





PARTICIPANTS NOTEBOOK November 17, 2016



Local Technical Assistance Program Caltrans ♦ Sacramento State





INTRODUCTION

This one-day training session is one of the deliverables under FHWA Contract DTFH61-10-D-00021, Roadside Safety Systems Inspection, Maintenance and Designer Program. The program objective is to assist local transportation agencies by providing their personnel with the appropriate information needed to ensure optimal barrier installations. The program provides the following deliverables:

- Roadside Safety Systems Design, Inspection and Maintenance Training
- Roadside Safety Pocket Guide
- 5 one page Technical Briefs:
 - Tech Brief 1 Maintenance of Traffic Barrier Systems
 - Tech Brief 2 Drive-by Inspection of Safety Hardware
 - Tech Brief 3 Damaged Roadside Hardware; Repair or Upgrade
 - Tech Brief 4 Roadside Safety Systems Pre-Installation Field Review Checklist
 - Tech Brief 5 Transitioning metal beam guardrail to existing bridge rails

These deliverables were prepared by the KLS Engineering team of Karen Boodlal and Richard Powers under the direct supervision by Mr. William P Longstreet of FHWA's Office of Safety Roadway Departure Technology Transfer Team and with the assistance of the California FHWA Division office, Caltrans, LTAP Center, and county personnel for compliance to the state DOT specifications.

Personnel listed below:

William P. Longstreet	FHWA Office of Safety	will.longstreet@dot.gov
Karen L. Boodlal	KLS Engineering, LLC (Project Manager)	karen1.boodlal@kls-eng.com
Richard D. Powers	KLS Engineering, LLC (Technical Expert/Instructor)	richard.powers@kls-eng.com
Ken Kochevar	FHWA Division Office	ken.kochevar@dot.gov
Robert Peterson	Caltrans, Division of Local Assistance	robert.peterson@dot.ca.gov
Steve Castleberry	Nevada County	steven.castleberry@co.nevada.ca.us
Dean Lehman	LA County	dlehman@dpw.lacounty.gov
Rick Tippett	Trinity County	rtippett@trinitycounty.org
Stephanie Halloway	Placer County	shollow@placer.ca.gov
Tom Mattson	Humboldt County	tmattson@co.humboldt.ca.us
Troy Bucko	Caltrans Division of Traffic Operations	troy.bucko@dot.ca.gov

Target Audience

The target audience for this training includes designers, inspectors and maintenance personnel within Caltrans local government agencies having direct responsibilities for designing, installing, maintaining, or inspecting traffic barriers, including end terminals, barrier transitions, and crash cushions.

Course Goal and Outcomes

The overall course goal is to provide personnel the information needed to design or inspect or maintain barrier as efficiently and as effectively as practical. Specifically, participants who complete this training should be able to:

- Identify possible deficiencies in a new barrier design or an existing installation.
- Inspect and repair safety hardware in accordance with existing policies and good practices.
- Avoid common errors in barrier and terminal installations to optimize crash performance and reduce liability.
- Know whether damaged hardware needs to be repaired, replaced, upgraded or removed.

Course Contents

This one day course consists of the seven sessions listed below:

Session 1:	Introduction and Low-cost Improvements – Provides an overview of the day's training and the course objectives, a brief description of run-off road (ROR) problem in counties in California, and discusses low cost improvements for keeping drivers on the road.
Session 2:	Clear Zone and Barrier Warrants – Provides guidance on fixed objects and terrain features that can best be shielded by a traffic barrier
Session 3:	Testing Requirements and Performance Characteristics of Common Barrier Systems – Outlines the crash testing guidelines, performance characteristics and maintainability of various barrier systems currently used.
Session 4:	Testing Requirements and Performance Characteristics of Common Terminals and Crash Cushions – Outlines the crash testing guidelines, performance characteristics and maintainability of the various end terminals used in California.
Session 5:	Guardrail Design and Site-specific Installation Considerations –Provides concise information on barrier design and on site conditions that can degrade crash performance.
Session 6:	Guardrail/Terminal Installation and Common Errors – Outlines the basic approach to installing Guardrail and shows some common installation errors.
Session 7:	Maintenance of Systems – Provides guidance on when to reset, repair, rebuild or remove damaged barrier and when to repair or upgrade damaged terminals.

Course Materials

Materials included in this Participant Notebook are:

- PowerPoint slides used in the course,
- Note pages for participant use,
- Course Agenda and
- Course Evaluation Form.

Suggestion for Participants

This training course will be more valuable if you ask questions and share your experiences. Please turn your cell phones off during the class. If you are uncomfortable with the lighting, temperature or other features of the facility please let the instructor know.

Resources

AASHTO, Roadside Design Guide, 2011

Manual on Uniform Traffic Control Devices for Streets and Highways, 2009

AASHTO, Manual for Assessing Safety Hardware, 2009

NCHRP Report 500, Volume 7: A Guide for Reducing Collisions on Horizontal Curves

FHWA Hardware Policy and Guidance http://safety.fhwa.dot.gov/roadway_dept/policy_guide/road_hardware/

FHWA Longitudinal Barriers http://safety.fhwa.dot.gov/roadway_dept/policy_guide/road_hardware/barriers/

FHWA Resource Charts

http://safety.fhwa.dot.gov/roadway_dept/policy_guide/road_hardware/resource_charts/

AASHTO Task Force 13 website https://www.aashtotf13.org/

AASHTO Guide to Standardized Highway Barrier Hardware;

https://www.aashtotf13.org/Barrier-Hardware.php

NHTSA FARS web site: <u>http://www-fars.nhtsa.dot.gov/Main/index.aspx</u>

Roadside Safety Pooled Fund sites:

MwRSF: http://mwrsf-ga.unl.edu/

TTI: http://www.roadsidepooledfund.org/

NCHRP Research Projects http://www.trb.org/NCHRP/Public/NCHRPProjects.aspx

Bridge Rail Guide: http://guides.roadsafellc.com/

NCHRP Report 350: http://onlinepubs.trb.org/onlinepubs/nchrp/nchrp rpt 350-a.pdf

Caltrans Design Information Bulletin number 79-03

Caltrans Memorandum 07/31/2015 Maintenance of Safety Devices

Caltrans Maintenance Manual Vol. II, M60010

Caltrans Manual on Uniform Traffic Control http://www.dot.ca.gov/trafficops/camutcd/

Caltrans Traffic Manual, Chapter 7 http://www.dot.ca.gov/trafficops/camutcd/traffic-manual.html

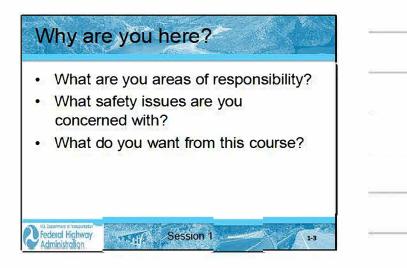
Caltrans approved products list:

http://www.dot.ca.gov/hg/esc/approved products list/pdf/highway safety features.pdf

Caltrans Standard Plans and Standard Specifications: <u>http://www.dot.ca.gov/des/oe/construction-contract-standards.html</u>



Be on	time
> Ask q	uestions
> Challe	enge the instructor
Turn c	ff/mute your cellphones



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Need for Training

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Potential consequences of poorly designed, installed, maintained, or repaired barrier systems include:

- \succ Crash severities may be increased.
- Installer/agency may be liable for damages and injuries due to negligence.

Session 1



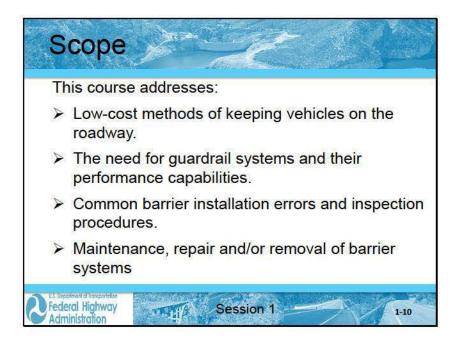
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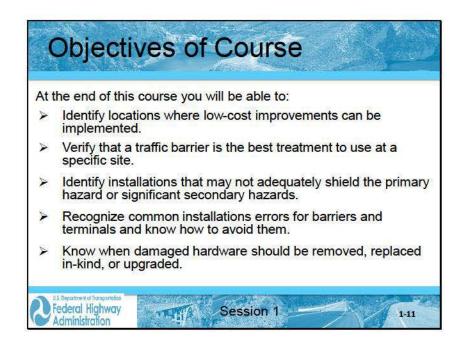




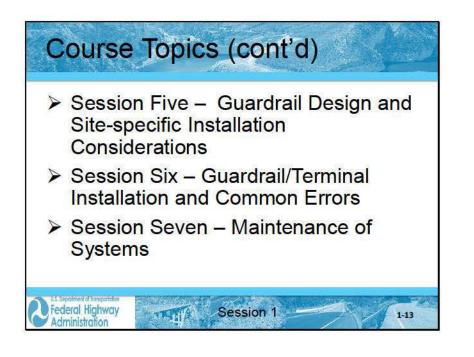


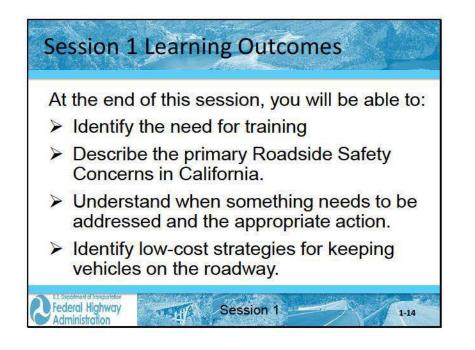


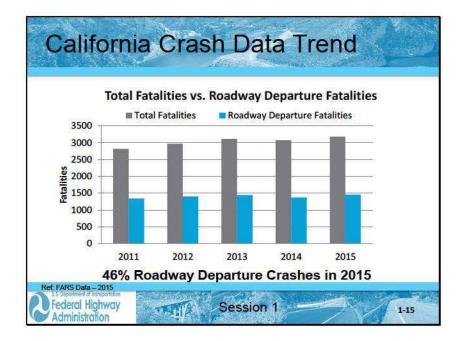


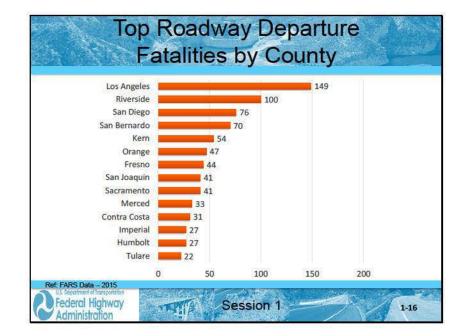


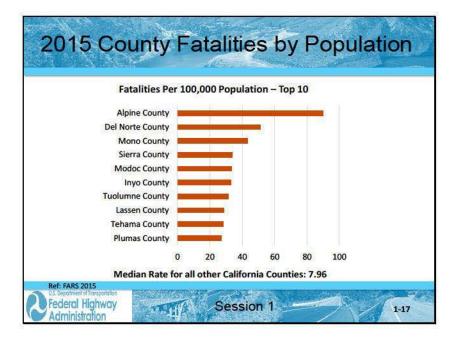


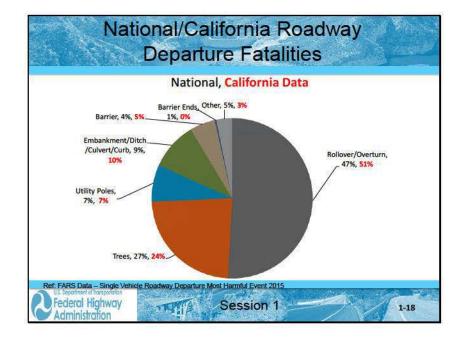




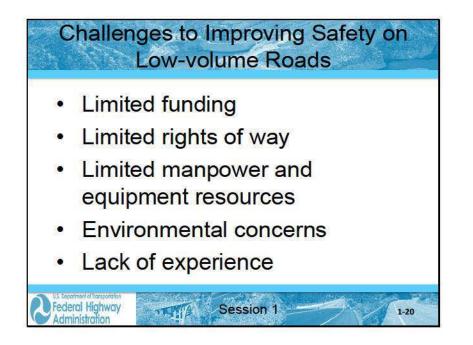


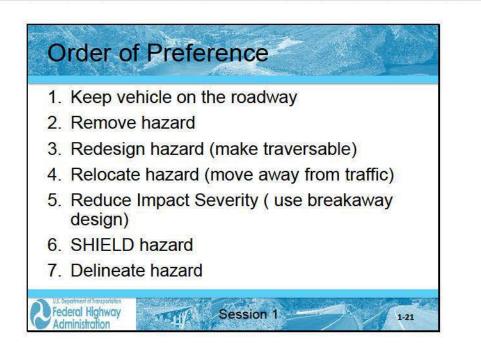






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Rollover	292	610
Trees	203	282
Embankment, Ditches,		
Curbs and Culverts	411	116
Jtility Poles/Light Support	73	89
Barrier Face	91	61
Barrier End	11	4













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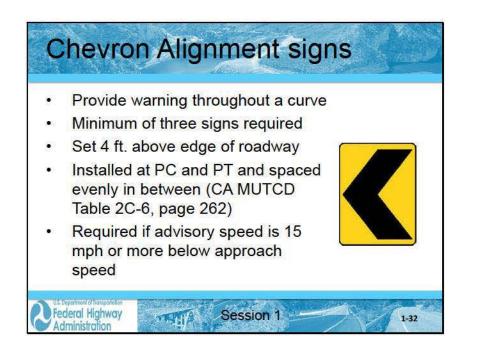


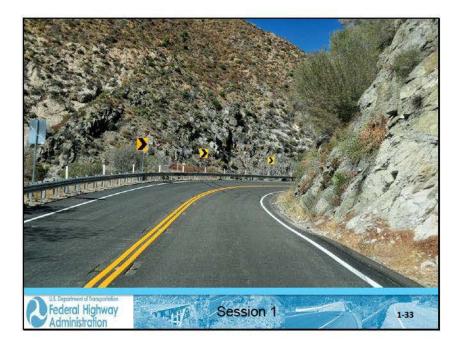
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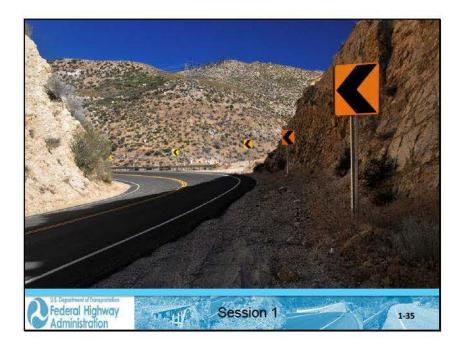




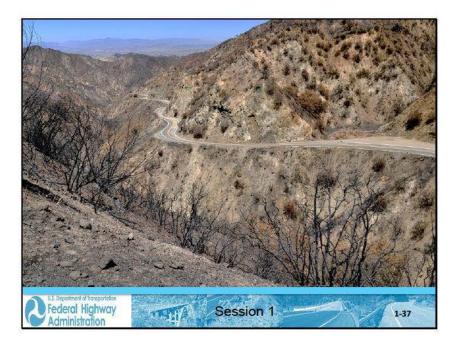


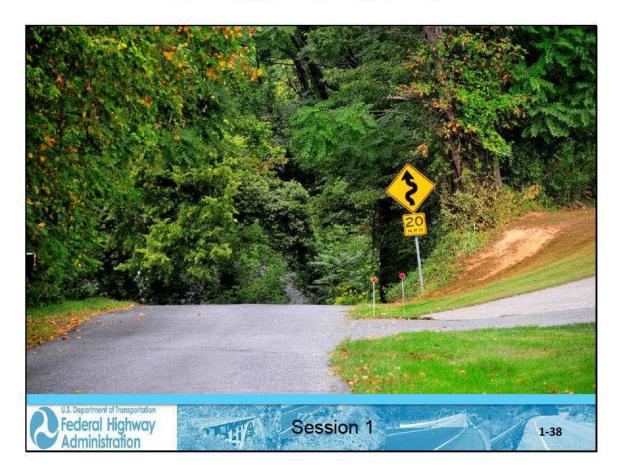


Session 1: Introduction and Low-cost Improvements





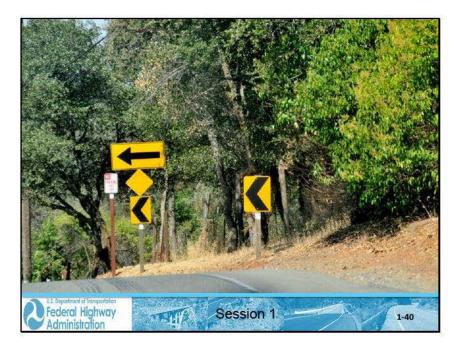




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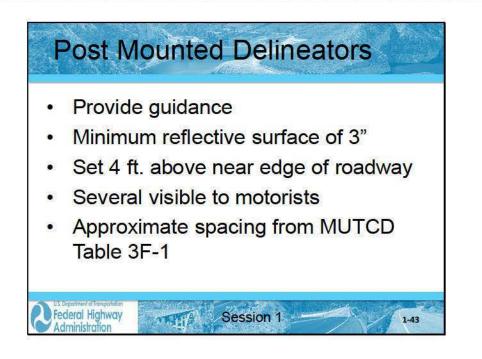
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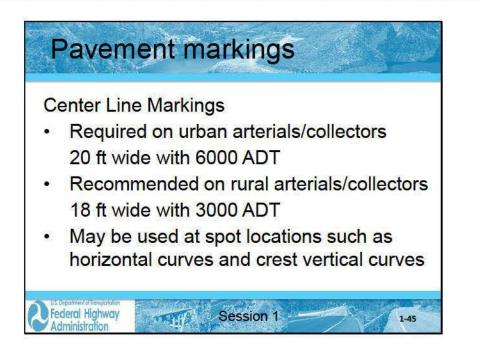
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Session 1: Introduction and Low-cost Improvements



