

VERMONT LOCAL ROADS

VLR Learning Opportunities Issue 7 - December 9, 2021

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A Message from Vermont Local Roads

Happy Holidays to you all!

Vermont Local Roads wishes you rest and peace this season as we gear up for the long winter grind. As you are all likely aware, in the past, VLR has not maintained an active training schedule through the winter. This is due to our desire to support you in your winter maintenance operation, rather than competing with your already busy winter schedules. We use this time to seek new and update existing contracts, develop and update training curriculum, and plan the next years training schedules.



Be on the lookout for new training opportunities becoming available in February and in-person events scheduled beginning in March.

Happy Holidays!
Todd Eaton, VLR Branch Manager
Holly Hayden, VLR Program Coordinator

Trainings Within the LMS



VLR eLearning Flagger Certification

We have completed an eLearning version of our Work Zone Flagger course. It meets the requirements established by the Manual on Uniform Traffic Control Devices (MUTCD), the Occupational Safety and Health Administration, and Vermont standard requirements. This enables municipal employees to complete the course in our Learning Management System and receive a flagger certification card via mail.

The full course will take from 3-4 hours to complete. It has 4 modules each with a quiz at the end, after completing the 4 modules there are 4 drag and drop scenarios to demonstrate adequate understanding of work zone setup, and finally the exam at the end.

Roads Scholar Category - 4 Safety hours

[REGISTER HERE](#)

VLR Virtual Supervisory Training Stress Management

After this workshop participants will be able change their mindset regarding stress, relate the physical effects of stress on the body and mind and apply stress reduction techniques to their daily activities.

Roads Scholar Category - 2 Supervisory hours

December 14 & December 21
2 days - credit only when you attend both days.

[Virtual 8:00 a.m. - 9:00 a.m.](#)

[REGISTER](#) via VLR Website

[REGISTER](#) via LMS

Interviewee Training, Becoming a Successful Candidate

This training will prepare participants for the interviewing process; either in-person or virtually. This course will focus on developing skills to: write cover letters and resumes, present themselves in an interview professionally, increase their confidence in "selling themselves", and interact with hiring managers appropriately.

January 12, 2022

[Virtual 9:00 a.m. - 3:00 p.m.](#)

[REGISTER](#) via VLR Website

[REGISTER](#) via LMS

Rivers & Roads Tier I

This eLearning discusses river terms and concepts to provide a background for the Tier 2 class. The eLearning may take 30 minutes to an hour to review and includes some quick quizzes that are not recorded but provide immediate feedback for the user.

[REGISTER](#)

Roads Scholar Category - 1 Environmental hour

Rivers & Roads Tier III

Note: Tier I and Tier II Rivers and Roads trainings are a prerequisite to register for Tier III.

- Each training subject is a one-day class. There is no requirement to take them all and/or one topic prior to the other.
- Participants are encouraged to review the "Vermont Standard River Management Principals and Practices version 1.3" prior to the trainings.
<http://dec.vermont.gov/watershed/rivers/river-management#principles>
- Trainings held at the VTrans Dill Building at 2178 Airport Rd, Berlin, Vermont and VTrans Training Center, 1716 US Route 302, Berlin, Vermont. See locations next to date to the right.

VTrans Training Center is hosting these workshops.

January 20 - Floodplain Restoration - VTrans Dill Building in Berlin 8:00 a.m. - 4:00 p.m.

February 17 - Channel Stabilization - VTrans Dill Building in Berlin 8:00 a.m. - 4:00 p.m.

March 17 - Sediment & Large Wood Removal - VTrans Dill Building in Berlin 8:00 a.m. - 4:00 p.m.

April 14 - Bridge and Culvert Replacement - VTrans Dill Building in Berlin 8:00 a.m. - 4:00 p.m.



