



# 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. Engine
  - ii. Equipment
  - iii. Main Track
  - iv. Non-Main Track
  - v. Switches
  - vi. Fixed Signal
  - vii. Restricted Speed
- b) Standards
- c) Why Training

### 2) Anatomy

- a) Exterior Check
  - i. Exterior Labels
  - ii. Chassis & Frame
  - iii. Tires & Wheels
  - iv. Axles
  - v. Brake System
  - vi. Hydraulic Systems
  - vii. Hydraulic Couplers
  - viii. Lights
  - ix. Mirrors & Glass
  - x. Coupling Mechanism
  - xi. Steps & Ladders
  - xii. Walking Surfaces
  - xiii. Exhaust System
  - xiv. Engine Compartment
  - xv. Battery
  - xvi. Oil & Other Fluids
  - xvii. Fuel Levels



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- b) Interior Check
  - i. Cab Floor
  - ii. Seat
  - iii. Seat Belt
  - iv. Interior Cab Decals
  - v. Controls
  - vi. Brake System
  - vii. LED Readout
  - viii. Cameras
  - ix. Backup Alarms
  - x. Remote Controls
  - xi. Hydraulic Pressure Alarms
  - xii. Steering
  - xiii. Drivability
  - xiv. Parking Brake
  - xv. Emergency Brake
  - xvi. Horn
  - xvii. Windshield Wipers
  - xviii. Heat, AC, Other
  - xix. Fire Extinguisher
  - xx. Radio
  - xxi. Maintenance
- 3) Stability and Weight Distribution
  - a) Turning Speed
  - b) Stopping Distance
    - i. Speed
    - ii. Weight
    - iii. Incline
    - iv. Rail Conditions
    - v. Friction
- 4) Safe Operations
  - a) Know Your Machine
    - i. Mounting & Dismounting
    - ii. Operator's Manual
    - iii. Pre-Shift Inspections
    - iv. Ergonomics
    - v. Raising & Lowering the Wheels
    - vi. Coupling & Uncoupling



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- vii. Pulling Equipment
    - viii. Shoving Equipment
    - ix. Air Braking System
    - x. Testing the Air Brakes
    - xi. Manual Handbrakes
  - b) Know Your Worksite
    - i. Moving Equipment
    - ii. Road Operations
    - iii. Following Distance
    - iv. Pedestrians
    - v. Safe Speeds
    - vi. Public Crossings
    - vii. PPE
      - 1. Hard Hats
      - 2. Eye Protection
      - 3. Footwear
    - viii. Suitable Clothing
    - ix. Hot & Cold Weather
- 5) Rail Yard Safety
  - a) Daily Briefings
  - b) Overhead Hazards
  - c) Distractions
  - d) Riding the Mover
  - e) Getting On/Off Still Equipment
  - f) Getting On/Off Moving Equipment
  - g) Crossing Over Tracks
  - h) Working With Partners
  - i) Rails
    - i. Walking
  - j) Communication
    - i. Radio
    - ii. Hand Signals
    - iii. Alarms
    - iv. Headlights
    - v. Derails
- 6) Conclusion