



NATIONAL TRANSPORTATION SAFETY BOARD - **Public Hearing**

Conrail Derailment in Paulsboro, NJ with Vinyl Chloride Release

GROUP	5
EXHIBIT	
R	

Agency / Organization

CONRAIL

Title

Conrail New Hire Training Agenda

CONRAIL

WEEK #1

NEW HIRE TRAINING - T&E EMPLOYEES

(Monday Agenda on Separate Sheet)

TUESDAY 7:00 A.M. START

- JOB SAFETY BRIEFING
- DISCUSS JOB BRIEFING - VIDEO **JOB SAFETY BRIEFING**
- DISCUSS AND REVIEW CRITICAL RULES
- DISCUSS AND REVIEW 7 POINT SAFETY MESSAGE
- INTRODUCTIONS AND AGENDA REVIEW
- SAFETY AND COMMUNICATIONS DISCUSSION.
- VIDEO – (RAILROAD COMMUNICATION – NS FILM)
- DISCUSS SAFETY RULES: 2, 2.1, 2.2, 2.3, 2.3.1, 2.3.2, 2.3.3, 2.4, 2.5, 2.5.1, 2.5.2, 2.6, 2.7, 2.7.1, 2.7.2, 2.7.3, 2.7.4, 2.8, 2.9, 2.9.1, 2.9.2, 2.10, 2.10.1, 2.10.2, 9.1, 9.2, 9.2.1, 9.3, 9.4, 9.4.1, 9.6, 9.7, 9.16, 9.17, 9.17.2, 9.19.
- VIDEO (**UP MENTAL VACATION**)
- RAILROAD SLANG DISCUSSION (**DICTIONARY HANDOUT**)
- DISCUSS FOULING, CLOSE CLEARANCES, BLOCK, CATENARY, ETC.
- VIDEO – **OUT TO FOUL**
- FREIGHT CAR FAMILIARIZATION HANDOUT
- VIDEO – (**FREIGHT CAR FAMILIARIZATION & HANDBRAKE OPERATION**)
- NORAC RULES 13 & 16
- HOMEWORK ASSIGNMENT: **NORAC RULE 292 AND CHAPTERS 5 AND 9 OF THE RAILROAD, WHAT IT IS, WHAT IT DOES**

WEDNESDAY 7:00 A.M. START

- JOB SAFETY BRIEFING (**BY A TRAINEE**)
- QUIZ ON PREVIOUS DAY'S TOPICS AND HOMEWORK ASSIGNMENT (**JOB BRIEFINGS**)
- SAFETY MANUAL S-7 (SECTION 9)
- VIDEO – (**FREIGHT CAR SAFETY APPLIANCES**)
- VIDEO – (**MOUNTING AND DISMOUNTING EQUIPMENT**)
- FITNESS TEST (**HANDOUTS AND OVERHEADS**)
- FIELD DAY (**CAR SHOP**) JOB SAFETY BRIEFING ON ARRIVAL And TRAINEE FITNESS TEST
- VIDEO – (**REMEMBER CHARLIE**) AND DISCUSSION
- HOMEWORK ASSIGNMENT: **NORAC RULE 281, SAFETY RULES SECTION 8 AND CHAPTER 3 OF THE RAILROAD, WHAT IT IS, WHAT IT DOES**