TC3 (Transportation Curriculum Coordination Council)

A technical service program within AASHTO that focuses on developing training products for technical staff in the areas of construction, maintenance, and materials. TC3 online courses continue to be a great way to achieve PDH's and do so in a self-paced learning environment. **To find applicable trainings, search in the LMS 'TC3' or 'AASHTO', or by searching for a specific topic.**

Nothing is as important as being safe on the job. Having the right knowledge could quite literally save your life, or the life of a crewmember.

- [Personal Protective Equipment](#)
- [Inspection Safety for Bridge Construction](#)
- [Safe Use of Hand and Power Operated Tools](#)

If you are having issues with logging into the Learning Management System please email vermontlocalroads@vermont.gov or request your credentials [here](#).

VLR Past Webinar Recordings

NOW AVAILABLE: Recordings of past VLR webinars are now available on our [website](#). They are categorized by Roads Scholar category (Environmental, Equipment, Safety, Supervisory or Technical).

Featured recording for this month is Common Winter Hazards.



Tailgate Talks

Vermont Local Roads in partnership with the Vermont Agency of Transportation (VTrans) is proud to announce the relaunch of "Tailgate Talks." These are intended to be brief 10-15 minute presentations of information, exercises, and opportunities to review important workplace policies and procedures with staff members.

"To Review as a Group:" Use the PDF to the right, once reviewed as a group, please send a sign-in sheet of names [to the VLR team](#). We will enter those names into the LMS to have the tailgate talks added to your transcript.

Search for "VLR Tailgate Talk" to watch recorded tailgate talks via the

Accident Factors

Fire Extinguishers

News & Resources for Municipalities

In this section you will find news, resources, and sharing from other partners for municipalities.



Are You at Risk for SAD? Here's What to Do

In late fall and winter, the short days put us at greater risk for Seasonal Affective Disorder (SAD), a condition where people have mood issues during a particular season. This most commonly means suffering depression during winter. More rarely,...

[Read more](#)

medcenterblog.uvmhealth.org



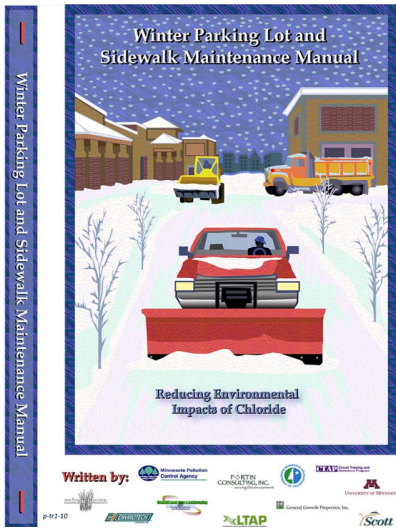
CENTER FOR
LOCAL AID SUPPORT

Online Training Library

The Center for Local Aid Support has developed a series of online training modules for transportation professionals. The online training courses are for professional development and to provide solutions for transportation related issues. There...

[Read more](#)

www.fhwa.dot.gov



Winter Parking Lot and Sidewalk Maintenance Manual

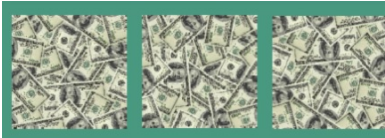
The purpose of this manual is to deliver practical advice to those managing parking lots and sidewalks. This manual will help to make proactive, cost-effective, environmentally conscious choices in winter parking lot and sidewalk management. This...

[Read more](#)
www.pca.state.mn.us

Agency of Transportation - Better Roads Program

The Vermont Better Roads Program provides technical support and grant funding to municipalities to promote the use of erosion control and maintenance techniques that save money while protecting and enhancing water quality around the State.

[Read more](#)
vtrans.vermont.gov



Show Me the Money!

Vermont Agency of Transportation Grants – A guide for Municipalities



Vermont League of Cities & Towns

Training & Events

Serving and Strengthening Vermont Local Government

[Read more](#)
www.vlct.org

Sign up for the Listserv

Visit our website



The VLR team is dedicated to providing assistance to municipal highway departments and town governments to improve their road networks by providing training, technical assistance, communication tools and information exchange.