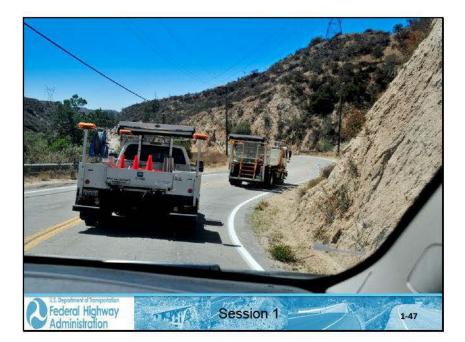
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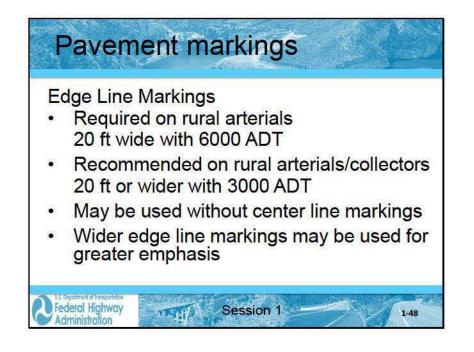




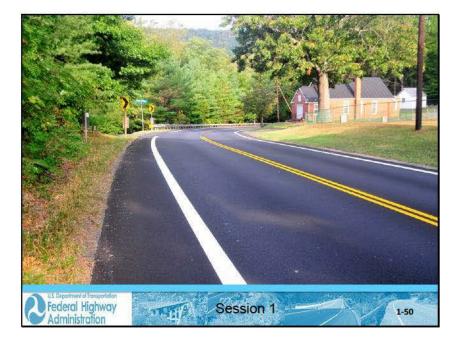


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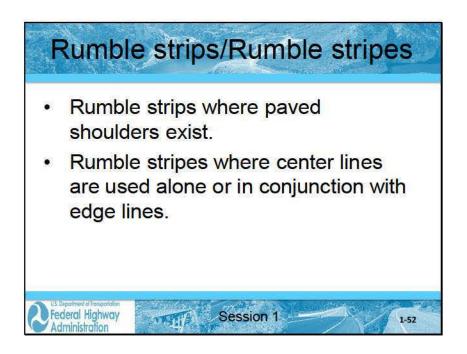




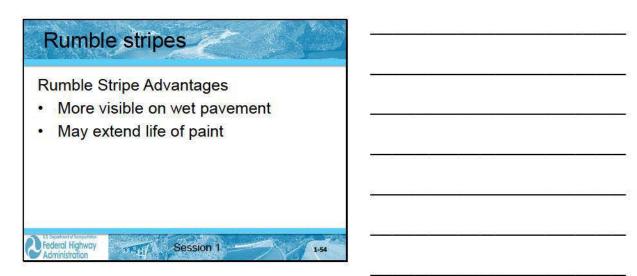






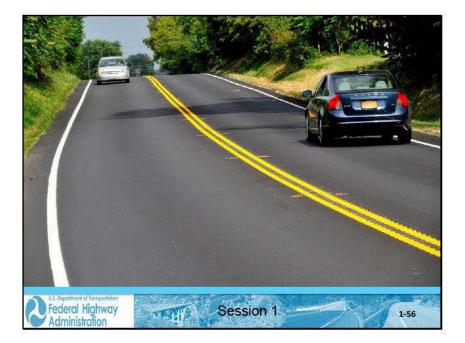




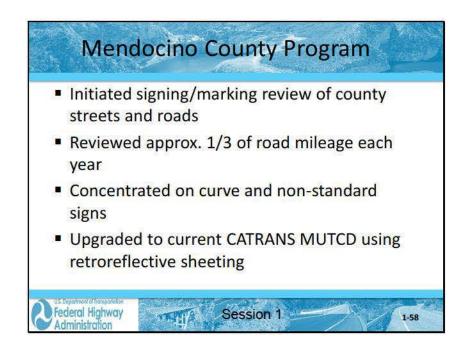


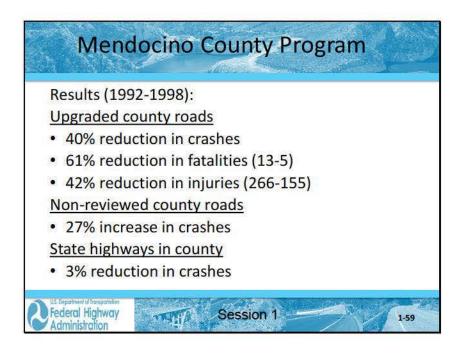


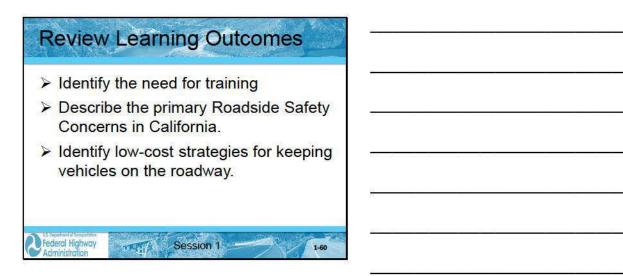
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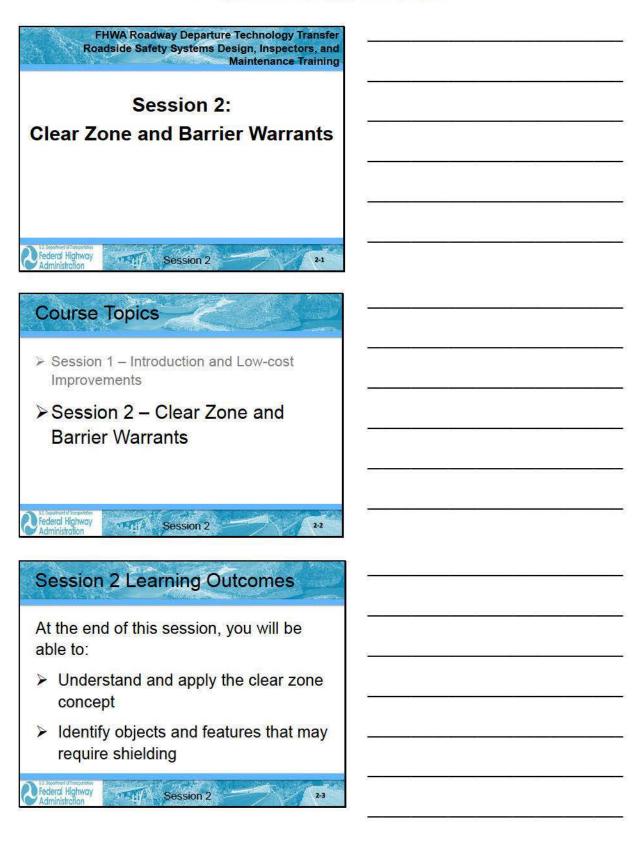


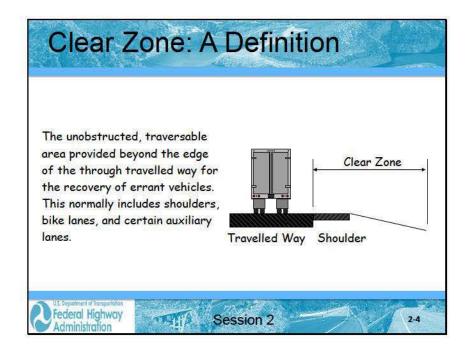






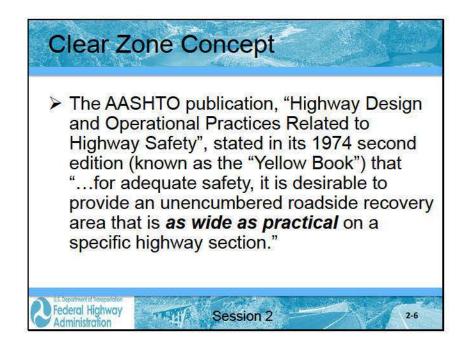


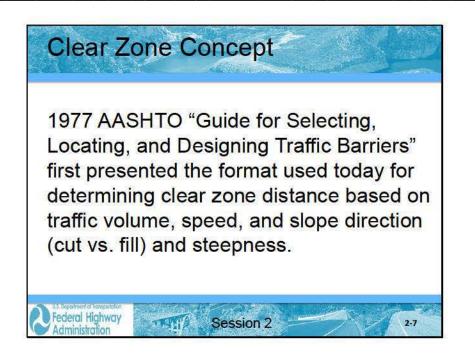


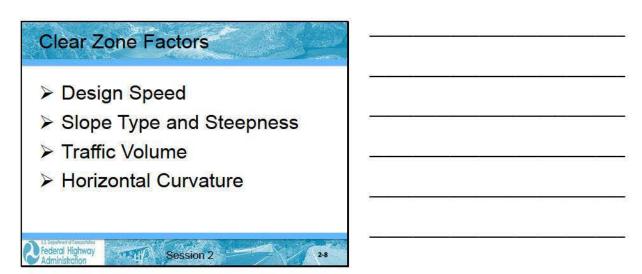


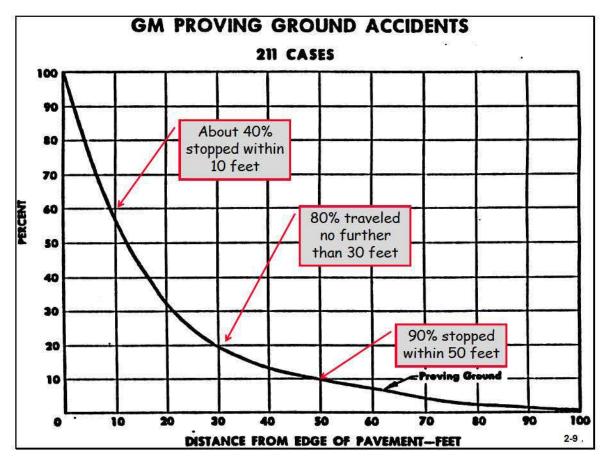


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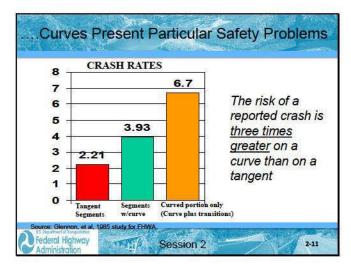


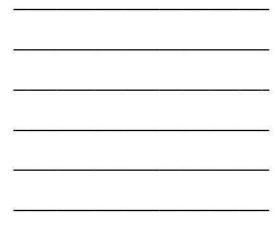


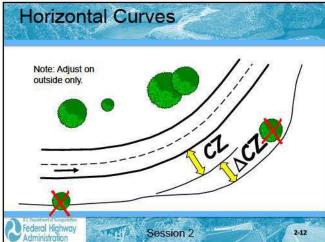




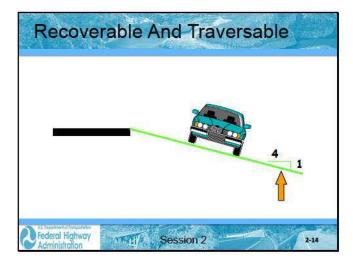
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Speed (mph)	Design ADT	1V:6H or flatter	1V:5H to 1V:4H	1V:3H	1V:3H	1V:5H to 1V:4H	1V:6H or flatt	
≤40	UNDER 750°	7-10	7-10	b	7-10	7-10	7-10	
	750-1500	10-12	12-14	b	10-12	10-12	10-12	
	1500-6000	12-14	14-16	b	12-14	12-14	12-14	
	OVER 6000	14-16	16-18	b	14-16	14-16	14-16	
45-50	UNDER 750°	10-12	12-14	b	8-10	8-10	10-12	
	750-1500	14-16	16-20	b	10-12	12-14	14-16	
	1500-6000	16-18	20-26	b	12-14	14-16	16-18	
	OVER 6000	20-22	24-28	b	14-16	18-20	20-22	
55	UNDER 750°	12-14	14-18	b	8-10	10-12	10-12	
	750-1500	16-18	20-24	b	10-12	14-16	16-18	
	1500-6000	20-22	24-30	Ь	14-16	16-18	20-22	
	OVER 6000	22-24	26-32ª	b	16-18	20-22	22-24	
60	UNDER 750°	16-18	20-24	b	10-12	12-14	14-16	
	750-1500	20-24	26-32ª	b	12-14	16-18	20-22	
	1500-6000	26-30	32-40ª	b	14-18	18-22	24-26	
	OVER 6000	30-32ª	36-44ª	b	20-22	24-26	26-28	
65-70 ^d	UNDER 750°	18-20	20-26	b	10-12	14-16	14-16	
1000010000	750-1500	24-26	28-36ª	b	12-16	18-20	20-22	
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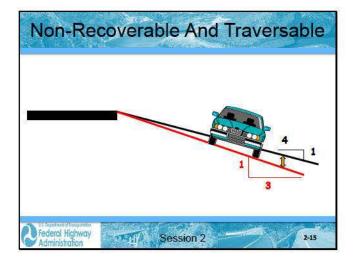


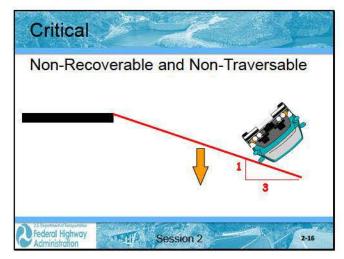




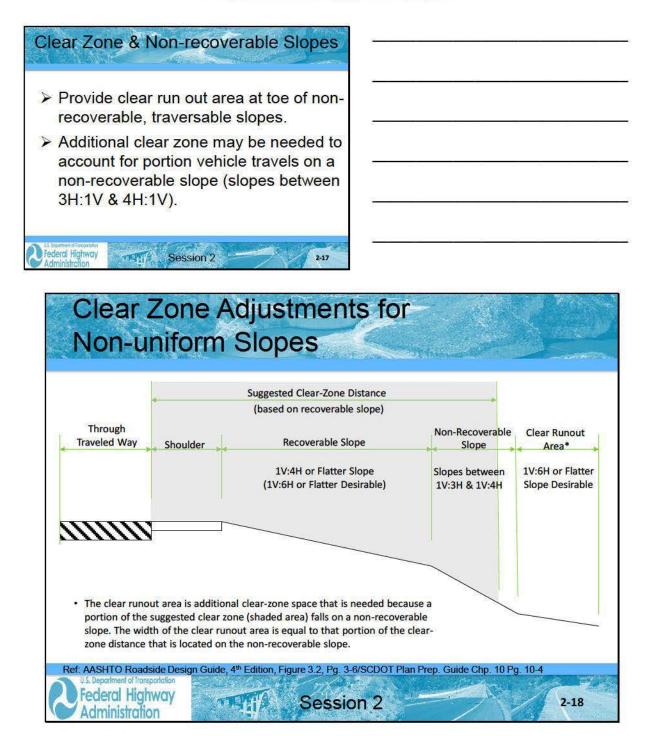
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2,300	1.1	1.1	1.2	1.2	1.2	1.3
1,970	1.1	1.2	1.2	1.2	1.3	1.4
1,640	1.1	1.2	1.2	1.3	1.3	1.4
1,475	1.2	1.2	1.3	1.3	1.4	1.5
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1,150	1.2	1.2	1.3	1.4	1.5	880
985	1.2	1.3	1.4	1.5	1.5	
820	1.3	1.3	1.4	1.5	-	
660	1.3	1.4	1.5	-	-	
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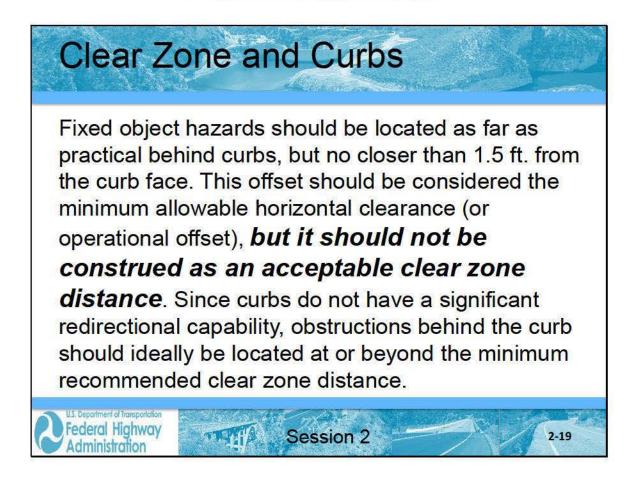