REMEMBER – KEEP SAFETY FIRST

CONRAIL

THURSDAY 7:00 A.M. START

- JOB SAFETY BRIEFING (BY A TRAINEE)
- QUIZ ON PREVIOUS DAY'S TOPICS AND HOMEWORK ASSIGNMENT – (STENCILING & HANDOUT)
- SAFETY MANUAL S-7 (SECTION 8)
- FIELD DAY (SWITCH AND RAIL CONSTRUCTION) JOB SAFETY BRIEFING UPON ARRIVAL
- VIDEO – (DERAILMENTS) AND DISCUSSION – CAUSE, COST, PERCEPTION, IMPACT
- VIDEO – (SOFA AND HANDOUT) DISCUSSION
- VIDEO – (WHEN NO ONE IS WATCHING) AND DISCUSSION
- VIDEO (SECURITY)
- FIELD PRESENTATION OF LOCOMOTIVE
- EMERGENCY FUEL STOP
- EMERGENCY BRAKE VALVE
- HAND BRAKE (PUMP HANDLE)
- SEATS
- HOMEWORK ASSIGNMENT: RULE 285 AND CHAPTER 4 OF THE RAILROAD, WHAT IT IS, WHAT IT DOES

FRIDAY 7:00 A.M. START

- JOB SAFETY BRIEFING (BY A TRAINEE)
- QUIZ ON PREVIOUS DAY'S TOPICS AND HOMEWORK ASSIGNMENT – (PARTS OF A FREIGHT CAR),(SWITCHES)
- COMPANY POLICY REVIEW (TIMETABLE SPECIAL INSTRUCTIONS (TTSI)-(E) PAGE 134)
 1. INJURY REPORTING
 2. SEXUAL HARASSMENT
 3. RACIAL INTIMIDATION
- NORAC PYRAMID
 1. DISCUSS LEVELS AND MODIFICATIONS
 2. NORAC INTRODUCTION
 3. TABLE OF CONTENTS
 4. DEFINITIONS
 5. RULES: A, B, C, D, E, F, G, H, I, J, K, L, M, N, O, P, Q, R, S, T&U
 6. RULES: 1, 2, 3, 4, 10, 11, 12, 13, 16, 18(a), 19 (a) (b), 20, 21, 22, 23, 24, 30, 70, 72, 73, 80, 90, 91, 93, & 94
- HOMEWORK ASSIGNMENT: RULE 291 AND CHAPTER 12 OF THE RAILROAD, WHAT IT IS, WHAT IT DOES

REMEMBER – KEEP SAFETY FIRST

CONRAIL

WEEK #2
NEW HIRE TRAINING - T&E EMPLOYEES

MONDAY 7:00 A.M. START

- JOB SAFETY BRIEFING (BY A TRAINEE)
- REVIEW OF PREVIOUS WEEK'S TOPICS
- DISCUSSION OF THE WEEK AHEAD
- QUIZ ON PREVIOUS DAY'S TOPICS AND HOMEOWRK ASSIGNMENT
- NORAC RULES: 94, 95, 96, 97, 98, 99, 100, 101, 102, 103, 104, 106, 107, 108, 109, TTSI 109-1, 109-2, 109-3, NORAC 111, 112, 113, 114, 115, 116, 117, 118, 119, 120, 121, 121 (e), 122, 123, 124, 130, 131, 132, 133, 134, 136, 137 & 138
- VIDEO – TWO WAY EOT
- INTRODUCTION TO AIR BRAKE RULES (NS-1) A-4, A-6, A-13, A-14, A-16, A-26, A-27, A-31, A-32, C-100, C-102 & L-236
- HOMEWORK ASSIGNMENT: POSITION LIGHT SIGNALS & CHAPTER 7 OF THE RAILROAD, WHAT IT IS, WHAT IT DOES

TUESDAY 7:00 A.M. START

- JOB SAFETY BRIEFING (BY A TRAINEE)
- QUIZ ON PREVIOUS DAY'S TOPICS
- INTRODUCTION TO HAND SIGNALS / THREE STEP PROTECTION
- NORAC RULES (ABS/DCS/FLAGGING/UTILITY EMPLOYEE) OR
- FIELD TRIP TO DO YARD SWITCHING (HAND SIGNALS)
 1. JOB BRIEFING
 2. HAND SIGNALS
 3. MAKE CUTS
 4. MAKE HITCHES
 5. HANG END OF TRAIN DEVICE (EOT)
- DISCUSS FIELD EXERCISE
- HOMEWORK ASSIGNMENT: COLOR LIGHT SIGNALS AND CHAPTER 8 OF THE RAILROAD, WHAT IT IS, WHAT IT DOES

