

# WV DOT Newsletter

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WEST VIRGINIA  
Department of Transportation



## SUPPORTIVE SERVICES

- Estimating Training
- Building Capacity
- Mobilization Financing
- Bonding Assistance
- Marketing Plan Development
- Creating a Business Plan
- Website Building
- Plan Reading



## Gov. Justice breaks ground on new consolidated laboratories facility at West Virginia Regional

Gov. Jim Justice today broke ground on the new West Virginia consolidated state laboratories facility, which will be built at the West Virginia Regional Technology Park.

This \$250 million state-of-the-art facility will serve as a central hub housing several laboratories from various state agencies. Funds for the new laboratory were appropriated by the West Virginia Legislature in 2023.

The facility will span nearly 300,000 square feet and be easily accessible from Interstate 64. Design work is set to conclude by early 2025, with construction anticipated to finish by 2027.

"This is truly a great day for West Virginia as we start turning our dream of a brand-new state laboratory into a reality," Gov. Justice said. "When it's finished this facility will provide the space and resources many of our state agencies need to properly serve the people of West Virginia. This will make a huge difference and promote collaboration because so many great people from our state agencies will be working together under the same roof. This isn't just an investment in a new building. This is an investment in the future of our state, and I'm very thankful to see it happen. Finally, I want to thank the West Virginia Regional Tech Park for their efforts in making sure our needs are met during this process."

State agencies housed in the new facility include:

- Department of Health's Office of Laboratory Services
- Division of Labor's Office of Weights and Measures
- State Police and the Department of Homeland Security forensics lab
- The State Medical Examiner

This facility will also include labs from Marshall University and West Virginia University.

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## Five Steps for Reducing Stress on and off the Jobsite

**Workplace stress is a reality in any industry, and construction is no different. However, there are ways both for individuals to reduce their stress and for leaders to create a less stressful work environment.**

Stress is a completely natural human experience. It is the body's way of responding to short-term challenges and threats in daily life. Millennia ago, it equipped humans to properly react to dangers such as predators, competitors, and life-threatening situations. Without stress, it's very possible our species would not have survived as long as it has.

And while stress is still a necessary part of survival today, most of us are (hopefully) not facing regular attacks from bears or wondering if there are enough provisions to survive the winter months. Those are short-term stresses—the difference between life and death. The problem comes when our minds today make us feel like we're constantly facing life-threatening situations or are experiencing stress for long periods of time, leading to acute or chronic stress.

The stresses many of us experience today are vastly different from what our ancient ancestors were forced to deal with, but still our bodies react the same. On the construction site, there are certainly potentially hazardous situations, and stress helps workers in those situations stay safe. Seeing a colleague at risk for a slip-and-fall may cause stress and help others quicken their reactions to assist them. Experiencing stress when in a hazardous area ensures workers are alert and mindful of every step and maneuver. However, too much stress or unnecessary stress can actually distract workers and put both their physical health and mental health at greater risk.

### STRESS ONSITE

On a jobsite, the most common causes of stress are being overworked, having unrealistic deadlines, performing physically dangerous or demanding tasks, lack of communication, poor work culture or environment and improper training. Additionally, there are often other stressors that workers bring to the construction site from home or from their personal lives that seep into work life.

Dealing with chronic stress on the construction site is not only harmful to a worker's mental health but it can be dangerous for both the individual experiencing the stress and those around them. If a worker is distracted and not performing their job at a satisfactory level, their mistake can quickly put their coworkers' wellbeing at risk.

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## About The WVDOT

The goal of the DBE Supportive Services Program is to increase the number of DBEs participating on WVDOT contracts and facilitate the opportunity for DBEs to obtain contracts. The services are designed to:

- Assist established construction firms to move them from bidding as a subcontractor to bidding as a Prime Contractor to produce sound bids.
- Provide access to training increases DBE expertise in handling of daily business operations.



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