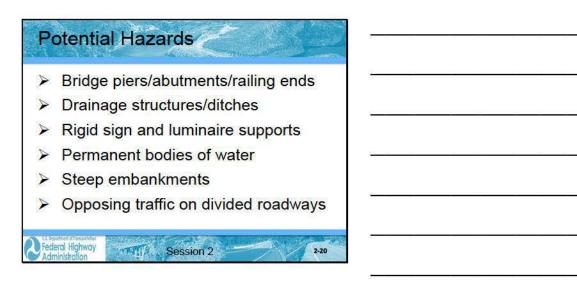




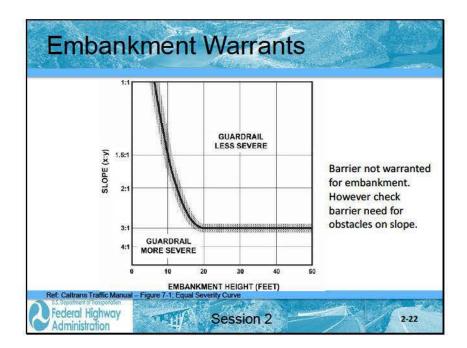
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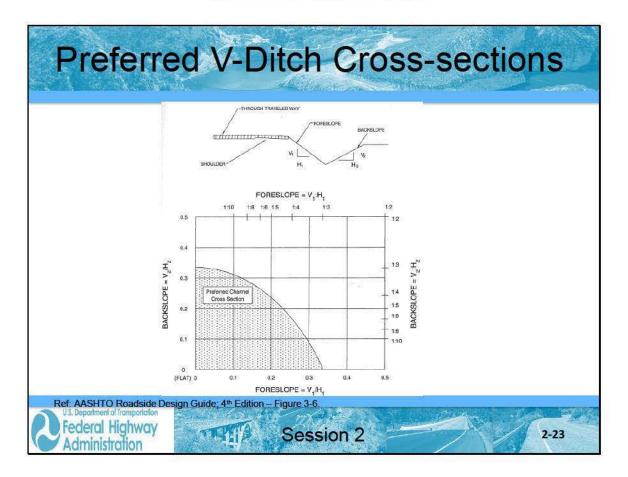


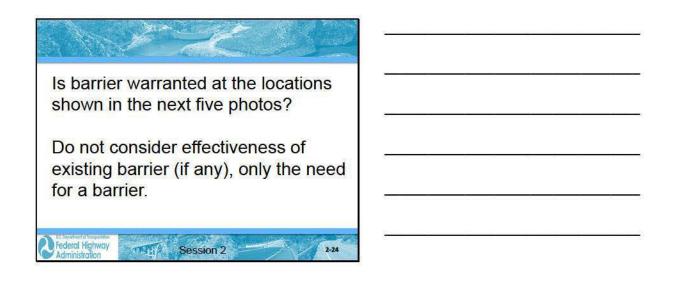


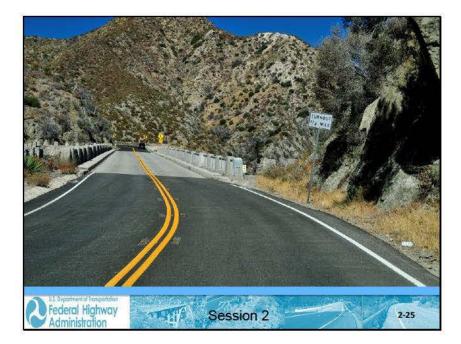
Obstacle	Guidelines
Bridge piers, abutments, and railing ends	Shielding generally required
Boulders	Judgment decision based on nature of fixed object and likelihood of impact
Culverts, pipes, headwalls	Judgment decision based on size, shape and location of obstacle
Foreslopes and backslopes (smooth)	Shielding not generally required
Foreslopes and backslopes (rough)	Judgment decision based on likelihood of impact
Ditches (parallel)	Refer to Figures 3-6 and 3-7
Ditches (transverse)	Shielding generally required if likelihood of head-on impact is high
Embankment	Judgment decision based on fill height and slope (see Figure 5-1)
Retaining Walls	Judgment decision based on relative smoothness of wall and anticipated maximum angle of impact
Sign/Luminaire supports	Shielding generally required for non-breakaway supports
Traffic signal supports	Isolated traffic signals within clear zone on high-speed rural facilities may warrant shielding
Trees	Judgment decision based on site-specific circumstances
Utility poles	Shielding may be needed on a case by case basis.
Permanent bodies of water	Judgment decision based on location and depth of water and likelihood of encroachment.



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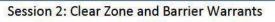






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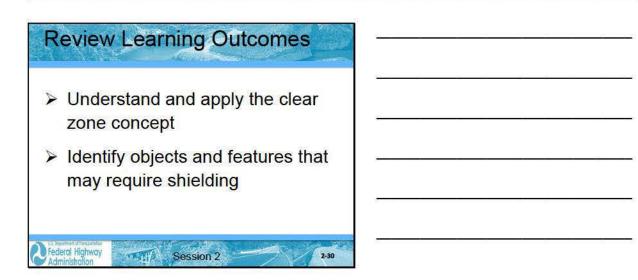


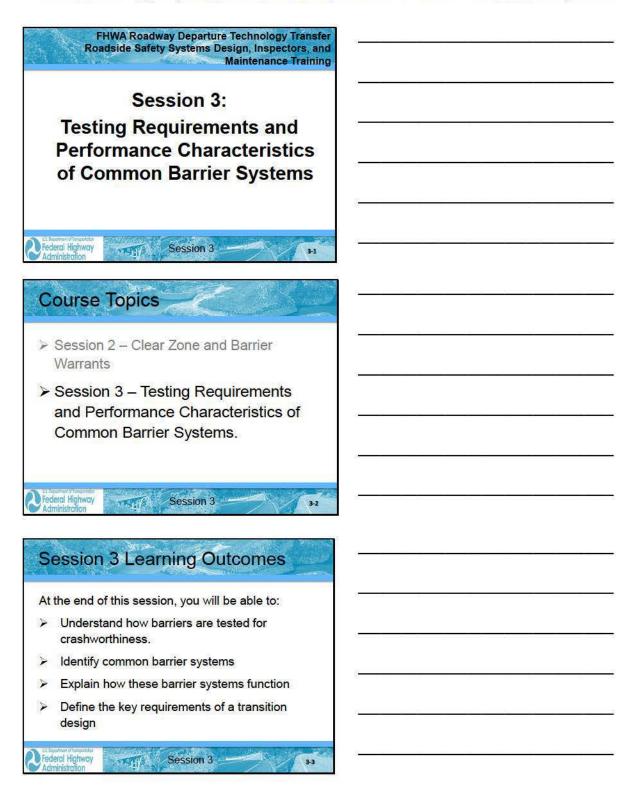


Participant Notebook

Session 2: Clear Zone and Barrier Warrants







3-4

3-6

Order of Preference

- 1. Keep vehicle on the roadway
- 2. Remove hazard
- 3. Redesign hazard (make traversable)
- 4. Relocate hazard (move away from traffic)
- 5. Reduce Impact Severity (use breakaway design)

Session 3

- 6. SHIELD hazard
- 7. Delineate hazard so motorist can avoid

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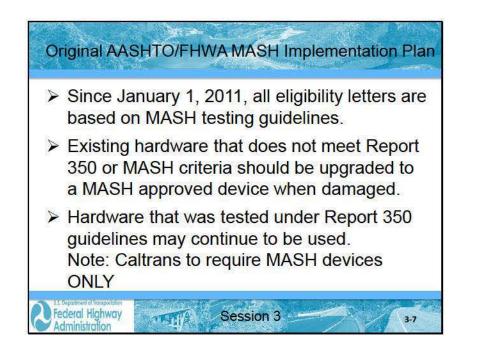
Crash Testing Guidelines

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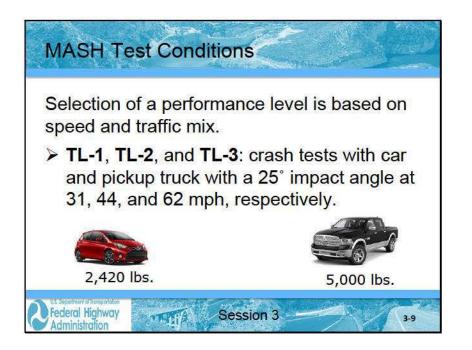
- Prior crash testing and evaluation standards were published in 1993 as NCHRP Report 350, "Recommended Procedures for the Safety Performance Evaluation of Highway Features."
- In 2009, the Manual for Assessing Safety Hardware (MASH) was published by AASHTO and has been adopted as the new testing standard. FHWA now requires new products to be tested to MASH.

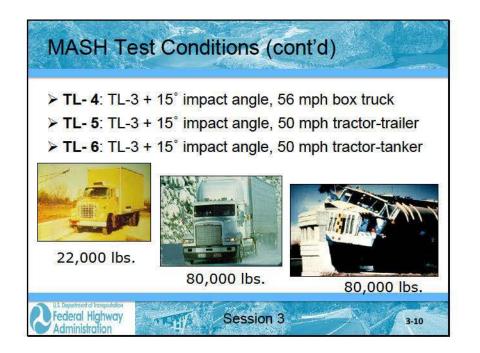
Session 3

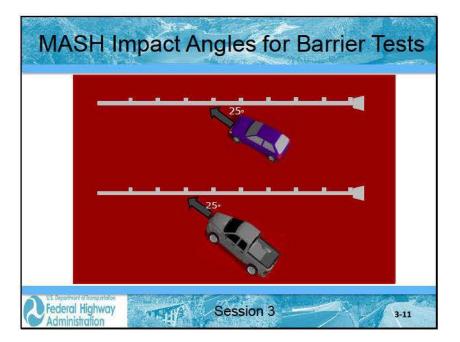
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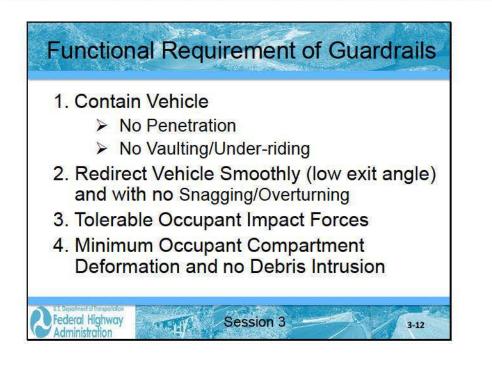




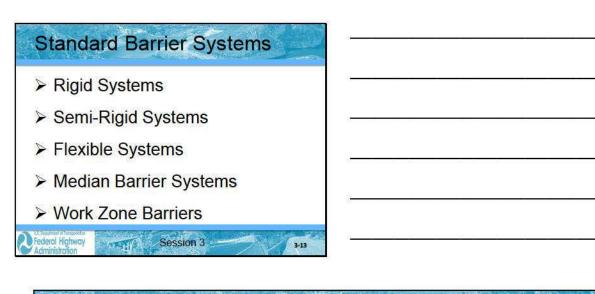




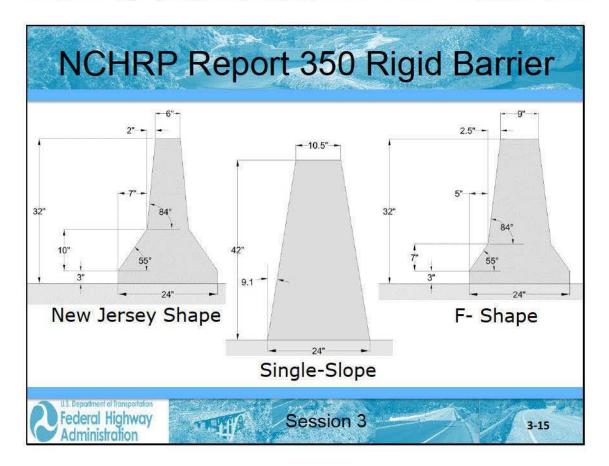




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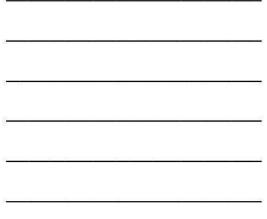
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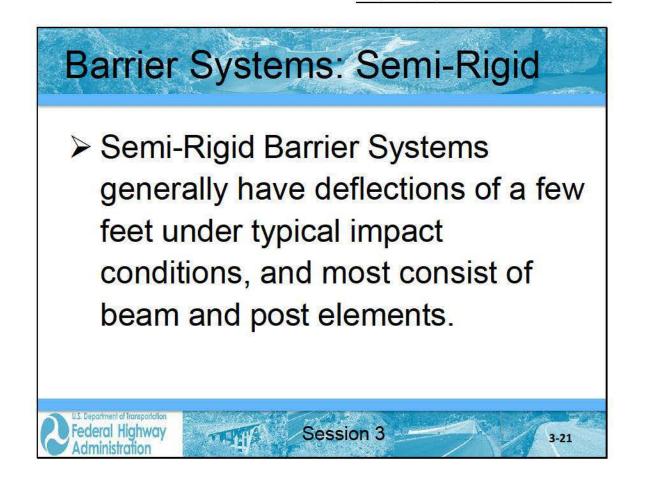






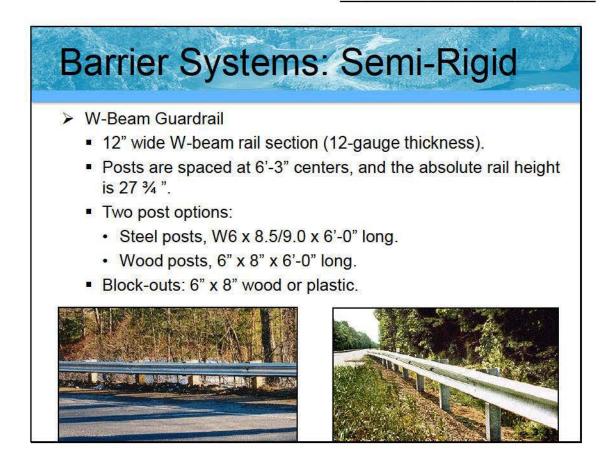


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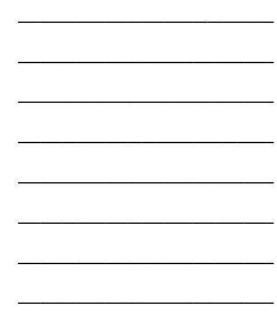




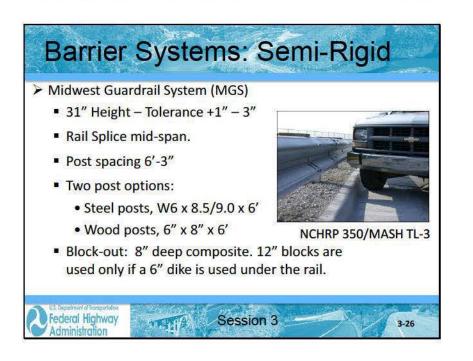
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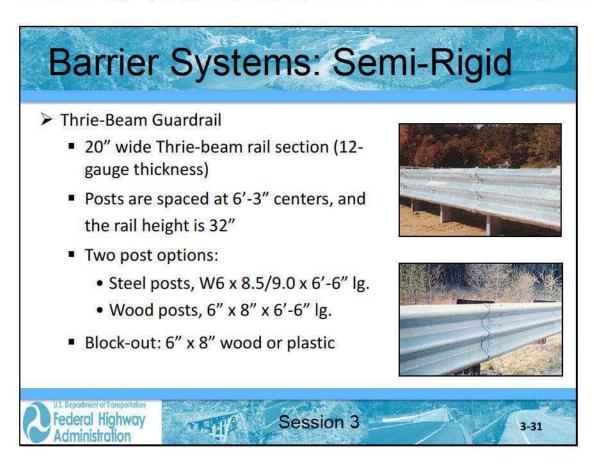




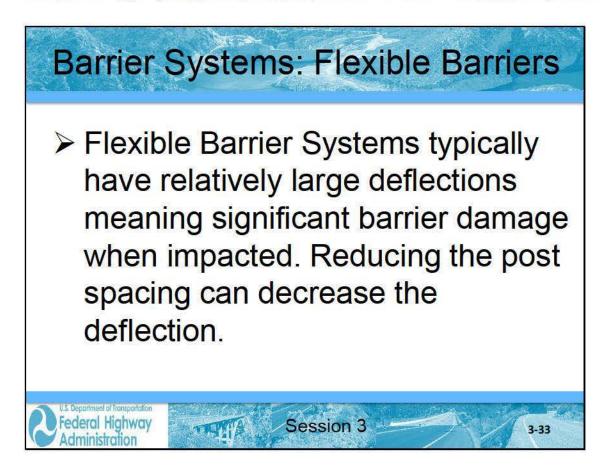


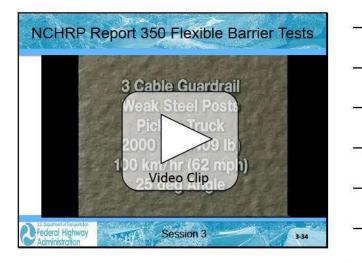


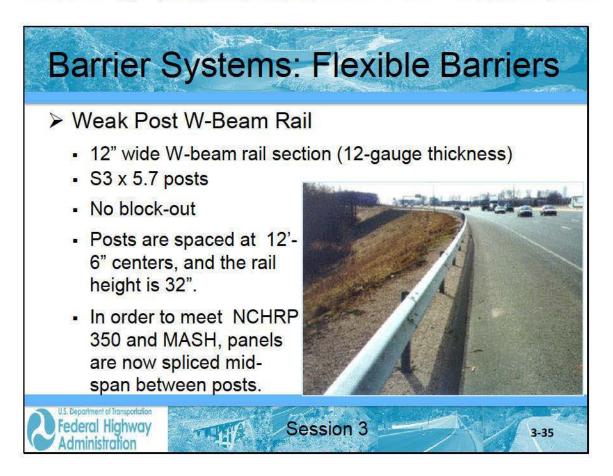




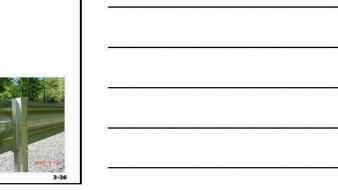


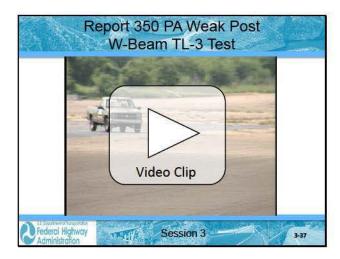








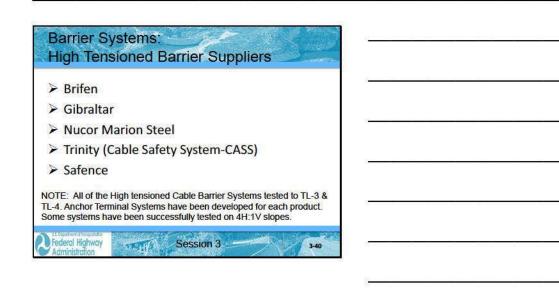














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Barrier Systems: Median Barriers

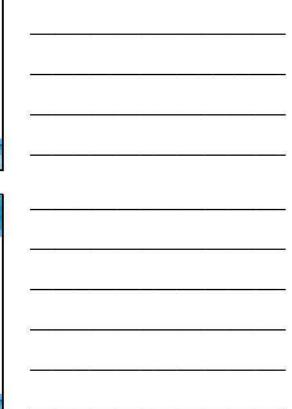
- Used to separate opposing traffic on a divided highway or to separate through traffic from local traffic.
- Many barriers approved for roadside applications are also acceptable for medians as long as the barrier is symmetrical,
- Width of the median is an important consideration.
- Also must consider the dynamic deflection of the barrier to avoid intrusion into opposing traffic.
- There are terminals designed specifically to shield the ends of median barriers.