WEDNESDAY 7:00 A.M. START

- JOB SAFETY BRIEFING (BY A TRAINEE)
- QUIZ ON PREVIOUS DAY'S TOPICS
- VIDEO – (SAFE AND EFFICIENT SWITCHING)
- VIDEO – (RAILROAD COMMUNICATION)
- NORAC RULES (ABS/ NORAC RULES 240, 241, 242, 243, 244, 245, 251 & 261 OR FIELD TRIP TO DO YARD SWITCHING (HAND SIGNALS)
- HOMEWORK ASSIGNMENT: LEARNING SIGNAL INDICATION AND CHAPTER 11 OF THE RAILROAD, WHAT IT IS, WHAT IT DOES

REMEMBER – KEEP SAFETY FIRST

CONRAIL

THURSDAY 7:00 A.M. START

- JOB SAFETY BRIEFING **(BY A TRAINEE)**
- QUIZ ON PREVIOUS DAY'S TOPICS
- REVIEW COLOR LIGHT, POSITION LIGHT AND SIGNAL INDICATIONS
- REVIEW PREVIOUS DAYS HOMEWORK
- ABS RULES: 500, 501, 502, 503, 504, 505, 506, 507, 508, 509,
- INTERLOCKING AND CONTROLLED POINT RULES: 600, 601, 602, 603, 604, 605, 606, 607, 608, 609, 610, 611, 612, 613, 614, 615 & 616
- VIDEO, **(ENTERING MAIN TRACK)**
- INTRODUCTION INTO TIMETABLE STATION PAGES
- **HOMEWORK: REVIEW ABS 500 RULES**

FRIDAY 7:00 A.M. START

- JOB SAFETY BRIEFING **(BY A TRAINEE)**
- REVIEW AND DISCUSS ABS RULES
- VIDEO – **FORM D CONTROL SYSTEM (DCS)**
- INTRODUCTION TO FORM D
- MOVEMENT PERMIT FORM D: RULES 160, 161, 162, 163, 164, 165, 166, 167, 168, 169, 170, 171, 172, 173, 174, 175, 176 & 177
- FORM D CONTROL SYSTEM RULES 400, 401, 402, 403, 405, 406
- OVERHEADS: **FORM D AND HANDOUT BLANK FORM D**
- DISCUSS – EXAMPLES FORM D ON BOARD – CLASS **PARTICIPATION**
- **HOMEWORK: NORAC ABS, DCS RULES PRESENTED DURING THE WEEK FOR THE QUIZ ON MONDAY**

REMEMBER – KEEP SAFETY FIRST

CONRAIL

WEEK #3 NEW HIRE TRAINING - T&E EMPLOYEES

MONDAY 7:00 A.M. START

- JOB SAFETY BRIEFING (BY A TRAINEE)
- REVIEW OF PREVIOUS WEEK'S TOPICS (ABS & DCS)
- THE WEEK AHEAD
- CRITICAL RULES AND 7 POINT SAFETY MESSAGE
- SPEED RESTRICTIONS & SIGNS USED TO CONTROL TRAIN MOVEMENT
- NORAC RULES: 700, 701, 702, 703, 704, 705, 706, 707, 708, 709, 710, 711, 712, 713, 714, 715, 940, **941 (EMPHASIS ADDED)**, 942, 950, 951, 952, 980, 981 & 982
- HAZMAT - HM - 1
 1. SHIPPING PAPERS
 2. CAR PLACEMENT
 3. WHAT TO LOOK FOR (PLACARDS, SAFETY APPLIANCES & OBVIOUS REQUIREMENTS)
- CONRAIL TIMETABLE - COVER TO COVER
 1. GENERAL ORDERS
 2. LEGEND AND INDEX
 3. REVIEW SOME SPECIAL INSTRUCTIONS: L-1, 80-1, 95-1, 96-1, 97-1, 98-1, 104 (EO-24), 109-3 ETC.
 4. EXAMPLE WITH A MAIN LINE (i.e. LEHIGH LINE AND CHEMICAL COAST SECONDARY)
- NORAC QUIZ
- REVIEW AND DISCUSS NORAC QUIZ

