

# **Introduction to Railroad Safety Training**

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# The Need for Training

- Protection of Workforce
- Railroad Rules and Regulations
- FRA Regulations
  - Annual training
  - Can be fined for not training
  - Expulsion from Railroad ROW

# Personal Protective Equipment

- Hardhat
- Steel Toe Boots
- Safety Glasses
- Hearing Protection
- Reflective Vest (no red vest)

# Railroad Terms

- Track Type

- Controlled Track

- Track on which trains are controlled by a dispatcher or train controller

- Non-Controlled Track

- Track where a train can be moved without authorization. (can be the most dangerous)  
rail yards, industrial spurs or hump yards

# Railroad Terms

- Fouling the Track
- Milepost
- Railroad Crossing at Grade
- Highway Crossing at Grade
- Absolute Signal
- Switch

# Job Briefing

- A job briefing is required for every time a job begins or the conditions or location change.
- A job briefing is considered complete when everyone understands the briefing and track protection.



# Job Briefing

- A job briefing is required by the FRA.
- Companies and or individuals may be fined by the FRA for not conducting a briefing, an incomplete briefing.
- A briefing is complete when everyone understands.
- Fines can range from \$2,000 to \$10,000 (per offense)

# Job Briefing

- Who:
  - Who is the employee in charge?
- What:
  - What type of track protection is being provided?
  - What type of job is being done?
  - What tools are needed?

# Job Briefing

- When:
  - When does the track protection begin and end?
- Where:
  - Where does the track protection start and end?
  - Where is emergency medical treatment available?

# Job Briefing

- Every job briefing should end with does everyone understand. There maybe an attendance roster.
- Every employee has the right to challenge the track protection.

# Track Protection

The type of track protection used depends on the type of work being conducted.

- Working Limits
- Individual Train Detection
- Train Approach Warning

# Track Protection

## Working Limits

Working limits is the only type of track protection when work equipment is fouling the track or when the required site distance is not available.

# Track Protection

## Individual Track Protection

Used when individuals need access to right of way conducting routine inspections or minor repair.

Must have proper sight distance.

# Track Protection

Train approach warning is used when a work group needs access to the right of way to conduct routine inspections or minor repairs.

Must have the proper sight distance.

Must have a watchman/lookout.



# Sight Distance

- Sight distance is the distance required in order to see a train or other railroad equipment approaching to allow time to move to a place of safety and be in that place of safety for 15 seconds before the engine would arrive.

# Remote Control Trains

- Remote control engines are used in rail yards in order to assemble trains. The rail yard will be posted with warning signs at the entrance.
- Before entering railroad property with remote controlled operations notify point of contact.

# Training Options

- Depends on the railroad
  - Instructor led training
    - Travel cost
    - Ensure training is conducted
    - Can ask questions
  - Online training
    - Employee can train any where any time
    - Cost
    - Remains updated
    - No one to ask questions

# Conclusion

- Ensure job briefings are being conducted and understood.
- Be aware of your surroundings.
- Expect movement from any direction at any time.
- Ensure employees receive annual required training.

**Questions?**