

Module 1 – Core Safety

1. Introduction

- Carry a positive attitude towards safety.
- Explain the personal responsibility and accountability for safety.
- Assess and mitigate potential hazards

2. Conduct an effective job briefing.

3. Yard Safety

- Explain the basic safety and rail industry standard precautions to be taken in a rail yard or customer tracks.
- Demonstrate a commitment to safe practices in everyday work.
- Use hand signals to stop a movement if required or necessary.

4. Handling Derails

- Identify the type of derail.
- Place the derail non-derailing position.
- Place the derail in derailing position.
- Communicate the position of the derail.

5. Track Protection

- Explain the use of blue and Red Flags for protecting workers.
- Properly use a Blue Flag.
- Properly use a Red Flag.
- Explain and comply with industry-standards and rules respecting protection.

6. Entrain and Detrain Stationary Equipment

- Entrain stationary equipment safely and properly.
- Detrain stationary equipment safely and properly.

7. Crossing Over Stationary Equipment

Module 2 – Freight Car Inspection

1. Introduction

- Explain why freight car inspections are important.
- Identify, assess, and mitigate potential hazards associated with inspecting freight cars.

2. Reporting Defects

- Identify the “B” end of a freight car.
- Identify the right and left sides of a freight car.
- Correctly number the wheels on a freight car.
- Identify the components of a rail car.
- Explain how to report a defect.

3. Freight Car Inspection Checklist

- Perform a freight car inspection.
- Correctly identify a defect.
- Correctly report a defect.

Module 3 – Car Air Brakes

1. Components

- Car Air Brake System
- Brake Pipe and Angle Cocks
- Branch Pipe and Combined Dirt Collector and Cut-out Cock
- Control Valve
- Two-Compartment Reservoir
- Brake Cylinder
- Retainer Valve

2. Operation

- Control Valve Operation
- Charging
- Application
- Control Valve Lap
- Releasing and Recharging

3. Working with Car Air Brakes

Be aware of the potential hazards of working with car air brakes such as:

- Lack of Knowledge (components, operations)
- Defective Equipment (airbrake system, equipment design)
- Insufficient Air (charging of the system)
- Non-Compliance / Shortcuts / Ignoring Best Practices

4. Background Information

Understanding the relationship between air volume and pressure

Module 4 – Car Securement

1. Introduction

- Explain and follow the rules and policies that pertain to applying handbrakes.
- Identify, assess, and mitigate the potential hazards associated with securing equipment.
- Apply the correct number of handbrakes on any given cut of freight cars.

2. Vertical Wheel Hand Brake

- Correctly apply a Vertical Wheel Geared Hand Brake.
- Correctly release a Vertical Wheel Geared Hand Brake.

3. Car Braking Systems

Module 5 - Switching Operations

1. Safe Switching Operations

- Switching procedures
- Signalling and radio procedures
- Safe switching practices
- Practical onsite training

2. Locomotive or Rail Car Mover inspection

- Pre-departure inspections
- Brake tests
- Inspection protocol
- Maintenance

3. Locomotive or Rail Car Mover operations

- Taking control of a locomotive
- Locomotive securement
- Radio procedures
- Operating practices
- Mechanical

Module 6 – Rail Car Mover (RCM) and Locomotive Inspection

1. Pre-Use Inspection of Locomotive or RCM
2. Air Brake Test of Locomotive or RCM
3. Locomotive and RCM Operation and Potential Hazards such as:
 - Weather
 - Grade
 - Type and Number of Car Equipment Handled
 - Experience
 - Familiarity with job site
 - Communication
 - Use of / and non-use of the air system
 - Housekeeping inside the cab

Module 7 – Locomotive Operation

- Properly releasing the handbrake fully
- Starting the Locomotive
- How to do a proper engine brake test before moving
- What do all the gauges mean?
- Moving a Locomotive
- Stopping a Locomotive
- Using the Automatic Brake Valve
- Using the Independent Brake Valve
- Recover from a Penalty Application
- Initiate and recover from an Emergency Application
- Safely Shutting down a Locomotive
- Protective devices inside the prime mover

We also can instruct on Train Handling Techniques and Distributed Power Operation and Configuration.