



Appendix C:

**NCTD Railroad Contractor Safety  
Zero Tolerance Safety Rules**

**ANY of the following MAY RESULT IN YOUR REMOVAL FROM THE PROPERTY and could result in your job being shut down:**

- **Right-of-Entry:** Failure to have a valid Right-of-Entry Permit for your project when on NCTD railroad property.
- **Foul Zone:** Entering into the Foul Zone without permission or instructions from an NCTD Railroad EIC/Flagman assigned to your job.
- **Safety Training:** Failure to have a current Contractor Safety Trained hardhat decal on your hardhat.
- **EIC Instructions:** Failure to promptly comply with the instructions of the NCTD Railroad EIC or Flagman.
- **PPE:** Failure to wear or use appropriate clothing and PPE as outlined in this Manual.
- **Machinery:** Operating any machine in close proximity to the Right-of-Way or Foul Zone unless the NCTD Railroad EIC/Flagman has indicated that it is safe to do so.
- **Rail:** Stepping or standing on the top of a rail.
- **Intoxicants:** Consuming, being under the influence of or having in your possession any alcoholic beverage, intoxicant, controlled substance, drug or medication, other than a prescription medication that does not affect your alertness or judgment, when on NCTD's railroad property.
- **Cell Phones:** Do not conduct cell phone calls anywhere in the Foul Zone. Stand clear of the Foul Zone when using a cell phone. Do not allow a cell phone conversation to distract you from maintaining your own personal safety or the safety of others. While using a cell phone on railroad property you must remain stationary. Use of cell phones for jobsite related communication must be pre-approved by the EIC.

I have read and understand the above Zero-Tolerance rules:

\_\_\_\_\_   
Print Name

\_\_\_\_\_   
Company

\_\_\_\_\_   
Signature

\_\_\_\_\_   
Project (If Applicable)

\_\_\_\_\_   
Hardhat Decal Number (NCTD purposes only)

\_\_\_\_\_   
Date

*Bring this Manual to your Contractor Safety Training Examination.*

*This page must be signed, dated and on file with NCTD before you will be permitted to start work on railroad property.*



Appendix B:

**NCTD's Safety Objectives**  
*There is No Greater Importance than Safety.*

This manual governs all non-railroad contractor and personnel activities on or affecting North County Transit District's railroad property and/or operating envelope. Non-railroad contractors and personnel are any person, party, company or individuals, other than railroad employees defined as *Roadway Workers* in 49 CFR Part 214, whose activities are conducted within, may encroach upon, or impact NCTD's railroad right-of-way and/or operating envelope. You must be knowledgeable of and follow the instructions in this manual at all times. If you are ever in doubt as to the meaning or application of a rule, ask your foreman, supervisor, or the NCTD Railroad Employee-in-Charge for an explanation.

To ensure your safety and the safety of others, you must:

- Read and understand this *Contractor Safety Training Manual*.
- Successfully complete the NCTD Railroad Contractor Safety Training program and exam prior to beginning work.
- Have a copy of this manual available for easy reference when on railroad property.
- Immediately inform a supervisor and/or the NCTD Railroad Employee-in-Charge of any action not in compliance with these requirements.
- Attend daily job and safety briefings at the start of each day, prior to beginning work, and when a change in the work plan, personnel or location occurs.

NCTD railroad management will make unannounced observations and checks to ensure compliance with these safety regulations.

**OBJECTIVES**

<input checked="" type="checkbox"/> <b>Protect Safe Train Operations</b>	<input checked="" type="checkbox"/> <b>Promote a Safe Workplace</b>	<input checked="" type="checkbox"/> <b>Protect NCTD's Railroad Property</b>
Work in such a manner as not to interfere with or endanger normal train operations	Recognize potential hazards; Understand and follow Contractor Safety requirements; Prevent injuries	Prevent damage or risk to the NCTD railroad right-of-way and property

Bring this Manual to your Contractor Safety Training Examination. This page must be signed, dated and on file with NCTD before you will be permitted to start work on NCTD's railroad property. I have received instruction in and understand the requirements of the *NCTD Railroad Contractor Safety Training Manual*:

