

This is the Test
administered for the J6

Field Safety Training Rules Review Exam

Loram Maintenance of Way, Inc

NAME: _____

DATE: _____

- 1) Loram employees are required to wear the minimum Personal Protective Equipment while on Railroad property:
 - A) Safety Eye Glasses
 - B) Steel Toe Boots
 - C) Reflective Vest or Shirt (ANSI II or III) approved.
 - D) Hard Hat
 - E) All of the Above (Section 7 PPE)

- 2) While blowing down the machine the following PPE eyewear is required:
 - A) Safety Glasses
 - B) Welding Helmet / Face Shield
 - C) Harley Davidson Eye glasses
 - D) Goggles (7.4(a))
 - E) Air Helmet

- 3) Personal Cell Phones are allowed in the following location(s)?
 - A) In the Caboose / Support Car
 - B) Operating Cab
 - C) On the ground adjacent to the machine
 - D) None of the Above (16.15)
 - E) Both A and B

- 4) All employees that are required or elect to wear respirators with a Tight-Fitting Face pieces must be fit-test annually.
 - A) TRUE (Section 7 Respiratory Protection Policy)
 - B) FALSE

- 5) The Permissible Noise Exposure table says Loram employees must wear hearing protection if exposed to decibal (dBA) levels higher than (?) during a eight hour shift or less.
 - A) 70
 - B) 40
 - C) 90 (Section 7 Hearing Conservation Policy #9)
 - D) 120
 - E) 5

- 6) Superintendent must conduct a job briefing with Loram crew members and the EIC prior to each shift.
 - A) FALSE
 - B) TRUE (6.1)

- 7) Which one of the following questions is not part of the Roadway Worker Protection ten questions?
- A) Who is my EIC of my on-track safety?
 - B) What are the track limits of my on-track safety?
 - C) What railroad radio channel will be used during the day? (6.2 Ten On-Track Safety Questions – Cardinal Rule.)
 - D) Where is my designated place of safety?
 - E) Will other equipment, machines or personnel be involved in the work?
- 8) Each employee must understand and document the Track Authority discussed with the EIC that will be in effect for the shift.
- A) TRUE (6.4 Cardinal Rule)
 - B) FALSE
- 9) Any unusual condition which may not affect the safe, efficient operation of the Equipment must be reported by the first means of communication, and action taken to avoid damage.
- A) FALSE (6.3 Conditions that may affect must be reported.)
 - B) TRUE
- 10) When equipment is parked in multiple track or adjacent track during maintenance hours, who is responsible for notifying the pilot.
- A) Night Lead
 - B) Operator
 - C) General Laborer
 - D) Superintendent (6.12)
 - E) EIC
- 11) Before working on or about tracks, employees must have completed the applicable Roadway Workers Protection training program and have on hand:
- A) Proper Identification
 - B) The applicable valid training card
 - C) If applicable, a valid e-Railsafe card
 - D) Valid Driver's License
 - E) Answers: A, B & C (9.1)
- 12) Employees must expect the movement of Trains, Engines, cars or other equipment at any time, on any track, in either direction.
- A) TRUE (9.2)
 - B) FALSE
- 13) When working on or about tracks employees are prohibited from:
- A) Crossing tracks immediately in front of moving equipment
 - B) Leaning against railroad equipment
 - C) Sitting on rails, ends of ties, bridge railings, or any part of track structure
 - D) Riding on cables or chains
 - E) All of the Above (9.3)

- 14) When working on track with a Live Side, employees are prohibited from?
- A) Being on the live side while a train or other equipment is approaching or passing.
 - B) On the ground on the Live Side of Equipment at any time without proper lookout protection.
 - C) Performing a machine inspection on non-live side.
 - D) Both A & B (9.8 Cardinal Rule)
- 15) Equipment or vehicle mounted cranes, booms and other equipment that can be moved to within (?) feet of an adjacent Live Track shall not be operated and must remain mechanically secured so as to not foul such adjacent Live Track.
- A) 25
 - B) 10 (9.13 Cardinal Rule)
 - C) 150
 - D) 4
 - E) 15
- 16) Which of the following is not a duty of the Lookout?
- A) Possess a functional Loram radio on the appropriate channel
 - B) Complete a Lookout Form and retain a copy while performing Lookout duties
 - C) Determine the maximum authorized speed on any tracks that could be fouled
 - D) Assure sight lines in both directions are sufficient to provide sufficient advance warning
 - E) Machine inspection of equipment (9.16)
- 17) The following equipment is required in the railroad flagging kit?
- A) Blue and Red Flag
 - B) White light
 - C) 6 red flares
 - D) Emergency Radio
 - E) Answers: A, B, & C (10.2)
- 18) What is required when traveling down a 2% grade or greater?
- A) Visual Brake Inspection
 - B) Distance to Stop Test
 - C) Both A & B (11.5(c)(i) & 14.6)
 - D) None of the Above
- 19) Only employees authorized by the Superintendent may operate Equipment or machines of any kind.
- A) FALSE
 - B) TRUE (11.1)
- 20) Restricted Speed applies to all of the following except?
- A) To all equipment when track conditions warrant
 - B) To the movement of Equipment with Hi-Rail Vehicles leading the movement
 - C) When traveling with a qualified conductor pilot under signal indication (11.6 Cardinal Rule.)
 - D) When operating on other than Main Track (except where a Block System is in effect).

E) Joint track and time when equipment is moving as a Train

21) Before equipment is moved, the Operator controlling the movement must:

- A) Complete a headcount and confirm the location of all personnel
- B) The proper horn signal must be given
- C) Conduct a documented briefing to review the Track Authority with the Pilot
- D) Ensure hand brakes and wheel chocks have been released and picked up.
- E) All of the above (11.15 Cardinal Rule for headcounts.)

22) Employees must ensure that switches and derails near the Equipment have been properly lined by Loram personnel for movement.

- A) FALSE (11.18 Cardinal Rule – Railroad personnel to line switches or derails.)
- B) TRUE

23) On machinery so equipped, the bell must be rung in all cases except:

- A) While passing through tunnels
- B) When horn failure occurs as noted in Operating Rule 11.42(c)(i)
- C) While approaching public grade crossings
- D) When starting the engines. (11.47)

24) When parked for the end of the shift the following two forms of protection must be provided:

- A) Derails must be placed at both end of the machine and switches lined against movement with private locks (12.7 Cardinal Rule)
- B) Derails down protecting main line and formal job briefing
- C) Switch lined against machine and spiked out
- D) Hand brakes set and wheel chocks down
- E) All of the Above

25) Smoking is allowed in cab(s)?

- A) TRUE
- B) FALSE(3.12)