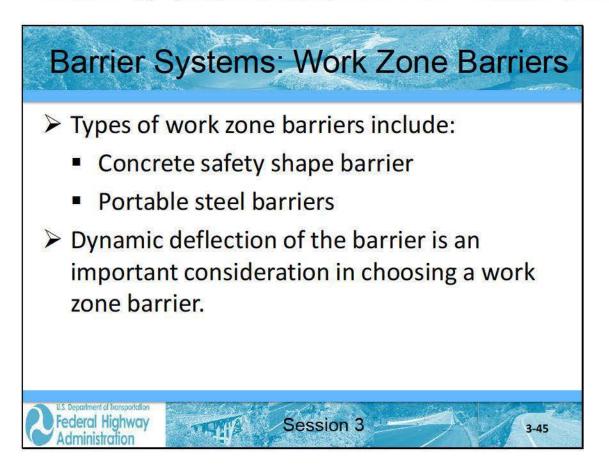














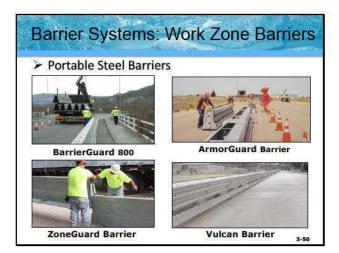




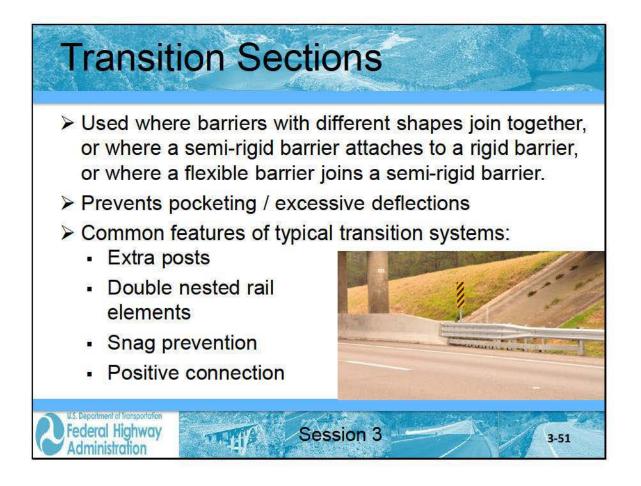




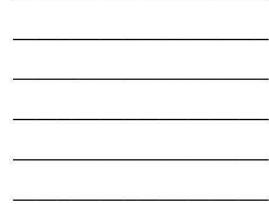


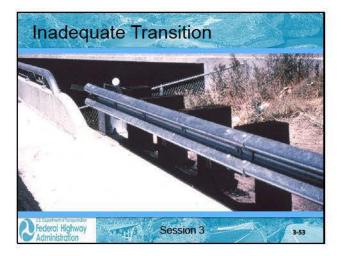


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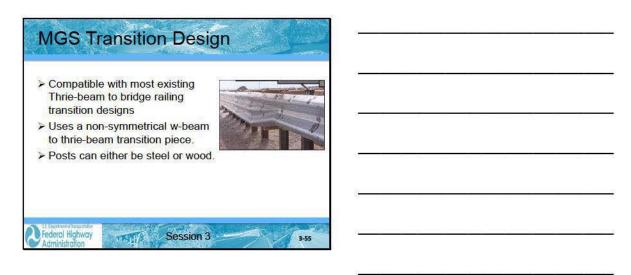




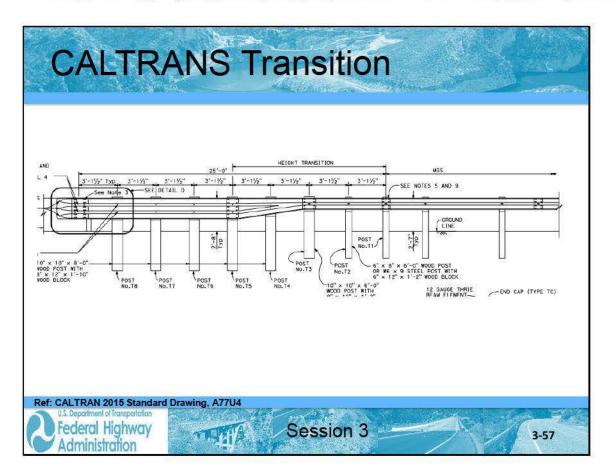








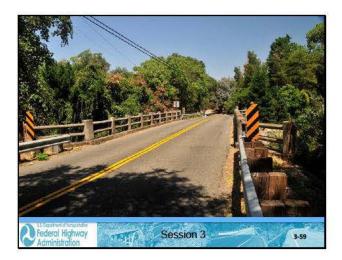


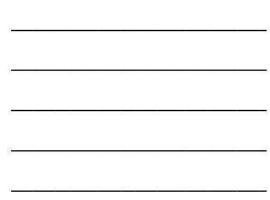




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Participant Notebook







Review Learning Outcomes

- Understand how barriers are tested for crashworthiness.
- > Identify common barrier systems

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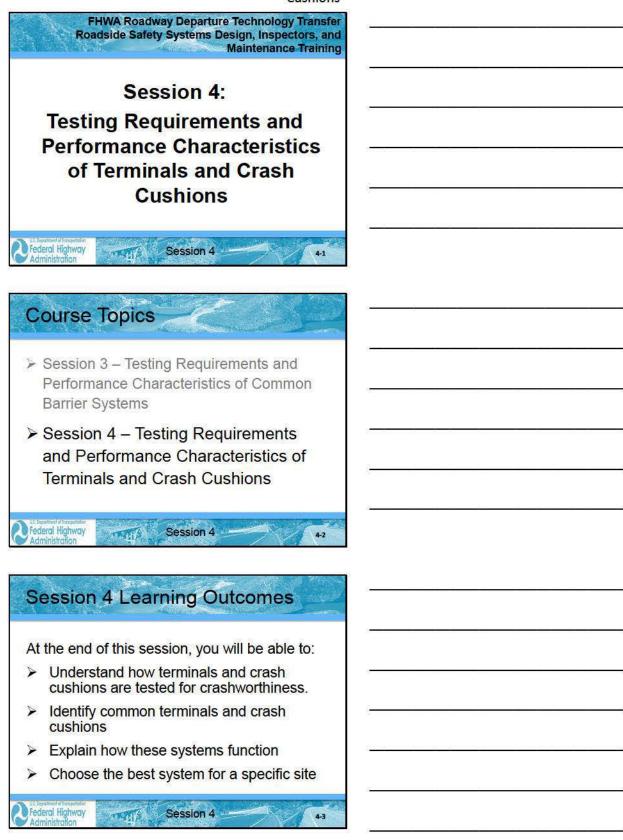
- > Explain how these barrier systems function
- Define the key requirements of a transition design

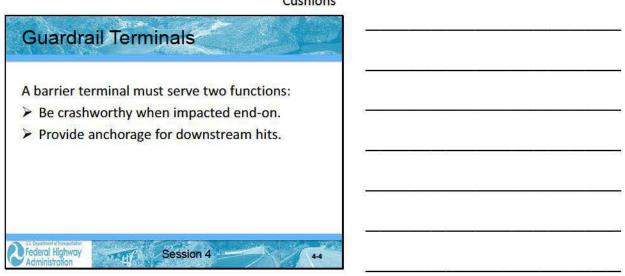
Session 3

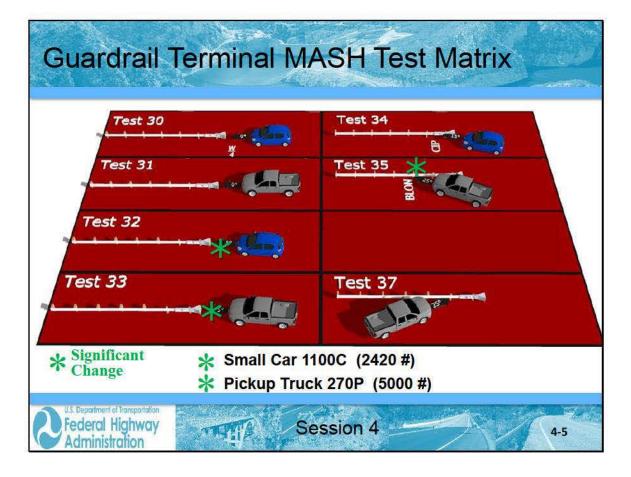
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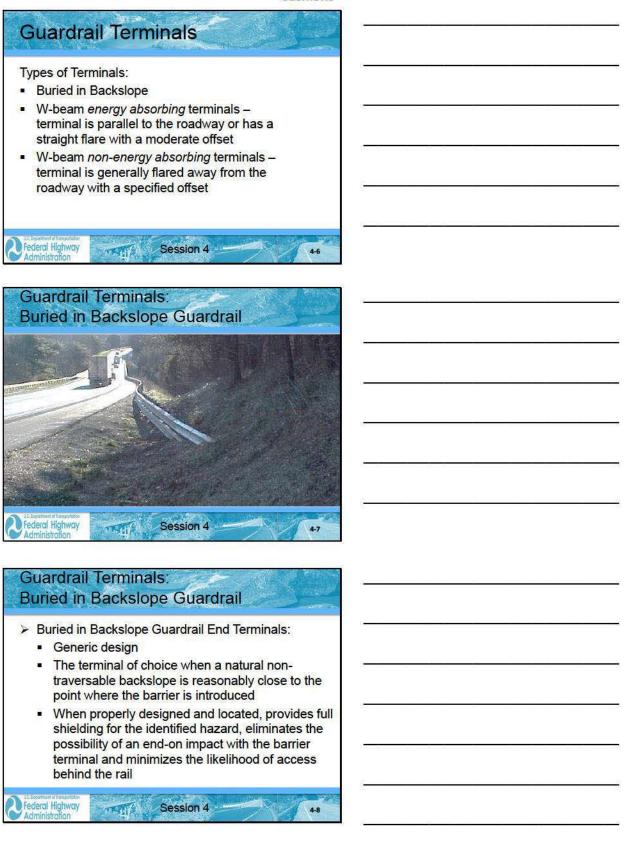
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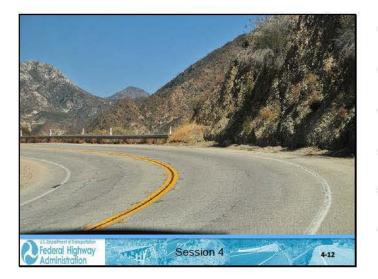
Participant Notebook



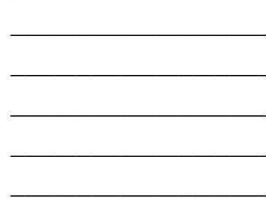


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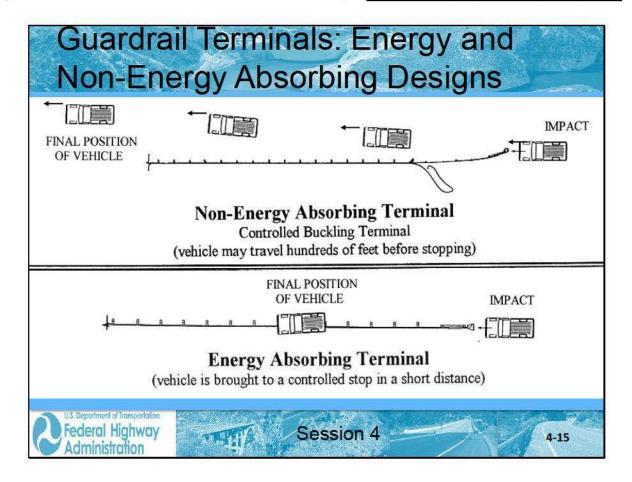


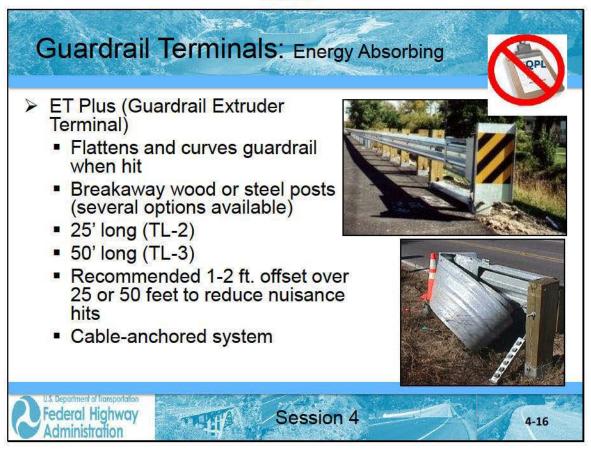


Participant Notebook



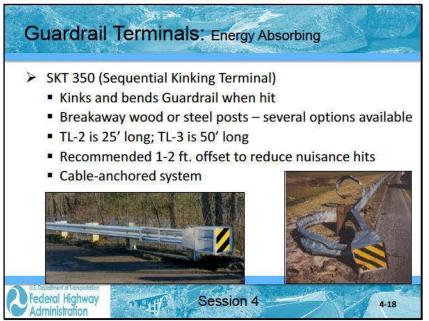








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Participant Notebook

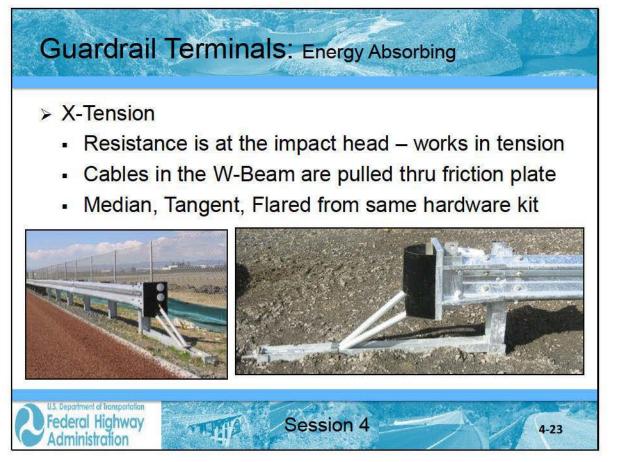
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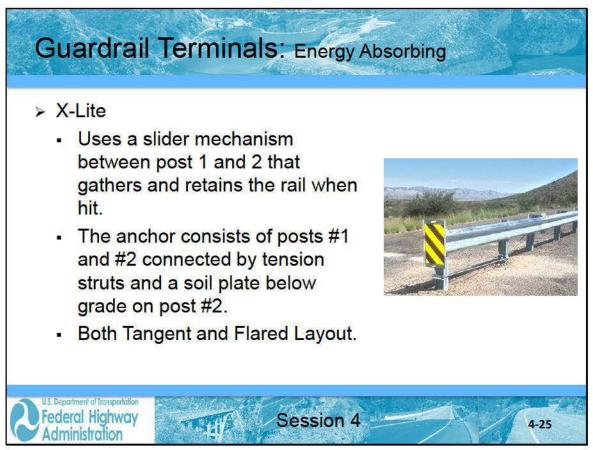


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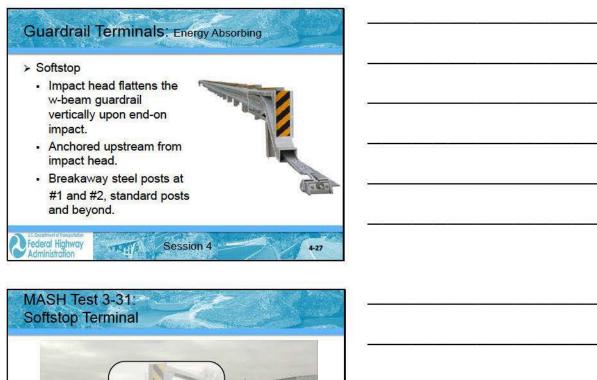
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Video Clip

