



NATIONAL TRANSPORTATION SAFETY BOARD
Investigative Hearing

Washington Metropolitan Area Transit Authority Metrorail train 302 that encountered heavy smoke in the tunnel between the L'Enfant Plaza Station and the Potomac River Bridge on January 12, 2015

GROUP	H
EXHIBIT	
29	

Agency / Organization

Washington Metropolitan Area Transit Authority

Title

Track Walker Entry Level Week Three
Workbook

TRACK WALKER ENTRY LEVEL

WEEK 3

WORK BOOK



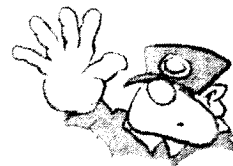
NAME: _____

DATE: _____

CREATE A LIST OF THINGS YOU NEED TO HAVE AND DO BEFORE STARTING A DAILY TRACK INSPECTION

- ☺ NEED "PPE"
- ☺ SAFETY GLASSES
- ☺ FLASH LIGHT
- ☺ WHISTLE
- ☺ BOOTS (SAFETY)
- ☺ VEST / SHIRT
- ☺ GLOVES
- ☺ WATCH
- ☺ RADIO
- ☺ RULER (6')
- ☺ KEEL
- ☺ HARD HAT
- ☺ SAFETY BRIEFING
- ☺
- ☺

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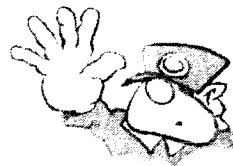


T U E S D A Y D A Y 2

CONVERT COLUMN FEET AND INCHES IN COLUMN "A" TO INCHES IN COLUMN "B"

"A" FEET AND INCHES	"B" INCHES
4'-8 1/4"	56 1/4"
4'-8 1/2"	56 1/2"
4' -9"	57"
4' -9 1/4"	57 1/4"
4' -8 1/4"	56 1/4"
4' -8 1/8"	56 1/8"
4' -8"	56"
4' -7 7/8"	55 7/8"
4' -8 7/8"	56 7/8"
4' -9 3/8"	57 3/8"
4' -9 1/8"	57 1/8"
4' -9 1/2"	57 1/2"
4' -9 5/8"	57 5/8"
4' -9 3/4"	57 3/4"
4' -7 7/8"	55 7/8"

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WEDNESDAY DAY 3

BRAIN TEASERS

USE YOUR NOTE AND INFORMATION FROM WEEK 2. Each selection is only used once.

<p>I'm the line rail used for measuring cross-level.</p> <p>REFERENCE RAIL.</p>	<p>I identify the key points of a curve there by outlining the curve in geometric terms.</p> <p>POINTS OF A CURVE</p>	<p>I provide a gradual change of degree and easier riding from tangent to full elevation.</p> <p>SPIRAL</p>
<p>I am straight track, but sometimes called?</p> <p>TANGENT</p>	<p>The sharpness of curved track is measured by:</p> <p>RADIUS OR DEGREES</p>	<p>I am a type of track configuration composed of two adjacent simple curves in the opposite direction.</p> <p>REVERSE CURVE</p>
<p>I am the condition of the track as to vertical evenness or smoothness.</p> <p>SURFACE</p>	<p>I am a type of track configuration composed of two arcs with each arc having it's own degree of curvature and radius.</p> <p>COMPOUND CURVE</p>	<p>The mathematics of the properties, measurement, and relationships of points, lines, angles, surfaces, and solids.</p> <p>GEOMETRY</p>

Developed by A. Alcorn

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T H U R S D A Y

DAY 4

ASSIGNMENT SHEET

CASE STUDY

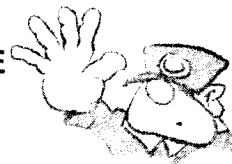
TRACK WALKER: Mary McCloud 30, 10 years experience. (Watchman/lockout)

TRACK WALKER: Bill You, 30, 10 years experience. (Inspector)

Task Description: While performing their duties, Bill found a joint bar with three bolt on the same side of the cut missing. There is a 3/4" gap in the rail. Bill ask Mary to come and look at the findings. As a train approaches the work area it sounds the horn. Both Mary and Bill cleared up to a safe place and the train derailed.

1. What safety precaution did the worker(s) observe? TRAIN APPROACHING SO THEY CLEARED UP.
2. What safety precaution did the worker(s) fail to observe? NEVER GAVE TRAIN STOP / REDUCE SPEED HAND SIGNAL.
3. What factors may have caused the accident? BOLTS MISSING ON ONE SIDE OF JOINT BAR.
4. Could this accident have been avoided? YES How? BY SLOWING DOWN SPEED OF TRAIN.
5. What do you think will be some of the consequences or results of this accident? SUSPENSION OF WORKERS

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Washington Metropolitan Area Transit Authority

Technical Training and Document Control

METRORAIL SAFETY RULES AND PROCEDURE HANDBOOK

Issue Form

NAME  Employee # 

Date Issued Dec. 1, 2014

You are being issued one (1) MSRPH Handbook.

Your signature below indicates your understanding of the following:

1. That you are responsible for your copy of the MSRPH
2. You may be responsible for the cost of replacement if you lose your copy of the MSRPH.

Employee Signature  Date 12/1/14

Supervisors Signature 

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