

Construction sites and work zones are busy environments with constant traffic from heavy equipment, vehicles, and workers on foot. This creates serious risks if all of this movement isn't controlled.

**Internal Traffic Control** refers to how traffic is managed within the job site to protect workers from being struck by vehicles or heavy equipment. This type of control focuses on workers and equipment inside the work area, not on public traffic outside of it.

- Internal traffic control can apply to large road construction projects, building sites, utility work areas, and any location where workers and vehicles share space.

The main goals of internal traffic control are to:

- Keep equipment and people moving safely and efficiently
- Make traffic patterns clear and predictable
- Clearly separate pedestrian areas from vehicle and equipment routes
- Limit where and how people and machines cross paths
- Reduce or eliminate the need for equipment to back up
- Prevent collisions between vehicles and workers



On many job sites, pedestrian workers and moving equipment operate close to each other. Without planning and coordination, this can lead to serious or fatal injuries.

Hazards faced by pedestrian workers include:

- Blind spots around heavy equipment, making it hard for operators to see people nearby
- Backup alarms that may be ignored or not heard due to noise or distraction
- Operators focused on tasks or equipment controls, not on nearby foot traffic
- Workers taking shortcuts across equipment paths to access water, restrooms, or parking
- Walking or working too close to moving equipment without realizing the risk



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High-risk situations can occur when:

- Heavy equipment is entering or leaving the site
- Workers cross traffic zones without being noticed
- Equipment is backing up in tight or congested work areas
- Temporary walkways, signs, or barriers are missing, unclear, or ignored
- There is poor communication between spotters, workers, and equipment operators

An Internal Traffic Control Plan (ITCP) is a site-specific plan designed to keep vehicles, equipment, and workers safely separated.

- This plan is developed based on the layout of the site, the type of work being performed, and the expected movement of equipment and personnel.
- The ITCP can be detailed or simple, but it must be clearly communicated and understood by everyone on the job site.

On a job site with an active ITCP, you may see:

- Designated walkways marked with cones, tape, or barriers
- Vehicle routes clearly outlined to avoid crossing into pedestrian areas
- Restrooms, parking, and water stations placed away from equipment paths
- Signs and barricades used to direct both workers and drivers
- Spotters or flaggers helping guide equipment
- Restricted access zones where only authorized personnel or vehicles are allowed



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An internal traffic control plan only works if people follow it. Everyone on the job site must understand the plan, stay within assigned areas, and follow all traffic safety procedures.

Everyone walking and working on the job site has a responsibility to:

- Stay in designated pedestrian paths and avoid taking shortcuts
- Avoid entering equipment zones unless authorized and necessary
- Make eye contact with operators before approaching equipment
- Watch and listen before crossing vehicle routes
- Report any problems with signage, walkways, or unsafe traffic patterns



Drivers and heavy equipment operators have a responsibility to:

- Conduct a 360° walk-around before moving any vehicle or equipment
- Use a spotter when backing up or maneuvering in tight areas
- Never assume a worker on foot sees or hears a vehicle approaching
- Follow all established vehicle routes and speed limits within the site
- Stop work if visibility is poor or people are in the path

Maintaining internal traffic safety requires participation from everyone on the job site. While site managers and supervisors may develop the internal traffic control plan (ITCP), it's up to all workers to understand it and follow it consistently.

Even a well-organized worksite becomes dangerous if people ignore traffic controls or stop paying attention. Safe movement depends on everyone's actions.

- Attend all safety briefings, meetings, and toolbox talks.
- Ask questions if you are unsure about walking paths, vehicle zones, or new activity.
- Watch for visual cues like cones, signs, barricades, and painted lines.
- Respect changes in the plan as the work progresses.

Be aware that the ITCP will be updated when needed, especially when:

- New equipment arrives on the job site
- Traffic patterns need to change
- Layouts shift due to weather or progress on the job



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