\_\_\_\_\_  
Print Name

\_\_\_\_\_  
Company

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

*Bring this Manual to your Contractor Safety Training Examination.  
This page must be signed, dated and on file with NCTD before you will be permitted to start work on railroad property.*



## Railroad Contractor Safety Training Quiz

Your Name: \_\_\_\_\_ Today's Date: \_\_\_\_\_

Your Company: \_\_\_\_\_ Decal #: \_\_\_\_\_

*Circle the letter of the correct answer:*

1. **What is required in order to work on the NCTD's railroad property?**
  - a. A Scope-of-Work Form from my company.
  - b. A Right-of-Entry Permit from the NCTD Real Estate Department.
  - c. A work order and a watchman from the railroad.
  - d. A current hardhat decal indicating that I have been safety trained.
  - e. Both "a" and "c".
  - f. Both "b" and "d".
  
2. **Who has absolute authority over safety issues and can stop your job when on railroad property?**
  - a. The EIC.
  - b. The Project Manager.
  - c. The Real Estate Department.
  - d. The Foreman.
  - e. The Equipment Operators.
  - f. All of the above.
  
3. **What is the "Foul Zone"?**
  - a. The zone in which your company's supervisor may require Flag Protection.
  - b. A job site or work location that smells really awful.
  - c. An area near the railroad in which you can work unless a railroad employee denies it.
  - d. The area within 25 feet of the nearest rail of a railroad track.
  - e. Both "a" and "c".
  
4. **What actions or behavior can result in you being kicked-off railroad property?**
  - a. Not having completed Contractor Safety Training within two years.
  - b. Entering the Foul Zone without permission from the EIC.
  - c. Possessing or being under the influence of any alcoholic beverage or drug, other than a prescription medication that does not affect your alertness or judgment.
  - d. Not properly wearing or using the required PPE.
  - e. Not following the instructions of the EIC.
  - f. Any of the above.

# NCTD CONTRACTOR RAILROAD SAFETY TRAINING QUIZ

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Your Name: \_\_\_\_\_ Date: \_\_\_\_\_

**5. What is Railroad Flagging Protection?**

- a. Protecting private landowners from damage by railroad equipment.
- b. Completed Contractor Safety Training and the presence of a supervisor.
- c. The protection of workers and/or work within or near the Foul Zone of the railroad right-of-way.
- d. Protection by an EIC from being hurt by railroad flags.
- e. A manager who controls the movement of trains & equipment over a section of track.

**6. What must you attend before starting work on railroad property?**

- a. An operating rules compliance class.
- b. A daily job and safety briefing.
- c. A Drug and Alcohol Abuse seminar.
- d. A NCTD Board Meeting.
- e. A "New Contractor Orientation" program.
- f. Both "b" and "d" above.
- g. All of the above.

**7. When does your Contractor Safety Training expire?**

- a. Six months after the hardhat decal is issued.
- b. One year from the date of training.
- c. Two years after the hardhat sticker is issued.
- d. Never, it's good indefinitely.
- e. Only if and when I change employers.

**8. What does the "Employee-in-Charge" do?**

- a. May remove workers from the property for stepping on top of a rail.
- b. Provides Flagging Protection & On-Track-Safety.
- c. May stop all work and/or remove workers from the property, if necessary, to ensure safety.
- d. May remove workers from the property for entering the Foul Zone without permission.
- e. All of the above.

**9. What does the white disc indicate?**

- a. It lets engineers on the trains know that there is a work crew in the area.
- b. The Foul Zone has been tampered with and hazardous material may be present.
- c. When held up vertically by the EIC or Flagman, it is a signal to stop working & move to a safe location. When held horizontally towards the track, it is a signal that it is safe to resume work.
- d. If pointed at you, it means that you must leave the property for violating a safety rule.
- e. Both "c" and "d", above.

**10. Which one of the following should you do when on railroad property?**

- a. Cross the track with heavy equipment.
- b. Expect a train at any time, on any track and in either direction.
- c. Enter the Foul Zone before On-Track Safety is established by the EIC.
- d. Crawl under a standing train.
- e. Stand between the rails of a track.
- f. All of the above.