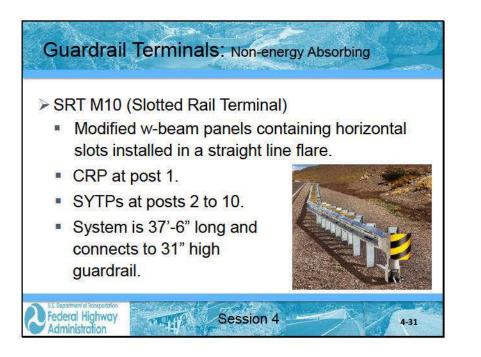
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Session 4

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Guardrail Terminals: Non-Compliant

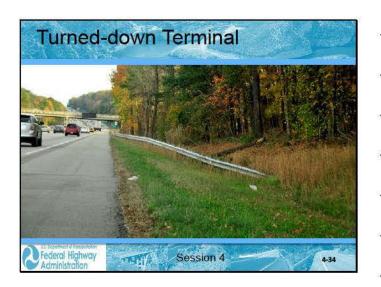
Turned-down Terminal

THE

Breakaway Cable Terminal (BCT)

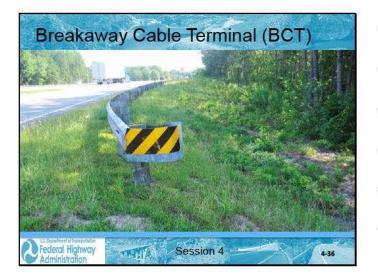
Session 4

 Modified Eccentric Loader Terminal – (MELT)



Federal Highway

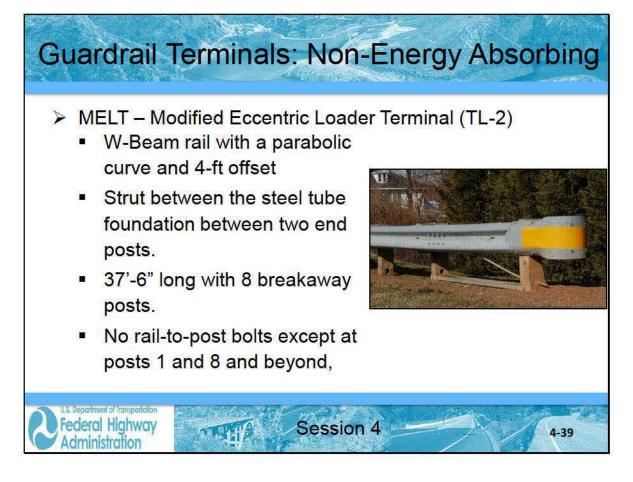






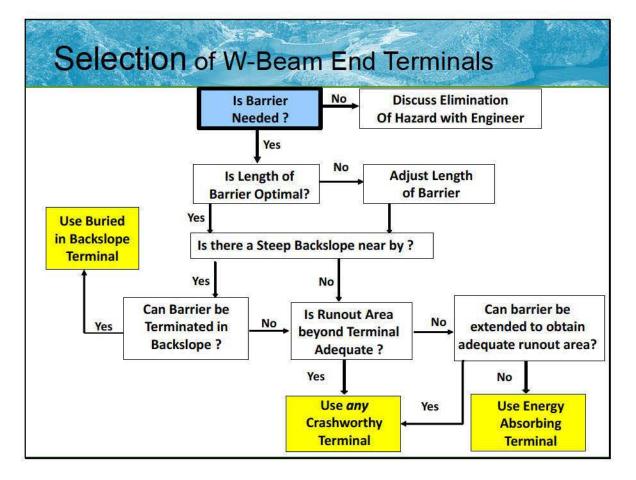


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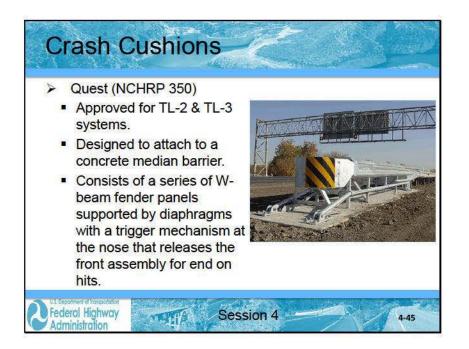
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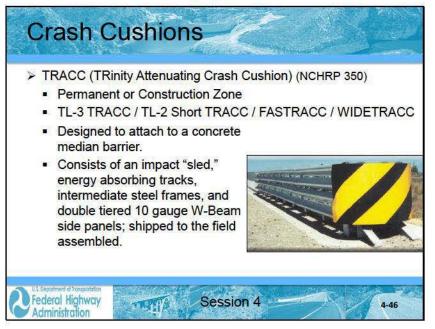
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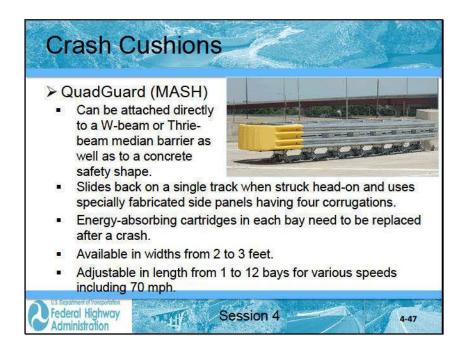




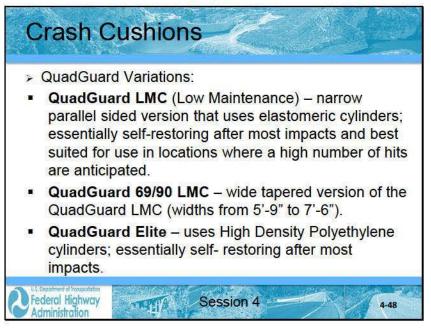
Participant Notebook

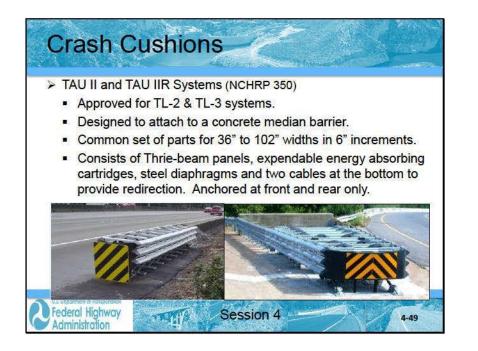
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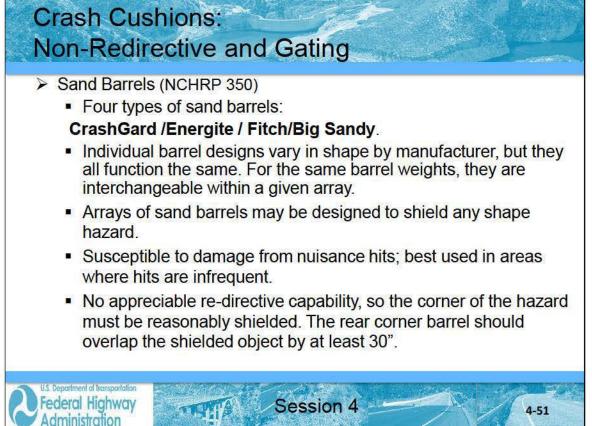




Participant Notebook

Cushions





4-53

Crash Cushions:> Sand Barrels:SerregiteEnergiteImage: SerregiteImage: SerregiteImage:

Review Learning Outcomes

- Understand how terminals and crash cushions are tested for crashworthiness.
- Identify common terminals and crash cushions

Session 4

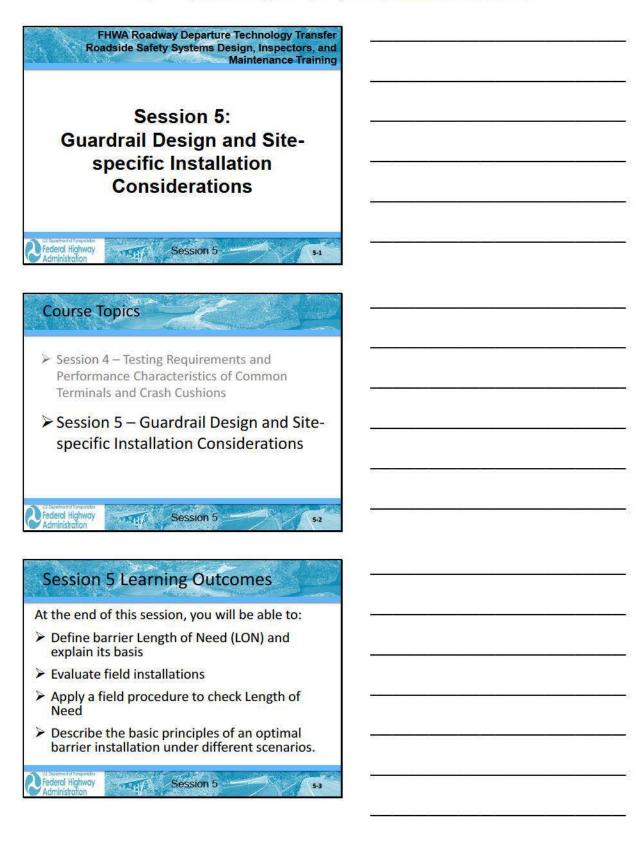
Explain how these systems function

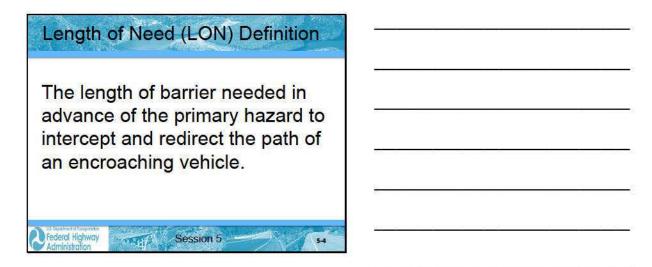
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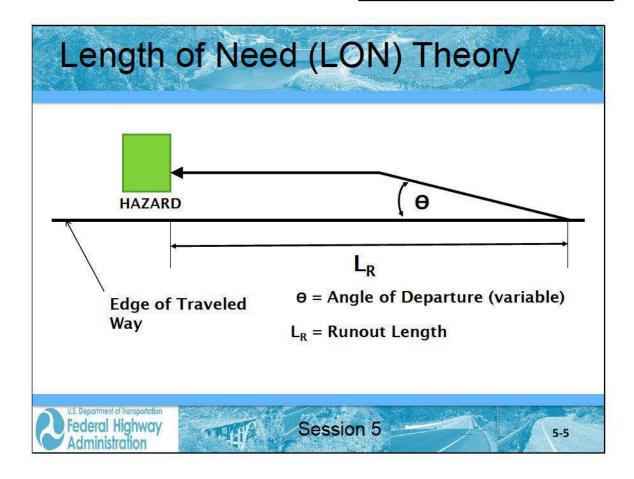
Choose the best system for a specific site

Federal Highway

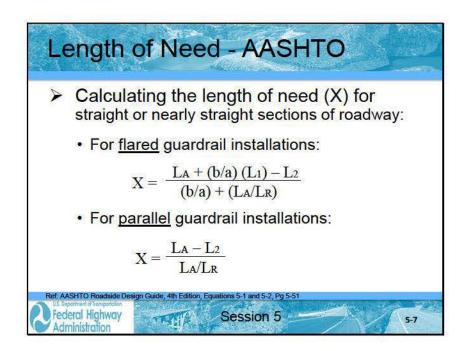
Session 5: Guardrail Design and Sitespecific Installation Considerations

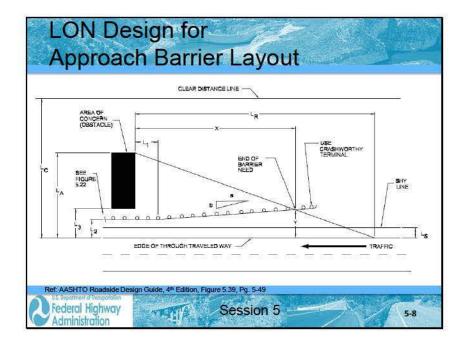


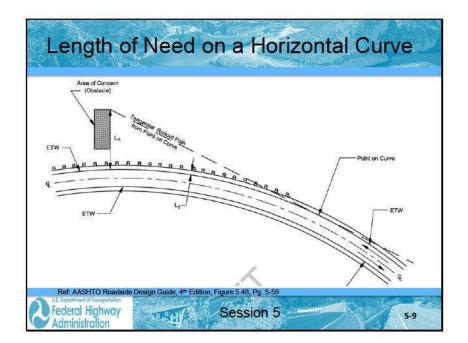


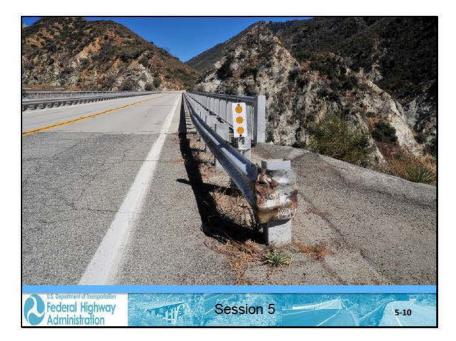


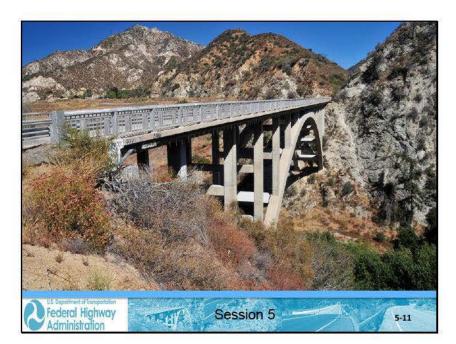
le 5-10(b).	Suggested Runou	it Lengths for Barr	rier Design (U.S. (Customary V		
Design	Runout Length (L _R) Given Traffic Volume (ADT) (ft)					
Speed (mph)	Over 10,000	5,000 to 10,000	1,000 to 5,000	Under 1,000		
80	470	430	380	330		
70	360	330	290	250		
60	300	250	210	200		
50	230	190	160	150		
40	160	130	110	100		
30	110	90	80	70		



