

INDUSTRY WIDE LABOR-MANAGEMENT SAFETY COMMITTEE

SAFETY BULLETIN #28

GUIDELINES FOR SAFETY AROUND RAILROADS AND RAILROAD EQUIPMENT

These guidelines are for your safety when working on-board trains, in railroad yards, or in the vicinity of railroad equipment. These guidelines do not discuss work on or around electric third rail trains or tracks of the type used in many rapid transit systems. Check local regulations for specific guidelines, regulations, and required training.

GENERAL SAFETY RULES

1. Remain alert and aware of your surroundings at all times. Trains and railroad yards can present hazardous situations with which you are not familiar.
2. Know the rules listed below. Railroad personnel are familiar with these rules and may assume that all personnel in the area are also familiar with them.
3. Do not attempt to cross in front of locomotives. Locomotives and railroad cars require long distances to stop and have blind spots where they cannot see pedestrians or vehicles.

WALKING IN A RAILROAD YARD

1. Listen for approaching engines or railroad cars. Walk at a safe distance from the side of the tracks. Avoid walking between the rails or on the railroad ties. Pay attention to footing. If it is necessary to turn your head or look backward, stop and look before proceeding.
2. Expect the unexpected. Engines, railroad cars or other equipment may move without warning on any track in either direction.
3. **DO NOT RELY ON OTHERS TO WARN YOU** of approaching engines, railroad cars or other equipment. Even if personnel have been assigned to provide warning, stay alert. You may not hear or see the warning.
4. Maintain a safe distance from passing engines, railroad cars or other equipment to avoid being struck by projecting or falling objects.
5. Do not sit, stand, step, walk or place coins or other objects on the rails, switches, guardrails or other parts of the track structure.
6. After looking in both directions to be sure there are no approaching engines or railroad cars, cross tracks immediately.

7. Take extra precautions if it is raining, snowing or if there are icy conditions. Snow may conceal trip hazards. Avoid walking or working under icicles. Keep all steps clear of ice, snow and other slippery substances.
8. Stand clear of all tracks when trains are approaching or passing in either direction. Do not stand on one track while trains are passing on other tracks.

WORKING IN A RAILROAD YARD

1. Be aware of the surface on which you are walking or working.
2. Stand still and clear of the track when referring to paperwork or using portable communications devices.
3. When walking from behind or out of an engine, railroad car, building or other structure, look in both directions before approaching any railroad track.
4. Listen for the movement of engines, railroad cars or equipment.

RIDING EQUIPMENT

1. Restrict riding on equipment to essential personnel whose duties require riding or are properly authorized. Riders must ride only in spaces provided for that purpose.
2. Restrict personnel from riding on the side of the car or engine. Observe that no one is doing so before passing structures and other engines or railroad cars.
3. Remain alert for conditions that can cause abrupt changes in speed. Examples include train braking, changes in grade, wet or icy tracks, and entering or leaving a rail yard or train station.
4. Protect yourself from abrupt changes in speed by:
 - a) Remaining seated as much as possible. Place both feet on the floor, on a footrest or firmly on the floor at the base of a wall or other stable structure in front of you.
 - b) If standing, stand with feet a shoulder's width apart, one foot slightly ahead of the other. Use your hands to brace against a wall or hold on to a grab rail.
 - c) If walking, have a firm grip on grab rails, bulkhead edges or an overhead grab rail. Halt until the abrupt change ceases.

WORKING ON OR AROUND RAILROAD EQUIPMENT

1. Remain alert for the unexpected movement of equipment.
2. Observe the condition of equipment before using it. Look for loose, bent or missing stirrups, ladder rungs and brake platforms.
3. Use side ladder and face equipment as you ascend or descend equipment. Be alert for unexpected movement and observe for obstructions before ascending or descending.
4. Dismount or mount equipment only when it is in a stopped position.
5. Cross over standing equipment by using engines or railroad cars which are equipped with end platforms and hand rails. Never place any part of the body on or between the coupler and the end sill of the railroad car.
6. Restrict crossing from freight car to freight car while they are moving.
7. Cross between passenger cars by holding on to railings and grab bars. Remain aware of walking surface conditions.
8. Cross through equipment only when authority has been given. This to be done only when the selected car is equipped with a crossover platform and hand holds.
9. **DO NOT CRAWL UNDER ANY RAILROAD CAR**, including cars which are standing still, unless authorized to do so by the authority designated by the railroad.
10. At all times when any member of the cast or crew must work under any railroad car, a person trained in railroad signals shall act as a spotter. A flag or similar signaling device is to be displayed so as to be clearly visible to the train operator while work under any railroad car is being performed.
11. Allow sufficient clearance in front of, in back of, and to the side when walking around railroad equipment. Such equipment may move without warning.