

FDOT Newsletter

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Volume 97



SUPPORTIVE SERVICES

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



ICYMI: Governor Ron DeSantis Announces Road Projects and Congestion Relief Initiatives 10–20 Years Ahead of Schedule

Also, Governor DeSantis signs HB 1301 to ensure Florida's Department of Transportation is always focused on Infrastructure over Ideology

Today, Governor DeSantis was joined by the Florida Department of Transportation (FDOT) to announce expedited construction timelines for several "Moving Florida Forward" infrastructure projects, including the widening of I-4 in Osceola and Polk counties and the Poinciana Parkway Connector Project in Osceola County. Thanks to Governor DeSantis' priorities, these projects are commencing 10–20 years ahead of schedule.

"Under my watch, Florida's Department of Transportation will be solely focused on transporting people, unlike the federal government's politicization of our national Department of Transportation," **said Governor Ron DeSantis**. "And because of this approach, Florida's major transportation upgrades are fully funded and ahead of schedule, by decades. We listen to the people of Florida, and we deliver."

"Thanks to Governor DeSantis' bold vision, the Moving Florida Forward projects along I-4 will provide a tremendous number of improvements for nearly 200,000 travelers who have been anxiously waiting for congestion relief as commuter, tourist, and freight traffic grows in Central Florida," **said Florida Department of Transportation** that improves Floridians' quality of life."

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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.

About The FDOT

The goal of the DBE Supportive Services Program is to increase the number of DBEs participating on FDOT 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.



CEI DBE Supportive Services
(800) 423-7058

www.fdotdbesupportiveservices.com

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