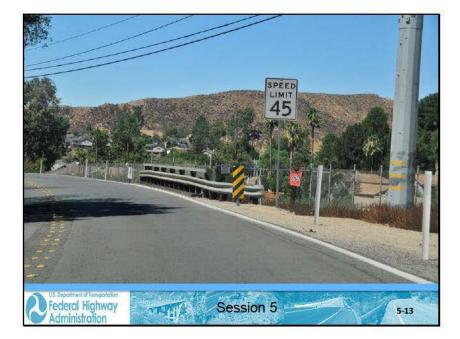




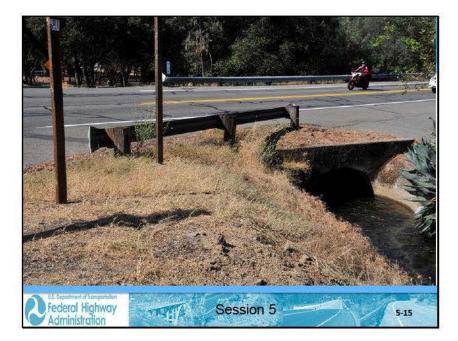




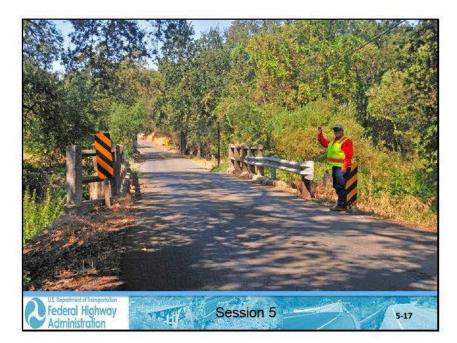






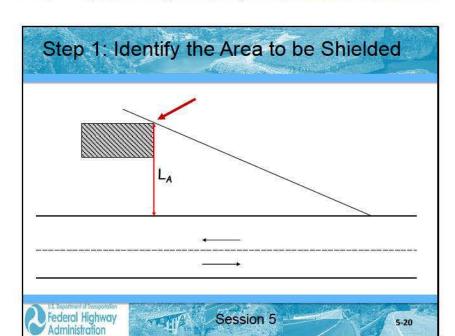


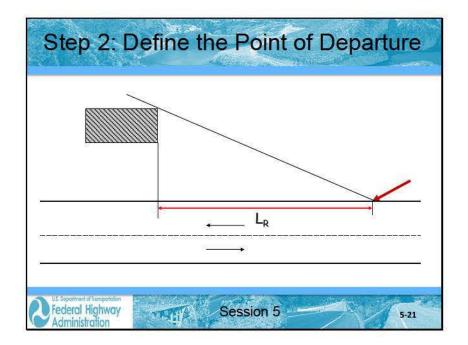


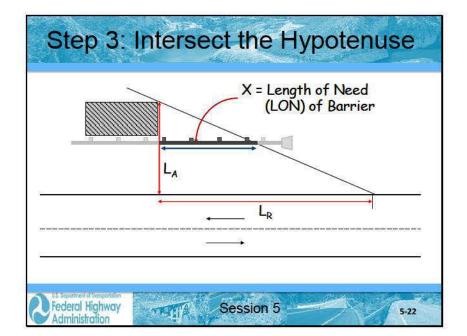


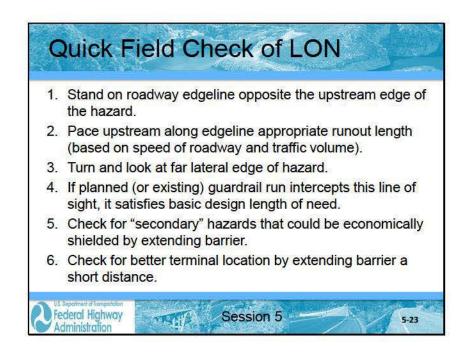


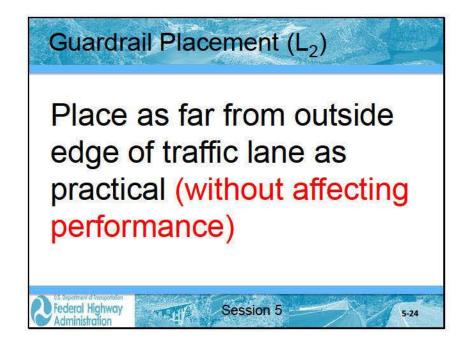


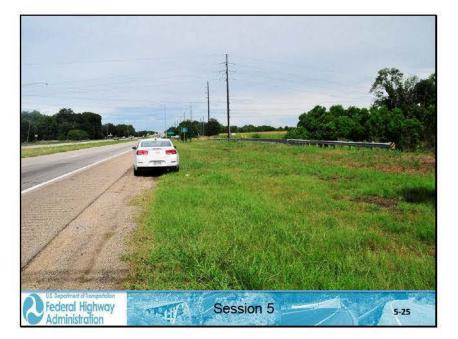


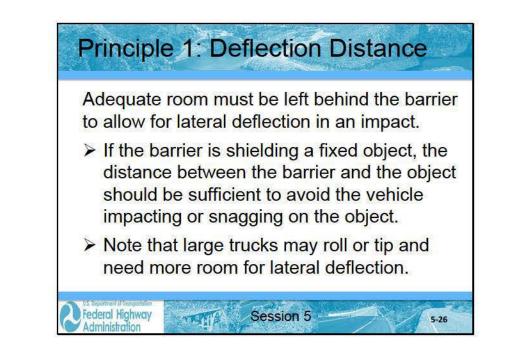


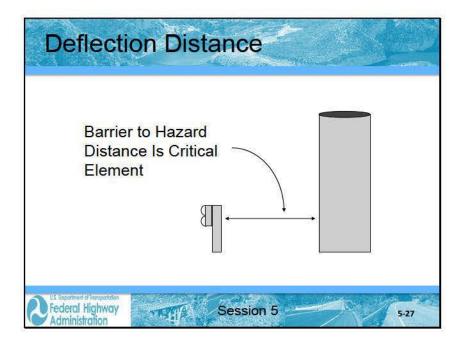


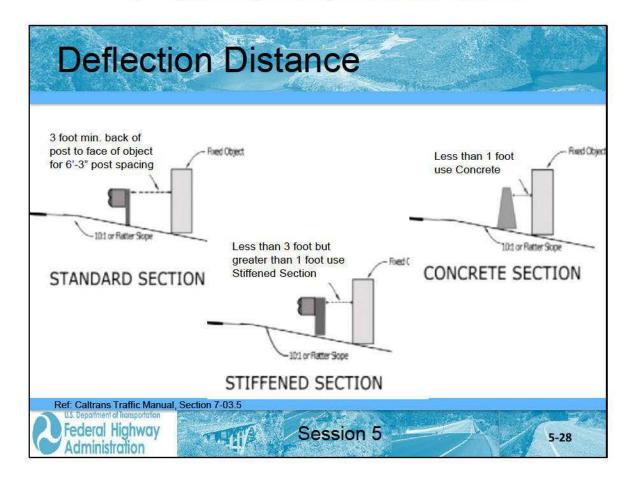




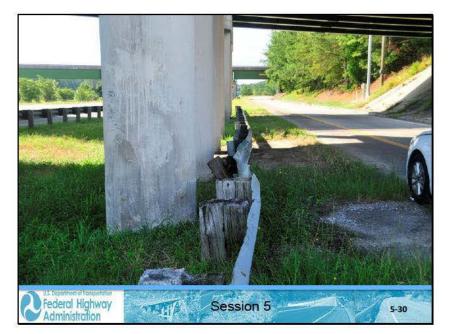


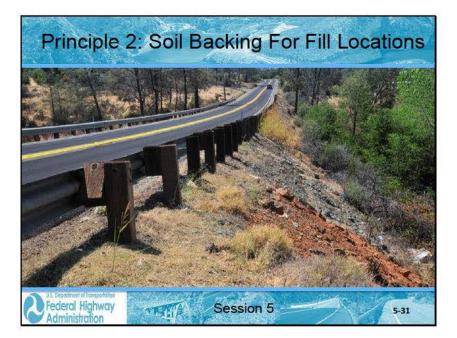


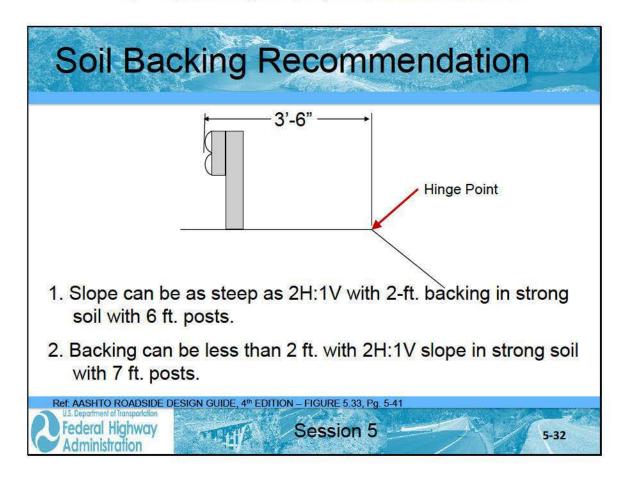






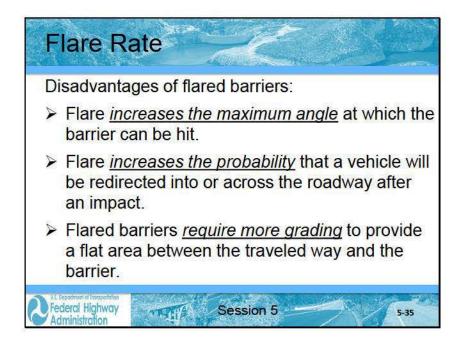




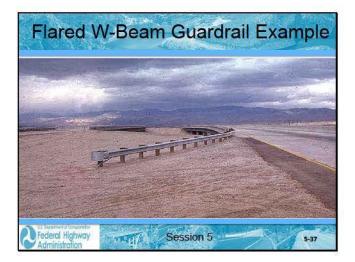


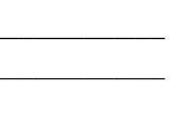


Flare Rate	
	are those that are not parallel to the veled way. They are used to:
Locate termi	nals farther from the roadway.
Lessen drive	er reaction to a roadside obstacle.
	om barrier to an obstacle nearer the dge parapet or railing).
Reduce total	l length of rail needed.
Reduce nuis	ance hits.



ble 5.7 Sugge	ested flare rates for Barrie	er Design (U.S. Cust	tomary Units)
esign Speed	Flare Rate for Barrier	Flare Rate for Bar	rier beyond Shy Line
(mph)	inside Shy Line	Rigid Barrier	Semi-Rigid Barrie
70	30:1	20:1	15:1
60	26:1	18:1	14:1
55	24:1	16:1	12:1
50	21:1	14:1	11:1
45	18:1	12:1	10:1
40	16:1	10:1	8:1
30	13:1	8:1	7:1

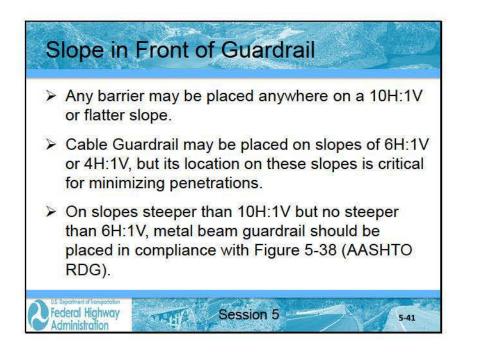


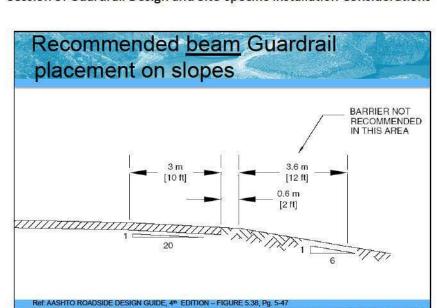












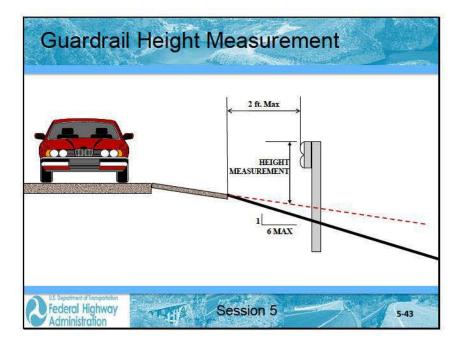
Session 5

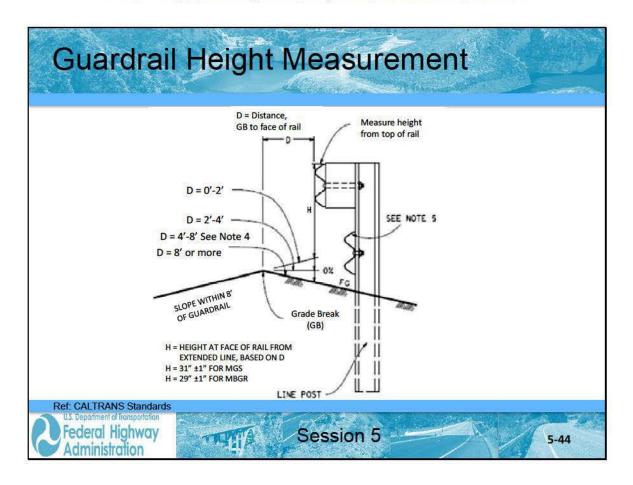
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Federal Highway Administration

Session 5: Guardrail Design and Site-specific Installation Considerations



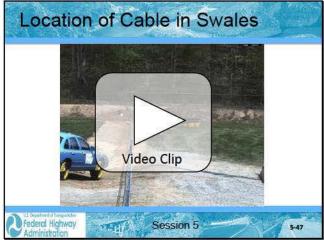




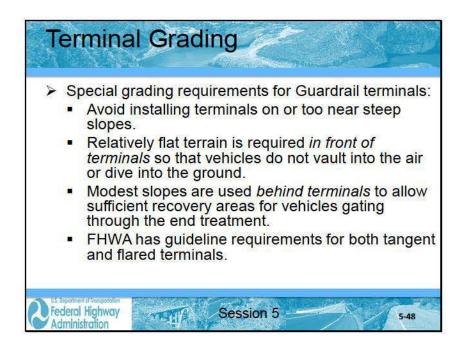
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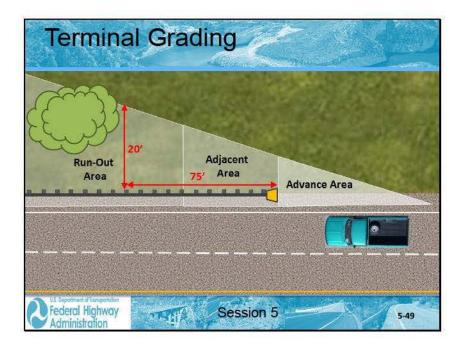
Slope in Front of Guardrail > MGS on 8H:1V slope 5-ft from Shoulder on 8H:1V Slope Federal Highway Administration Session 5 5-46

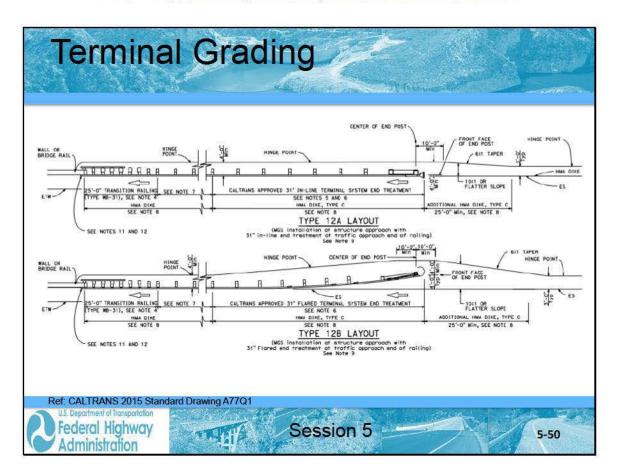




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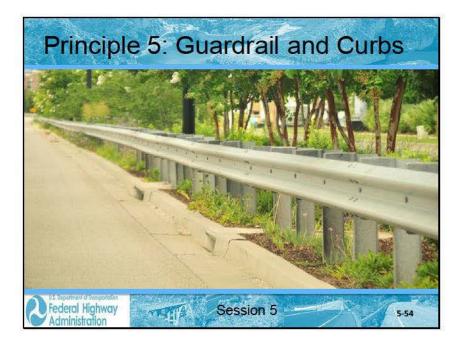


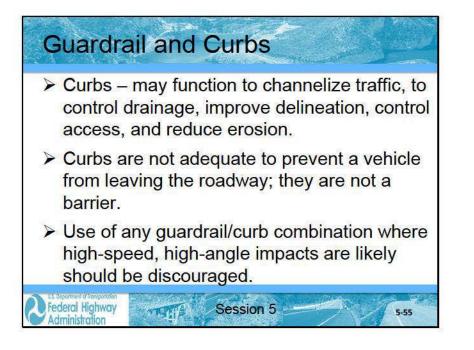
Session 5: Guardrail Design and Site-specific Installation Considerations













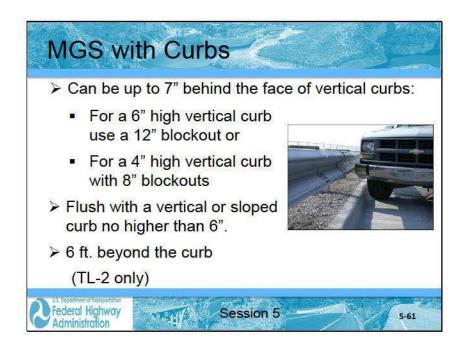


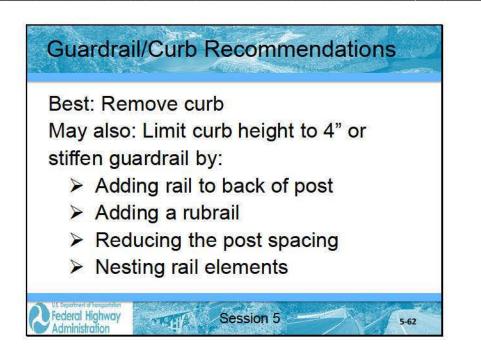


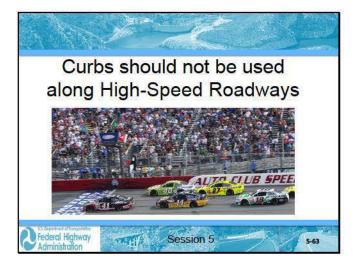
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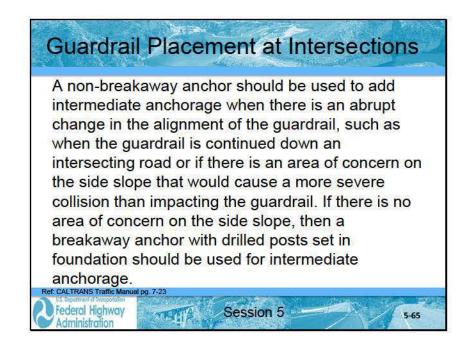


