

Course Name 4 Week Conductor Training Program	Time
Day 1	8hr 00min
<ul style="list-style-type: none"> • Orientation, Job Briefing, Seniority Draw, I-9/E-verify, MVR, PPE • Hand signals • Review MP 1 PP(Conductor Competencies & Safety Rules) • Log on to computer (Gateway, Learning Portal, Mainframe) • Debrief 	3hr 00min 1hr 00min 2hr 30min 1hr 00min 0hr 30min
Day 2	8hr 00min
<ul style="list-style-type: none"> • Job Briefing, Review MP 2 PP (Utility employee, hand signals, on & about Track safety) • Demonstrate Competencies & 1st Ladder Hang Attempt • Debrief 	5hr 30min 2hr 00min 0hr 30min
Day 3	8hr 00min
Quiz 1 over MP 1 & MP 2 <ul style="list-style-type: none"> • Job Briefing, Review MP 3 PP (Paperwork) • Perform competencies/2nd attempt Ladder Hang if needed • Set Up OKTA Verify & Complete Selecting Insurance Benefits • Debrief 	0hr 30min 3hr 00min 2hr 30min 1hr 30min 0hr 30min
Day 4	8hr 00min
<ul style="list-style-type: none"> • Job Briefing, Review MP 4 PP (Speed rules & signals) • Perform Competencies • Debrief 	5hr 30min 2hr 00min 0hr 30min
Day 5	8hr 00min
Quiz 2 over MP 3 & MP 4 <ul style="list-style-type: none"> • Job Briefing, Review MP 5 PP (EQHR restricted shipments, switch lists, Haz Mat Placement) • Competencies • Phase I payroll, set up direct deposit, update personal contact info. • Debrief 	0hr 30min 3hr 30min 1hr 30min 2hr 00min 0hr 30min
Day 6	8hr 00min
Test 1 over MP 1 - MP 5 <ul style="list-style-type: none"> • Job Briefing, Review MP 6 PP (Brake Tests) • Identify air brake components, perform Class I brake test and roll-by inspection • Signals • Debrief 	1hr 00min 3hr 00min 1hr 00min 2hr 30min 0hr 30min
Day 7	8hr 00min
<ul style="list-style-type: none"> • Job Briefing, Review MP 7 PP (Flagging Highway Grade Crossings, speed restrictions, reporting conditions) • Show employee how to use fusee and flag crossing/signals Cont. • Dual-controlled power operated switch demonstration • Debrief 	4hr 30min 1hr 30min 1hr 00min 1hr 00min

Day 8	8hr 00min
<p>Quiz 3 over MP 6 & MP 7</p> <ul style="list-style-type: none"> • Job Briefing, Review MP 8 PP (Undesired emergency, Secure a key train, leaving equipment in the clear, defect detectors, line-of-road inspections, Testing, tagging & reporting hot bearings). Other than main track, General signal rules, dual-control power operated switch, Defect Detectors, undesired emergency, Securing key trains, handling main track switches, line of road inspections, inspecting and tagging hot bearings • Debrief 	<p>0hr 30min 7hr 00min</p> <p>0hr 30min</p>
Day 9	8hr 00min
<ul style="list-style-type: none"> • Job Briefing, Review MP 9 PP (Spotting cars, Shove movements, Secure & test cars, entering controlled tracks, HAZ MAT Docs, rear air pressure, Blue signal protection, switching & position in train charts) • Securing & testing cars left unattended, spotting cars at customer, protecting shove moves, entering a controlled track, Haz Mat documentation, detecting rear car air pressure, freight car inspections, Blue Signal protection at customers, switching & position-in-train chart basics. • Debrief 	<p>7hr 30min</p> <p>0hr 30min</p>
Day 10	8hr 00min
<p>Quiz 4 over MP 8 & MP 9</p> <ul style="list-style-type: none"> • Job briefing, Review MP 10 PP (How to properly ride equipment & Restrictions, how to properly mount & dismount moving equipment, securement of equipment on grades of 0.4% or greater, describe and understand requirements of radio rules, releasing handbrakes from the ground, how to determine a facing and trailing point movement over a switch, describe the requirements concerning an efficiency test (O-test)). 	<p>0hr 30min 7hr 30min</p>
Day 11	8hr 00min
<p>Test 2 over MP 6 - MP 10 (Haz Mat Docs, checking clearance, procedures for moving cars at an industry)</p> <p>Signals Practice/Test or Pods</p> <ul style="list-style-type: none"> • Field Training Exercises: <ol style="list-style-type: none"> 1. Mount & Dismount Moving Equipment 2. Kicking Cars 3. Coupling cars with radio & hand signals • Debrief 	<p>1hr 00min 7hr 00min</p>

Day 12	8hr 00min
<ul style="list-style-type: none"> • Job Briefing • Signals Practice/Test or Pods • Field Training Exercises: <ul style="list-style-type: none"> 1. Double Overs without air 2. Class I Brake Test Exercise • Debrief 	0hr 30min 0hr 30min 7hr 00min
Day 13	8hr 00min
<ul style="list-style-type: none"> • Job Briefing • Signals Practice/Test or Pods • Field Training Exercise: <ul style="list-style-type: none"> 1. Double Overs with Air 2. Equipment Securement 3. Route Awareness (Movements over Multiple Switches) • Debrief 	0hr 30min 0hr 30min 7hr 00min
Day 14	8hr 00min
<ul style="list-style-type: none"> • Job Briefing • Signals Practice/Test or Pods • Field Training Exercises: <ul style="list-style-type: none"> 1. Train Building Exercise 2. One Minute Handbrake Test 3. Single Car Shove Test • Debrief 	0hr 30min 0hr 30min 7hr 00min
Day 15	8hr 00min
<ul style="list-style-type: none"> • Job Briefing • Signals Practice/Test or Pods (Mandatory 1st Signal Attempt) • Field Training Exercise: <ul style="list-style-type: none"> 1. Run around scenario (Switch & Route Awareness) • Debrief 	0hr 30min 0hr 30min 7hr 00min
Day 16	8hr 00min
<ul style="list-style-type: none"> • Job Briefing • Signals Practice/Test or Pods • MP 17 PP (Advanced Time Table Exercise & quiz, Authority for movement) • Quiz 5 	0hr 30min 0hr 30min 6hr 00min 1hr 00min

Day 17	8hr 00min
<ul style="list-style-type: none"> • Job Briefing • MP 18 PP (Electronic rules & critical rules) • Quiz 6 • Debrief 	0hr 30min 6hr 30min 1hr 00min
Day 18	8hr 00min
<ul style="list-style-type: none"> • Job Briefing • Operating Rules Review • Mainframe pin set up and contact information • PTC Training • HOS/Phase II Payroll Review (Instructor led hands-on) 	00hr 15min 3hr 00min 1hr 00min 2hr 00min 1hr 45min
Day 19	8hr 00min
<ul style="list-style-type: none"> • Job Briefing • Final Exam • Brake Stick Training • Union Rep Meeting • Phase II Payroll call with CMC/Payroll 	0hr 15min 2hr 00min 2hr 00min 1hr 30min 2hr 15min
Day 20	5hr 00min
<ul style="list-style-type: none"> • Job Briefing • Phase I Payroll Closeout • Graduation/Safety briefing, Phase II Reporting Instructions & Return Home 	0hr 15min 0hr 30min 1hr 00min