

PREVENTIVE REFRESHER TRAINING

Rules Concerning Passing Persons On Tracks And Operation Through Slow Zones

PASSING PERSONS ON TRACKS

175. (a) The Motorman must not allow any part of his train to pass any person or persons near the track on which his train is operating unless he receives a signal from them to do so.
- (b) If persons on or near the track fail to signal the Motorman, he must warn them by blowing the whistle or horn. If they still fail to signal him, the Motorman must stop his train.
- (c) When a Motorman is forced to stop his train unnecessarily because he has not been given a proceed signal by a person near the track, he must make a written report of the occurrence to the Station Superintendent, giving the time, place and, if possible, the name of the person who failed to give a signal.
- (d) Upon receipt of a proceed signal from persons near the track, the Motorman, after seeing that it is safe to do so, may proceed at Restricted Speed until the entire train has passed the person or persons near the track.
218. (b) When passing standing work trains and freight trains along the line of road, where men are working, Motormen must operate at a speed not to exceed six (6) miles per hour and must be on the look-out for persons who may step in front of a train.









OPERATION THROUGH SLOW ZONES

125. (a) Slow Zone Signals must be displayed for each section of track over which, because of the condition of the track or roadway, the proximity of workmen, or for any other reason, it is unsafe to operate trains at normal speeds. Unless otherwise directed in special instructions, trains must not exceed a speed of six (6) miles per hour in a Slow Zone.
- (b) A red flag and a green flag displayed to the right of a track during daylight hours, or a red light and a green light so displayed during hours of darkness, indicate the entrance to a Slow Zone. When displayed one above the other, the red flag or light must be above the green one. When displayed side by side, the red flag or light must be on the track side of the green one. Slow Zone Entrance Signals must be located a sufficient distance in advance of the special condition to insure safety.
- (c) A green flag displayed to the right of a track during daylight hours, or a green light so displayed during hours of darkness, indicates the exit from a Slow Zone. The Slow Zone Exit Signal must be located a sufficient distance beyond the special condition for the rear of a train to clear the condition before normal speed is resumed.

(OVER)

HAND, FLAG AND LANTERN SIGNALS

128. (a) The speed with which a hand, flag, or lantern signal is given indicates the relative speed with which compliance is desired.
- (b) Any object waved violently by anyone on or near a track is a signal to stop.
- (c) Lantern Signals, with their respective indications, are illustrated in the following diagrams. The hand, or a flag, moved the same as the lantern, gives the same indication.

 <p>STOP or REMAIN STANDING - Swung horizontally at right angle to the track.</p>	 <p>TRAIN HAS PARTED - Swung vertically in a circle at arm's length at right angle to the track.</p>
 <p>REDUCE SPEED - Held horizontally at arm's length.</p>	 <p>APPLY BRAKES - Swung horizontally above the head.</p>
 <p>PROCEED - Raised and lowered vertically.</p>	 <p>RELEASE BRAKES - Held at arm's length above the head.</p>
 <p>BACK - Swung vertically in a circle at half-arm's length at right angle to the track.</p>	 <p>GIVE SLACK - Swung in a short arc by the wrist while held at arm's length, with arm held 45 degrees below the horizontal.</p>

Procedure to be followed by Motorman when sighting a person on or near the track who is not wearing a blaze-orange safety vest and is not being protected by a flagman:

- Immediately notify Line Supervisor.
- Give exact location of person.

NOTE: In a group, each person must be wearing a blaze-orange safety vest unless that person is being protected by a flagman.