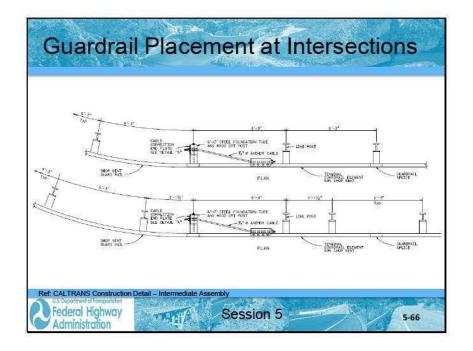




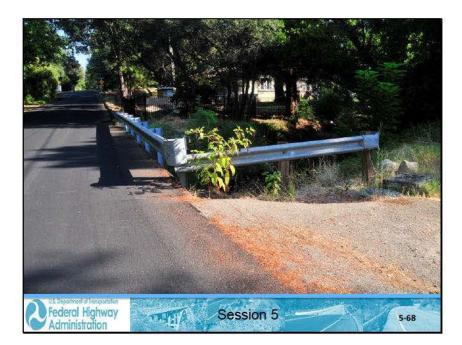


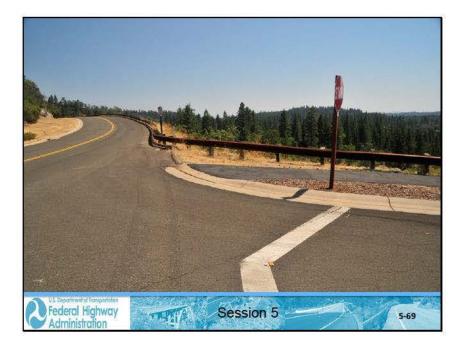


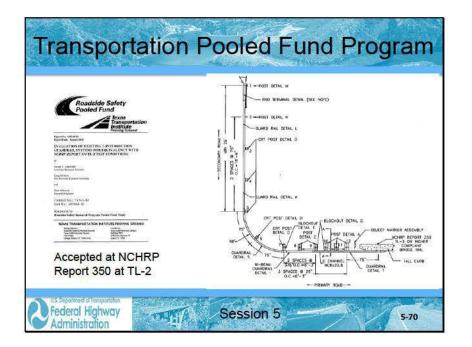


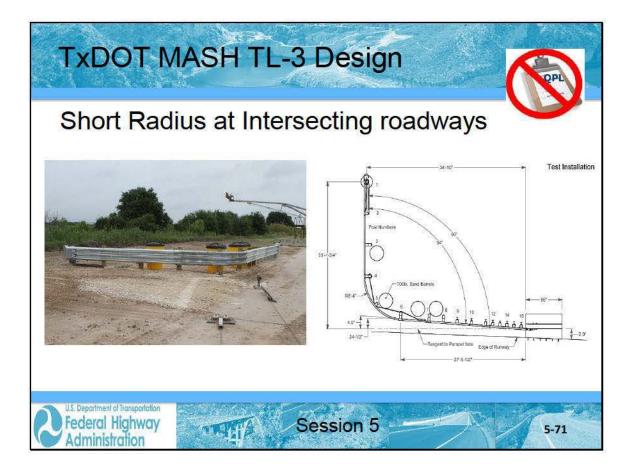






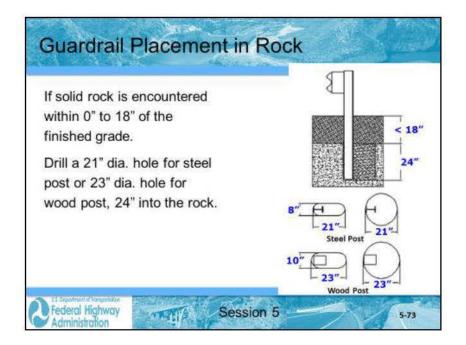


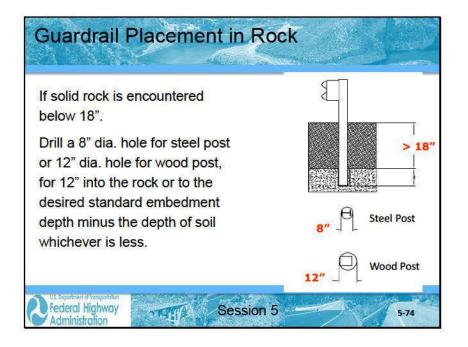




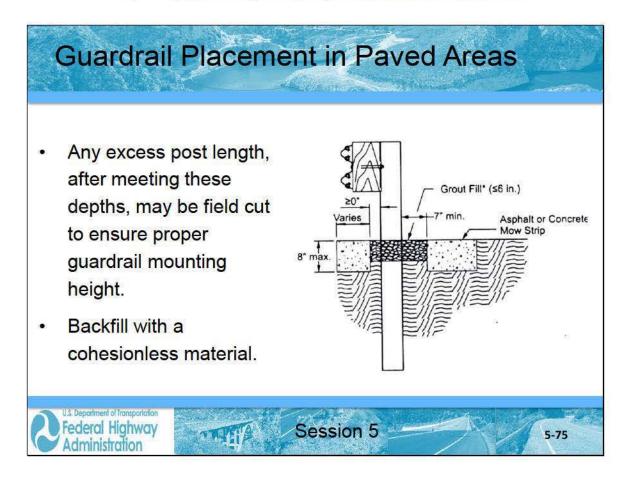


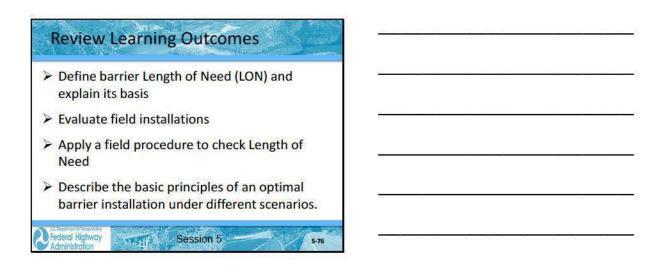
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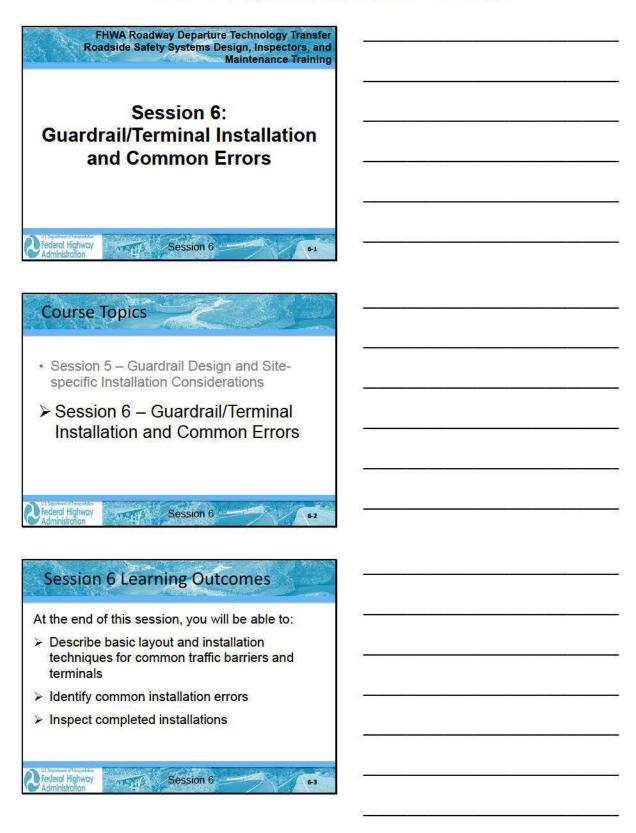


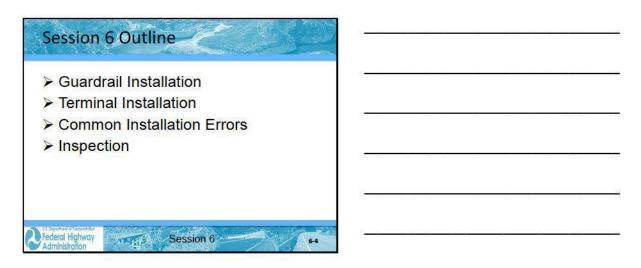


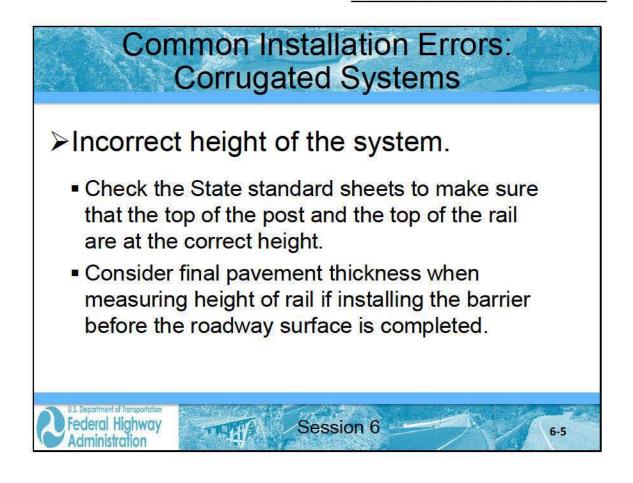
Session 5: Guardrail Design and Site-specific Installation Considerations







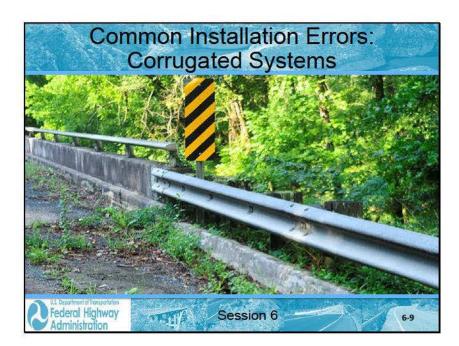




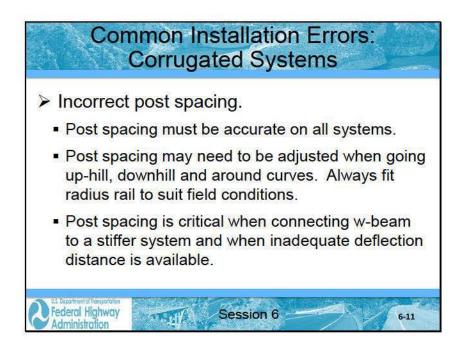




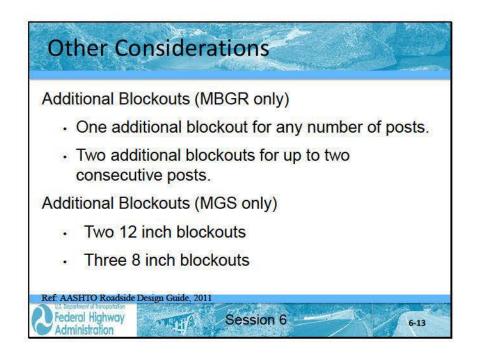


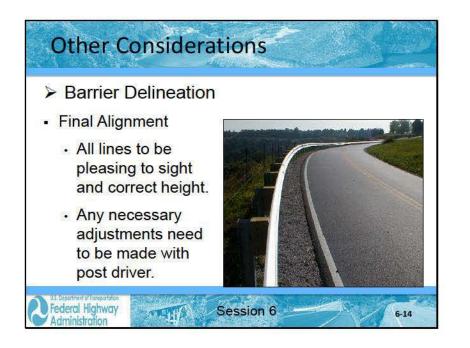






ing Posts	
Metal Beam Guardrail	MGS
No more than two may be omitted	No more than three may be omitted
Nested rail across span to 2 nd post on both sides	Does not require nested rail
Breakaway posts on	both sides of clear span



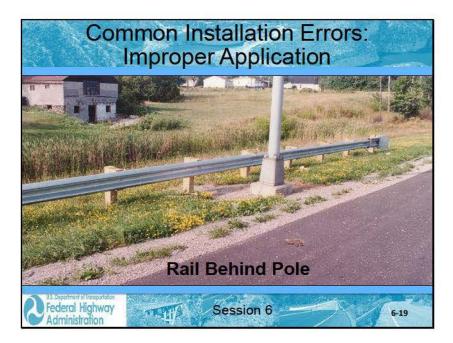




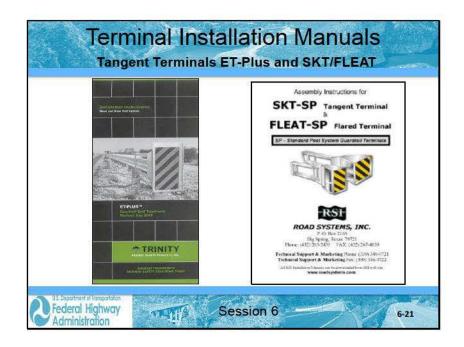






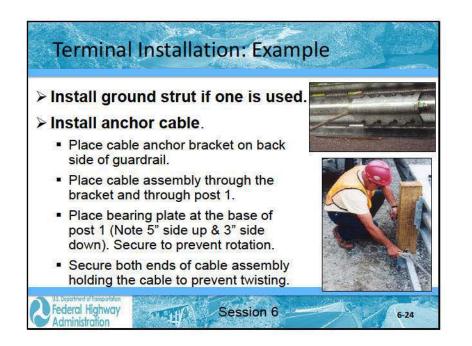




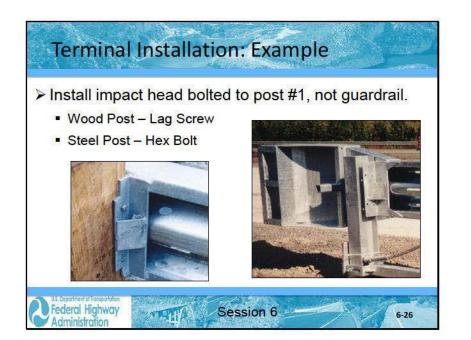






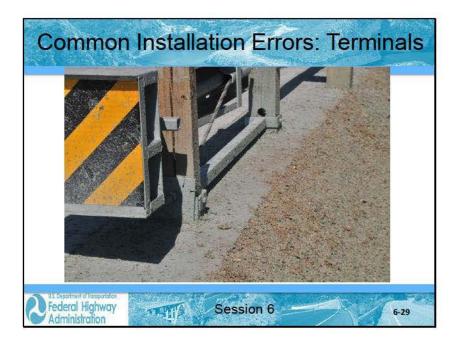








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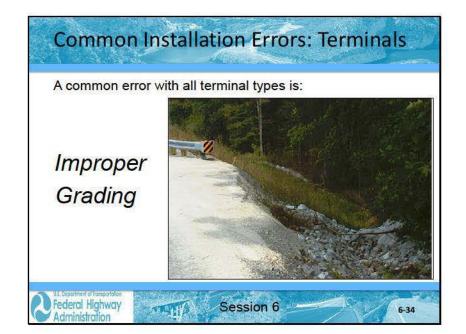




