As work progresses, relocate signs to maintain clear guidance for motorists and ensure that they are aware of upcoming hazards, lane closures, or detours.
- When signage is no longer applicable it must be removed/covered to ensure drivers are being given appropriate guidance for the traffic controlled area.

Communication and Coordination

- Effective communication and coordination among team members are essential for managing signage in construction zones. Designate responsible individuals for inspecting, maintaining, and relocating signage as needed.
- Regularly review traffic control plans and layouts with the team to ensure everyone understands their roles and responsibilities in signage maintenance and management.

Maintaining clear and visible signage in construction zones is crucial for ensuring the safety of both construction workers and the motoring public. By adhering to the guidelines outlined in the Traffic Control Manual and proactively managing signage as work progresses, we can create a safer and more efficient environment for everyone on the road. Let's prioritize safety and vigilance in signage maintenance and management to prevent accidents and promote safe travel through construction zones in Newfoundland and Labrador.





Move Over Law - NL

What is the "Move Over" Law? The "Move Over" Law, also known as the "Slow Down, Move Over" law, is a legislative measure designed to protect emergency responders, roadside workers, and tow truck operators by requiring motorists to move over and slow down when approaching stopped emergency vehicles and roadside workers.

Key Provisions:

1. **Requirement to Move Over:** When approaching a stopped emergency vehicle, including police cars, fire trucks, ambulances, and tow trucks, motorists are required to move over to the next adjacent lane if it is safe to do so.
 2. **Requirement to Slow Down:** If it is not safe to move over, or if there is only one lane of traffic, motorists must slow down by 30km/hr below the posted speed limit and proceed with caution when passing a stopped emergency vehicle or roadside worker.
 3. **Penalties for Non-Compliance:** Violating the "Move Over" Law can result in fines, demerit points on your driver's license, and potentially license suspension. The severity of penalties varies depending on the specific circumstances of the violation.
2. **Promotion of Awareness and Compliance:** The "Move Over" Law aims to raise awareness among motorists about the importance of yielding to emergency vehicles and providing a safe space for roadside workers to perform their duties. By educating the public and enforcing compliance with the law, authorities seek to reduce the incidence of accidents and fatalities on roadways.
 3. **Legal Obligation for Motorists:** Compliance with the "Move Over" Law is not only a matter of safety but also a legal obligation for motorists. By obeying the law, drivers contribute to the overall safety of roadways and demonstrate respect for emergency responders and roadside workers who risk their lives to serve the community.

Conclusion: By requiring motorists to move over and slow down when approaching stopped emergency vehicles and roadside workers, the law helps prevent accidents and injuries on roadways. It is imperative for all motorists to familiarize themselves with the provisions of the "Move Over" Law and comply with its requirements to ensure the safety of everyone on the road.

Purpose and Importance:

1. **Safety of Emergency Responders and Roadside Workers:** The primary purpose of the "Move Over" Law is to protect the safety of emergency responders, roadside workers, and tow truck operators who perform their duties on the side of roadways. By creating a buffer zone around stopped emergency vehicles, the law helps prevent accidents and injuries caused by passing motorists.





Distracted Driving

Driving is one of the most dangerous activities many of us do every day, and distractions behind the wheel make it even riskier. While cell phone use is one of the most common causes of distracted driving, it's far from the only one. Anything that takes your eyes off the road, your hands off the wheel, or your mind off the task of driving can increase the chance of a serious collision.

Distractions

We would usually put distracted driving into one of three categories:

1. **Visual or audible distractions** are things that can take your eyes or attention off the road (i.e. looking at GPS, checking kids in rear view mirror etc., conversations etc.);
2. **Manual distractions** are things that cause you to take your hands off the wheel or your feet off the pedals (i.e. searching in bag/glove box, eating/drinking, grooming etc.); and
3. **Cognitive distractions** are things that you are thinking about or feeling that cause you to take your mind off the task of driving (i.e. fatigue, personal issues etc.).

How Bad Is It?

In 2021, Transport Canada's National Collision Database found that distracted driving contributed to an estimated 22.5% of fatal collisions and 25.5% of serious injury collisions. It is estimated that when a driver uses a cell phone, they may fail to see up to 50% of the available information in their driving environment.

What the Law Says

All 10 provinces in Canada now have some form of cell phone/distracted driving legislation in place. The Highway Traffic Act in Newfoundland and Labrador has penalties for:

- Driving without due care and attention or without reasonable consideration for other persons. Fines ranging from \$300 - \$1300 and 4 demerit points.

- Driving without due care and attention or without reasonable consideration for other persons causing bodily harm or death. Minimum fine of \$2000 and a maximum fine of \$20,000 or up to two years imprisonment, or both; license suspension of not more than five years and 6 demerit points.

There are a lot of things that you can do to ensure that your attention stays on the task of driving:

Pre-Trip:

- Make any adjustments to mirrors, temperature, seat etc.
- Secure any loose objects. These can cause a distraction while driving.
- Turn off your cell phone or put on driving mode.
- Plan your route. Set up any GPS, before you leave.
- Ensure that you are well rested and in the right frame of mind to be behind the wheel.
- Give yourself ample time to get where you are going. If you will need to eat, give yourself enough time to stop along the way.

While Driving:

- Do not use any handheld devices.
- Keep noise to a minimum. Noises, such as loud music, can be a distraction.
- Keep your eyes on the road ahead.
- Obey the rules of the road

Discuss

Discuss company policies or rules regarding cell phone use and/or distracted driving.





Driving Through Construction Zones



Just about everyone drives through construction zones. For those who build and repair our bridges, roads, culverts and other similar infrastructure we are literally driving through their worksite and potentially putting them in harm's way.

Whether or not we work in construction, the following tips for driving through construction zones may seem obvious but they are certainly worth a review.

Plan

Be aware of construction zones and plan to use alternative routes if possible. Visit the Government of Newfoundland and Labrador's [511.nf](https://www511.nf.ca) page for up to date information on road closures, incidents, construction work and other important information that might cause a slowdown on your travels! Municipalities may also have information on construction projects affecting traffic.

Respect and obey the traffic control person

The Occupational Health & Safety Act specifies that traffic control persons, like all workers, take reasonable care to protect his/her own health and safety as well as that of his/her co-workers and other persons near the workplace as part of the Worker's General Duty.

Pay attention

Don't be distracted by things such as eating, drinking, texting, phone calls or loud music.

Drive defensively

Anticipate changes in road surfaces, driving patterns, frequent stops and detours.

Obey all signs even when there is no evidence of workers

Don't assume that there isn't a worker just around the corner, or that hazards don't exist even after the work has finished for the day. Certain traffic control signage, (i.e. reduced speed, no passing etc.) is required when temporary road conditions pose a threat to motorists, whether or not workers are present in the area.

Slow down, don't tailgate, and keep calm

Aggressive, impatient drivers can pose a serious threat to the safety of traffic control persons and others working in the construction zone. Pay even closer attention during adverse conditions such as rain, fog, rush hour, dawn and dusk.



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CONSTRUCTION SAFETY ASSOCIATION



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Newfoundland & Labrador