TUESDAY 7:00 A.M. START

- JOB SAFETY BRIEFING (BY A TRAINEE)
- NORAC REVIEW OR FIELD TRIP SHIFTING CARS (RADIO)
- NORAC RULES (ABS/DCS/FLAGGING/UTILITY EMPLOYEE) OR
- FIELD TRIP TO DO YARD SWITCHING (RADIO RULES)
 1. REVIEW RADIO RULES
 2. CHECK DOUBLE CHECK PROCESS
 3. SHOVING RULES
- DISCUSS FIELD EXERCISE

WEDNESDAY 7:00 A.M. START

- JOB SAFETY BRIEFING (BY A TRAINEE)
- VIDEO - (RADIO ALARM DETECTORS)
- REVIEW - PREVIOUS WEEKS MATERIAL
 1. DEFINITIONS
 2. GENERAL RULES
 3. ABS
 4. DCS
 5. AIR BRAKE
 6. HAZ-MAT HM-1
- NORAC REVIEW

REMEMBER - KEEP SAFETY FIRST

CONRAIL

THURSDAY 7:00 A.M. START

- JOB SAFETY BRIEFING **(BY A TRAINEE)**
- VIDEO – **(PERFORMING SHOVING MOVEMENTS SAFELY)**
- REVIEW SIGNAL RULES: 240, 241, 243, 245, 251 & 261
- REVIEW ABS: 500, 501, 502, 503, 504, 505, 506 & 507
- REVIEW MOVEMENT PERMIT FORM D: RULES 160, 161, 162, 163, 164, 165, 166, 167, 168, 169, 170, 171, 172, 173, 174, 175, 176 & 177
- REVIEW FORM D CONTROL SYSTEM RULES 400, 401, 402, 403, 405, 406
- REVIEW NOTES

FRIDAY 7:00 A.M. START

- JOB SAFETY BRIEFING **(BY A TRAINEE)**
- FUEL CONSERVATION POLICY / LOCOMOTIVE USAGE
- REVIEW ALL TOPICS – QUESTIONS, COMMENTS, CONCERNS
- OPERATING RULES EXAMINATION
- HANDOUTS DIRECTION TO YARDS
 1. NORTH DIRECTIONS
 2. SOUTH DIRECTIONS
 3. NORTH MEET E-PORT MONDAY FOLLOWING WEEK
 4. SOUTH MEET ANN STREET MONDAY FOLLOWING WEEK

REMEMBER – KEEP SAFETY FIRST

CONRAIL

WEEK #4
NEW HIRE TRAINING - T&E EMPLOYEES

MONDAY 7:30 A.M. START

JOB SAFETY BRIEFING
ROAD TRIP – TOUR OF YARDS

TUESDAY 7:30 A.M. START

JOB SAFETY BRIEFING
ROAD TRIP – TOUR OF YARDS

WEDNESDAY 7:30 A.M. START

JOB SAFETY BRIEFING
ROAD TRIP – TOUR OF YARDS

THURSDAY 7:30 A.M. START

JOB SAFETY BRIEFING
ROAD TRIP – TOUR OF DIESEL SHOP AND CAR SHOP
TOUR OF YARDS NOT PREVIOUSLY VISITED

FRIDAY 8:00 A.M. START

AT
MOUNT LAUREL HEADQUARTERS
1ST FLOOR CLASSROOM

JOB SAFETY BRIEFING
ACTIVITIES AS LISTED ON SEPARATE AGENDA

REMEMBER – KEEP SAFETY FIRST