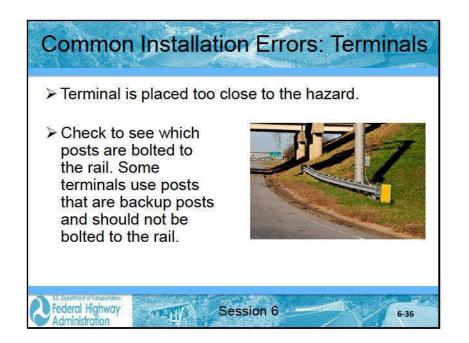


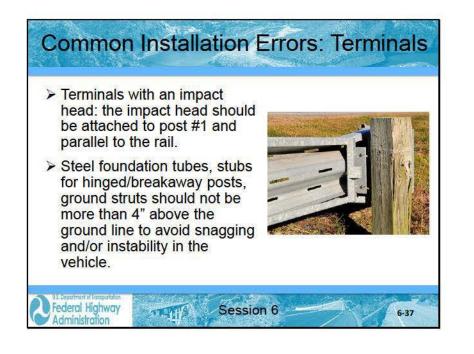


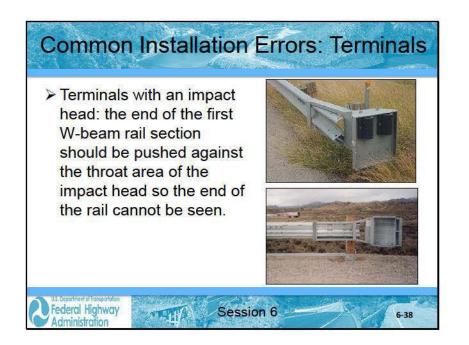




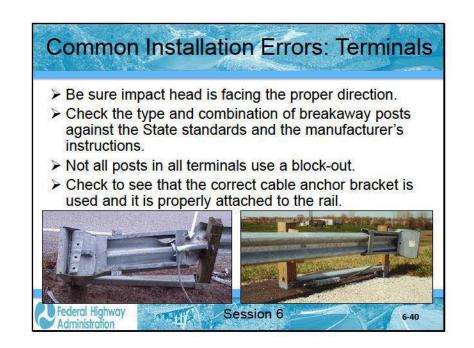


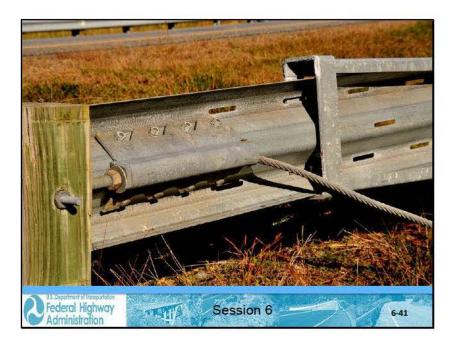




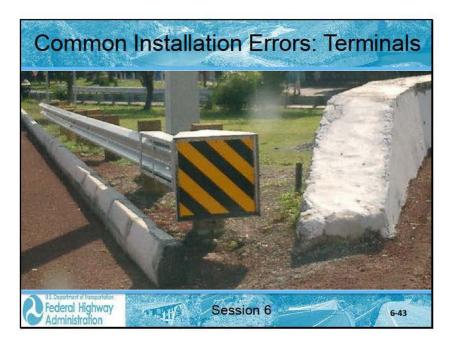










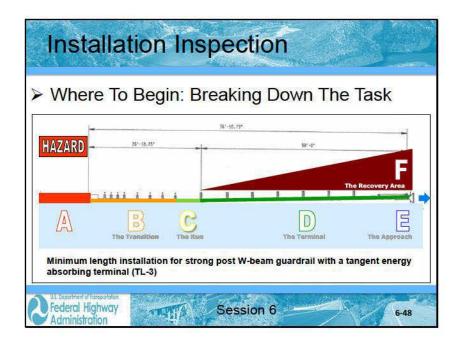


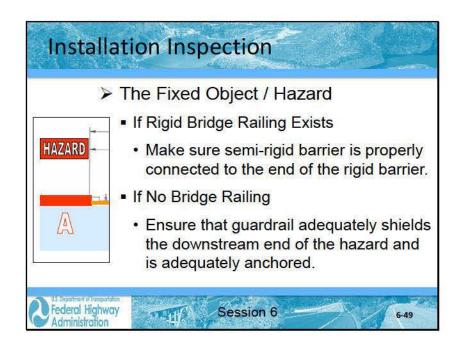


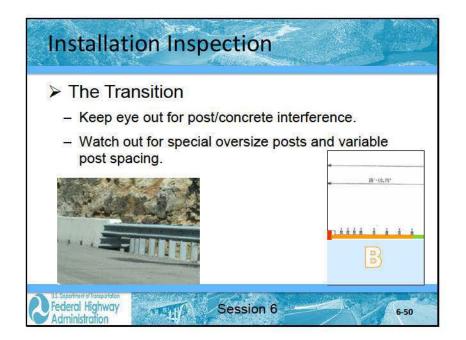


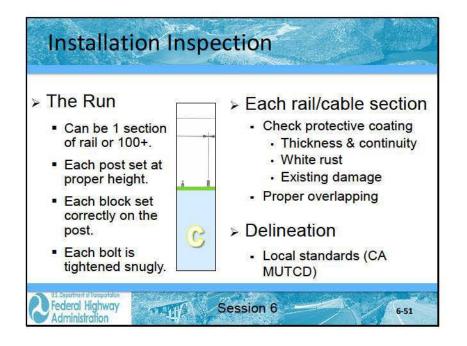


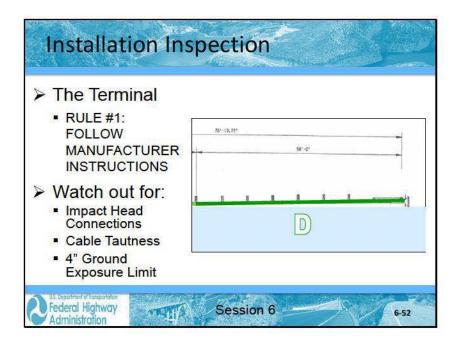


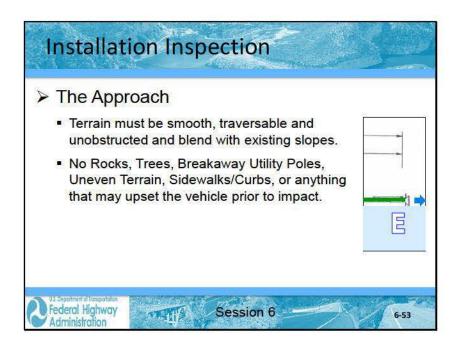












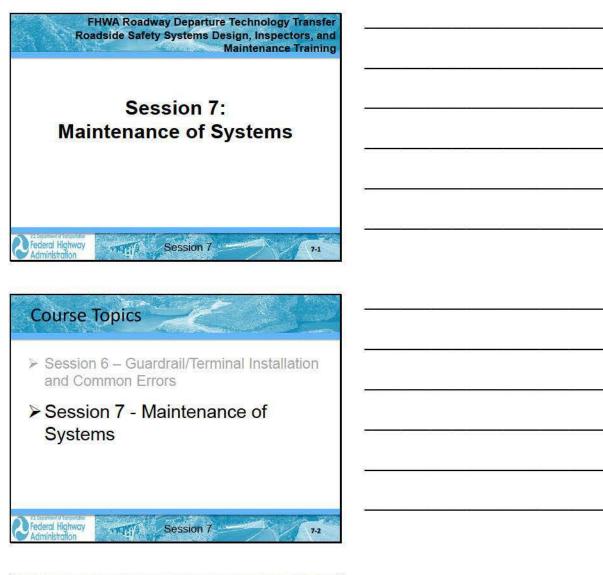
Installation Inspection	
The Impact Zone / Recovery Area	8
 In impact, vehicle needs traversable surface for safe deceleration 	
Drivers that miss	8
front of hazard to	
regain control.	
Typical slopes: 10:1 to 4 ft. behind	
terminal	1 2
-	
A detantial demonstration	
Administration	
Terrible Results	8
Sector Sector	8.
	*
	2
Session 6	M <u>-11-11-11-11-11-11-11-11-11</u>
Administration Session 6	
Review Learning Outcomes	8
Describe basic layout and installation	()
techniques for common traffic barriers and terminals	
Identify common installation errors	
Inspect completed installations.	N
	×

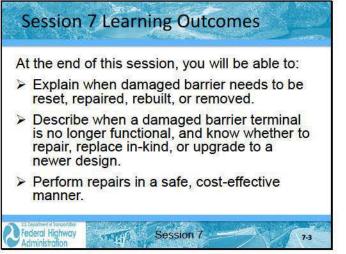
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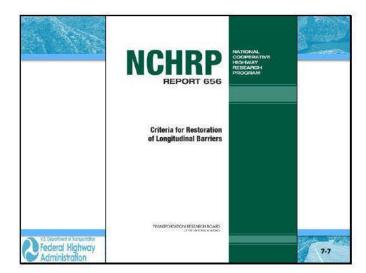


- Guardrail systems usually require repair after crashes.
- Guidelines concerning guardrail repair / replacement vary by State.

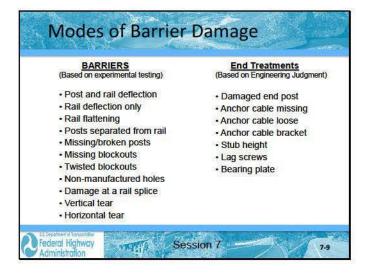
















Damage Mode	Repair Threshold	Relative Priority	Measurement
Post and Rail Deflection	 One or more of the following thresholds: More than 9 inches of lateral deflection anywhere over a 25 ft length of rail. Top of rail height 2 or more inches lower than original top of rail height. 	High	Maximum Lateral Rail Deflection Demage Length, L
	6-9 inches lateral deflection anywhere over a 25 ft length of rail.	Medium	
	Less than 6 inches of lateral deflection over 25 ft length of rail.	Low	(Weak Post W-Beam Shown Only for Clarity, Each measurement taken at rail middle fold)

Damage Mode	Repair Threshold	Relative Priority	Measurement
Posts Separated from Rail	 2 or more posts with blockout attached with post-rail separation less than 3 inches. 1 or more post with post-rail separation which exceeds 3 inches. 	Medium	Detached Posts
	• 1 post with blockout attached with post-rail separation less than 3 inches.	Low	Note: 1. If the blockout is not firmly attached to the posuse the missing blockout guidelines. 2. Damage should also be evaluated against post/rail deflection guidelines.
Missing/Broken Posts	 1 or more posts Missing Cracked across the grain Broken Rotten With metal tears 	High	Missing Post 7

Session 7: Maintenance of Systems	Session	7: Maintenance	e of Systems
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Damage Mode	Repair Threshold	Relative Priority	Measurement
Non- Manufactured holes (such as crash induced holes, lug-nut damage, or holes rusted- through the rail)	 More than 2 holes less than 1" in height in a 12.5' length of rail. Any holes greater than 1" height. Any hole which intersects either the top or bottom edge of the rail. 	High	
	1-2 holes less than 1" in height in a 12.5' length of rail.	Medium	

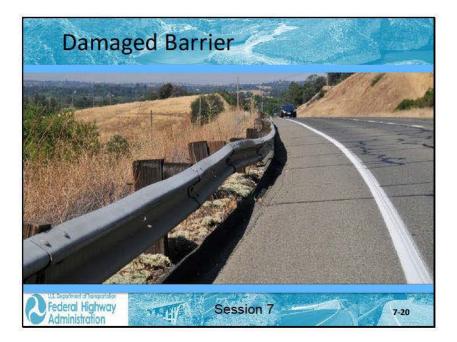
Damage Mode	Repair Threshold	Relative Priority	Measurement
Damage at a rail splice	More than 1 splice bolt: • Missing • Damaged • Visibly missing any underlying rail • Torn through rail	High	
	 splice bolt: Missing Damaged Visibly missing any underlying rail Torn through rail 	Medium	

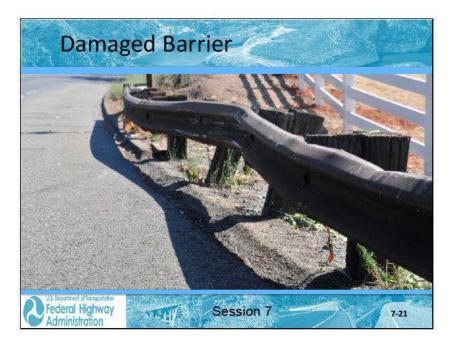
Damage Mode	Repair Threshold	Relative Priority	Measurement
Vertical Tear	Any length vertical (transverse) tear	High	
Horizontal Tear	Horizontal (longitudinal) tears greater than 12 inches long or greater than 0.5 inches wide. Note: for horizontal tears less than 12 inches in length or less than 0.5 inches in height, use the non-manufactured holes guidelines.	Medium	

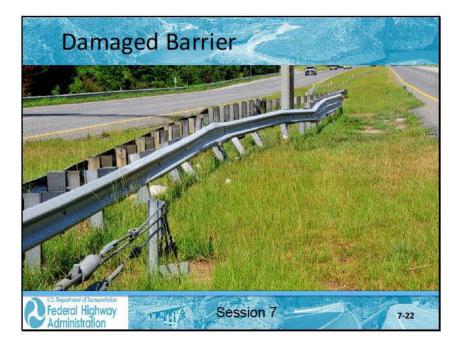
Damage Mode	Repair Threshold	Relative Priority	Measurement
Damage End Post	Not functional (sheared, rotted, cracked across the grain)	High	
Anchor Cable	Missing	High	Missing Anchor Cable

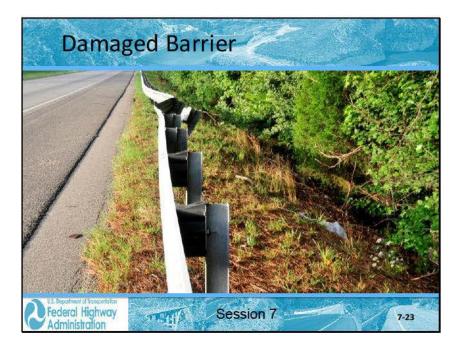
Damage Mode	Repair Threshold	Relative Priority	Measurement
Stub Height	Height which exceeds 4"	Medium	Sub He
Lag Screws (Energy Absorbing Terminals Only)	Missing or failed lag Screws	High	23 · du 237 Lig Some

Damage Mode	Repair Threshold	Relative Priority	Measurement
Bearing Plate	Loose or Misaligned	Medium	Corret Bearing Plate)
			(Misaligned Bearing Plate)
	Missing Bearing Plate	High	
			(Missing Bearing Plate)

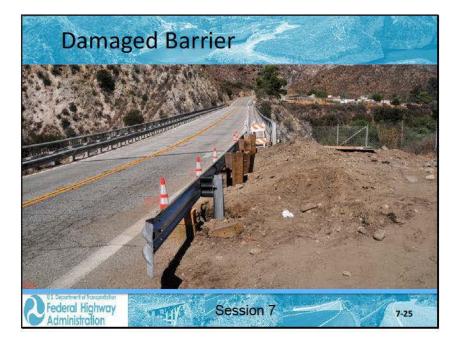




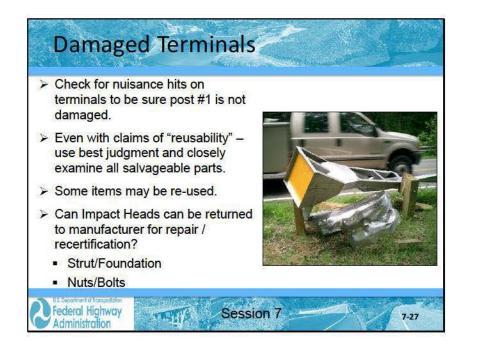


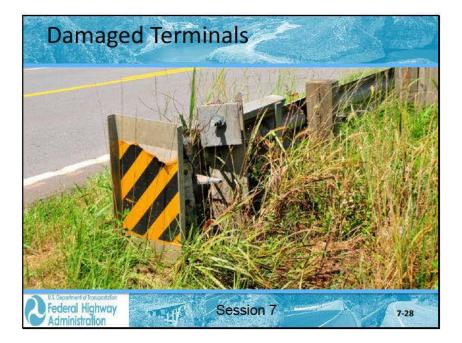




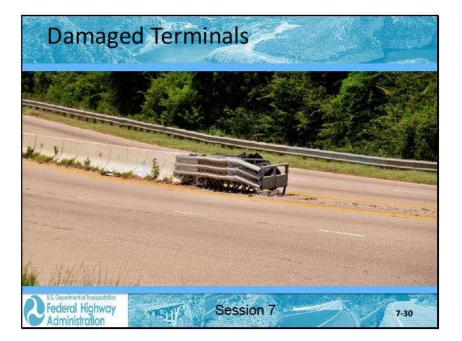






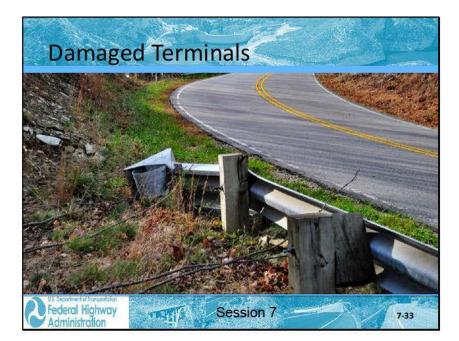






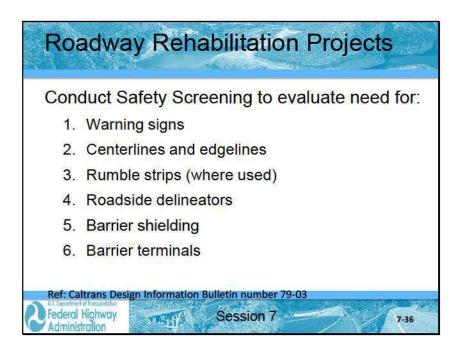


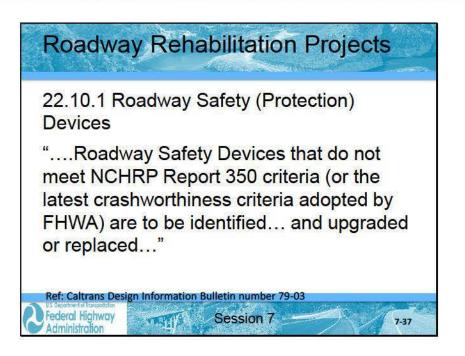




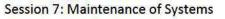








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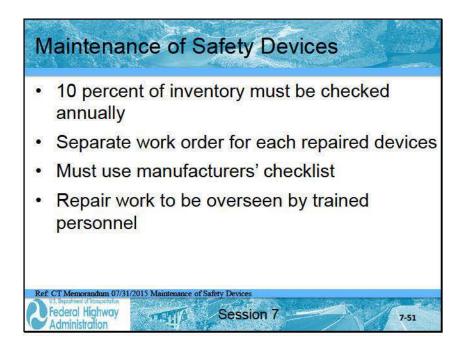


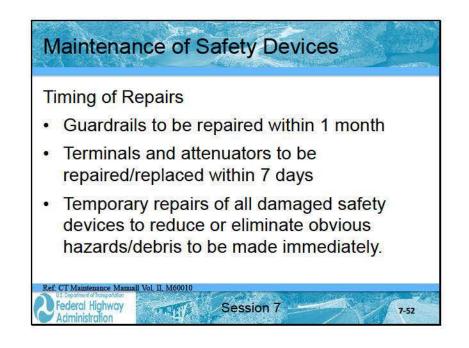


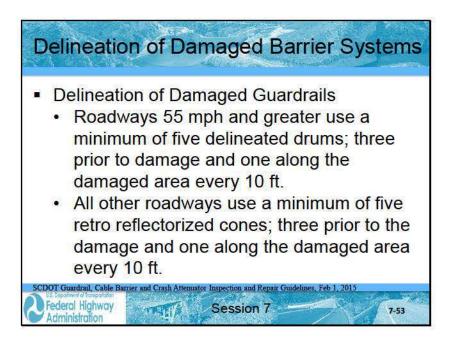


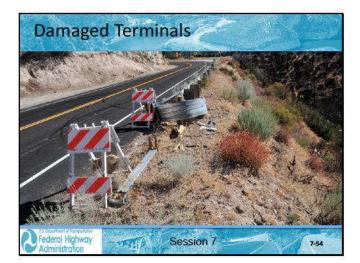




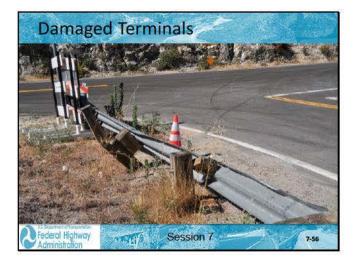




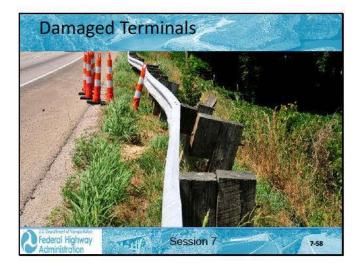












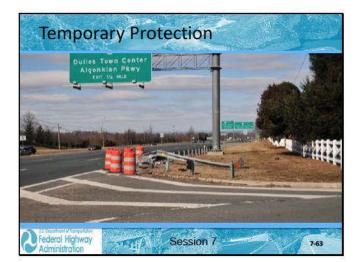














Review Learning Outcomes

- Explain when damaged barrier needs to be reset, repaired, rebuilt, or removed.
- Describe when a damaged barrier terminal is no longer functional, and know whether to repair, replace in-kind, or upgrade to a newer design.
- Perform repairs in a safe, cost-effective manner.

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