



TRAINING OUTLINE

COURSE TITLE: _____ **DATE:** _____ **INSTRUCTOR:** _____

LOCATION: _____ **TIME:** _____ **COMPANY:** _____

Safety training was conducted on the above date by the instructor indicated. The following line items identify the topics covered during the training session.

SUMMARY OF TRAINING

1) Introduction

- a) Definitions
 - i. Designated Railroad Representative
 - ii. Derail
- b) Standards
- c) Why Training

2) Safe Operations

- a) Training
- b) Job Briefing
- c) Situation Awareness
- d) Drugs and Alcohol
- e) Personal Protective Equipment
 - i. High Visibility Outerwear
 - ii. Boots
 - iii. Hard Hats
 - iv. Hearing Protection
 - v. Eye Protection
 - vi. Respirators
 - vii. Appropriate Clothing
- f) Heat and Cold Stress
- g) Hazardous Chemicals
- h) Case Studies

3) On the Rails

- a) Safe Distance
- b) Crossing the Tracks
- c) Trip & Fall Hazards
- d) Switches
- e) Keep the Rails Clear
- f) Case Studies

4) Near the Machines



TRAINING OUTLINE

- a) Near Passing Trains
- b) Near Standing Equipment
- c) Working On, Inside, or Under Equipment
 - i. Pre-shift Check
 - ii. Climbing On/Off Equipment
 - iii. Working with Electricity
 - iv. Moving Around Train Cars
 - v. Crossing Between Cars
 - vi. Crossing from Car to Car
- d) Blue Flag Rules
 - i. Other than Main Track
- e) Case Studies

5) Communications

- a) Hand Signals
- b) Audio Communication
- c) Emergency Calls
- d) Bells
- e) Whistles
- f) Flags
 - i. Lights
 - ii. White Flags
 - iii. Yellow Flags
 - iv. Green Flags
 - v. Red Flags
 - vi. Yellow-Red Flags
- g) Case Studies

6) Conclusion