

Research Project Summary and Evaluation Form

Project No. and Title:	0-6805: Stretch and Flex Program for TxDOT Operations
TxDOT Goal:	<p>Best in class state agency – employee safety</p> <p>The goal is to reduce the risk and severity of sprains and strains, back and musculoskeletal injuries that can occur while doing physical activities within scope of work.</p>
The Problem:	<p>What is the significance / scope of the problem?</p> <p>For the time period of FY08-FY12, TxDOT employees incurred a total of 697 Strain/Sprain Related Incidents, of which 307 resulted in Lost Time with 6,023 Lost Production days. As a result of these injuries, expenses incurred to the Department were nearly \$3.7 million for this time frame. Sprains and Strain Related Incidents have accounted for 40% of TxDOT's total injuries the previous five fiscal years cumulatively.</p>
Idea to Test:	Implementing a formalized stretch-and-flex program at TxDOT will reduce sprain/strain workplace injuries.
Proposed Work:	<p>The technical objectives are to:</p> <ol style="list-style-type: none"> (1) evaluate TxDOT operations and operational environments; (2) identify methods and strategies to prevent strains and sprains; (3) pilot and evaluate the effectiveness of a stretch and flex program at TxDOT, and (4) develop a manual outlining the use of those strategies that prove to be effective.
Proposed Deliverables:	<p>Stand-alone Products:</p> <ul style="list-style-type: none"> - A user-friendly guidebook containing recommendations for those strategies that are determined to (a) increase awareness of the potential risk for sprain and strain injuries, (b) reduce the number of injuries and (c) reduce costs for workers' compensation. <p>Deliverables:</p> <ul style="list-style-type: none"> - A literature review containing information about programs in other industries. - A research report that contains results of the pilot program and formal implementation recommendations. - Project Summary Report
Expected Value:	<p>What benefits would this project deliver, and how would the results be used within TxDOT? Quantify with simple analytics.</p> <p>Benefits: reduction of the occurrence of common construction-related injuries due to sprains and strains; reduction in risk; injury prevention; and reductions in number of injuries, cost and lost time</p> <p>Use within TxDOT: The results of the research will be incorporated agency-wide into the TxDOT Safety programs and training. Having an effective universal stretch and flex program will enable employees to practice and incorporate techniques that increase range of motion and help with flexibility.</p>

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Proposal Requirements:	<ol style="list-style-type: none"> 1. Proposals will be considered non-responsive and will not be accepted for technical evaluation if they are not received by the deadline or do not meet the requirements stated in Chapters 3 and 4 of RTI's <i>University Handbook</i>. 2. Proposals should be submitted in PDF format, 1 PDF file per proposal. File name should include project number and university abbreviation. 3. All proposals should be submitted through the university's Research Liaison to RTI, as instructed in the RFP announcement.
Pre-proposal Meeting:	<p>Tuesday, January 8, 2013, 10:00am – 11:15am</p> <p>Austin Riverside Campus 118 E. Riverside Dr RTI Conference Room, 1st Floor Austin, Texas 78704</p> <p>WebEx Information Below:</p> <ol style="list-style-type: none"> 1. Link to join the online meeting: https://txdot.webex.com/txdot/j.php?ED=36660708&UID=490951252&PW=NNTk5YTE4YWl5&RT=MiM3 2. First time users of WebEx click on the yellow bar at top of your screen to run "Active X-Control". 3. When you join the meeting select either "Call me at a new number" or "I will call in". The phone number and code below can be used for either internet or without internet access. Dial toll free: 1-877-668-4493 Meeting Code: 312 394 451
Notifying RTI of Intent to Propose:	In order to be notified if additional project information is distributed by TxDOT, you must contact Frank Espinosa, Jr., at (512) 416-4741 or frank.espinosa@txdot.gov by January 2, 2013 if you plan to propose.
Proposal Deadline:	Proposals are due to RTI by 4:00 p.m. Central Time, January 22, 2013 . Email submissions should be sent to rtimain@txdot.gov .