



CALTRANS COMMUTER ALERT

08-167

Date: Friday, May 16, 2008
District: 08 – San Bernardino County
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MAINTENANCE ROADWORK

Riverside/San Bernardino Counties – In an effort to keep you informed and to alert you of any maintenance roadwork that may cause delays, Caltrans will now provide a weekly update. The information below is not all maintenance work on state highways, but some work that you may want to avoid as you commute around the Inland Empire.

DATE	LOCATION	# LANES CLOSED	CLOSURE HOURS
Sun-Wed May 18-21	SR-18 Arctic Circle between Lakeview Pt & Big Bear Dam	Traffic control	8:00 p.m. to 6:30 a.m. Debris removal
Mon-Thurs May 19-22	I-15 southbound from Kenwood Ave to Glen Helen Pkwy	#1 lane closed	8:00 p.m. to 3:00 p.m. Weed removal
Mon-Wed May 19-21	SR-91 east & westbound from Lincoln Ave to I-15	Carpool lane closed	8:00 p.m. to 3:00 p.m. Median wall repair
Thursday May 22	SR-60 eastbound at Nason St	#2 lane closed On & off ramps closed	8:00 p.m. to 3:00 p.m. Bridge repair

“Cone Zone” tip for the week:

Drowsiness can sneak up on you when you're driving. Driving late at night, between eleven p.m. and two a.m. is particularly dangerous for falling asleep at the wheel. Here are some signs to watch for--and do something about before you run into a tree or another car.

- Yawning a lot
- Having trouble keeping eyes open
- Not being able to concentrate
- Not remembering the last few minutes or seconds
- Jerking of your head or body from the brink of falling asleep
- Car wanders from the road or into another lane

What to do:

1. Slow Down
2. Pull off the road into a safe parking location, like a rest area. Lock the doors and take a nap. The National Sleep Foundation recommends that you take a nap for 15-45 minutes.
3. Make a pit stop, use the bathroom, and get a Coke or coffee to drink--it takes about 30 minutes for the effects to be felt.
4. Call home if you can and get another driver.
5. Talk to a passenger if you have one.

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While the ideas below may help for a few minutes, they could be dangerous because they won't keep you awake for long if you're very tired.

1. Turn radio to a lively station, try singing.
2. Roll down window and get some fresh air for a few minutes, or turn vent on full blast.

This "Alert" will be updated if new information is available or changes. **To prepare for roadwork and make your drive and our work zone safer, go to www.caltrans8.info and sign up for roadwork updates under "CT CONNECT". You may also call us toll free at (866) 383-4631.**

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