

ATTACHMENT P.4

VIRGINIA RAILWAY EXPRESS



***CONTRACTOR SAFETY AND SECURITY
AWARENESS***

RULES TO LIVE BY

4/23/09

- A. The Contractor's employees working at VRE railroad facilities and project sites adjacent to railroad property must:
1. Expect train movement on any track, at any time, in any direction and at any speed.
 2. NOT cross, foul, sit on, or step on railroad tracks.
 3. Wear work boots at least six inches high, affording ankle support and protection and are securely fastened; having a definite heel.
 4. Wear clothing that is not torn or baggy and fits well.
 5. Wear hard hat, eye protection with side shields and a fluorescent orange vest at all times.
 6. NOT possess, consume, nor be under the influence of intoxicants, narcotics, illegal drugs, or other mood altering substances, including medications.
 7. NOT engage in horseplay, fighting, practical jokes, scuffling, or wrestling.
 8. Report all unsafe or hazardous conditions to your supervisor.
 9. Ensure the safety and convenience of train patrons at all times when working in stations, on train platforms and in parking lots. Public safety is a MUST.
- B. On station platforms the Contractor's employees may work only on surface area behind the two feet (2') yellow tactile strip that marks the edge near the tracks. This insures that the worker goes no closer than four feet (4') to the nearest running rail.
1. Ear protection (from both cold and noise) is **NOT** to be worn when working on station platforms. This is to insure ability to hear approaching trains.
 2. When trains approach, all work must cease until train has passed. Contractor employees must move to railing at **REAR** of platform. **LOOK OUT** for dragging metal banding, protruding objects and possible falling debris from passing trains.

- C. All work above the platform surface that requires ladders or step stools also requires a second employee to remain at base of ladder to maintain lookout for approaching trains and insure safe descent by employee until train has passed.
- D. In all areas **OFF** the station platforms, contractor employees must remain **15 feet** from the nearest rail of the tracks. Tracks are **never to be crossed by Contractor employees** at stations, unless protected by a railroad representative.
- E. If there is a railroad “Foreman in Charge” on site, the foreman will hold a “Safety Job Briefing” on site to ensure all workers understand his instructions for working on or close to railroad property. The railroad foreman will be responsible for the safe movement of all train traffic through the work area and for the railroad safety of workers on or close to the tracks. His instructions **must** be followed at all times. He has the authority to shut down the work site, or remove workers from the work site for unsafe actions or failure to follow his instructions.
- F. Railroad Contractor safety guidelines:
 - 1. Tracks are never to be crossed.
 - 2. Work on station platforms **ONLY** behind the yellow tactile strip.
 - 3. Know your work area.
 - 4. Wear Personal Protective Equipment (PPE).
 - 5. Obey all posted warning signs.
 - 6. Don't turn your project into a trash site.
 - 7. Use the right tool with guards on.
 - 8. If you see something, say something.
 - 9. Watch for rail traffic, any time, any direction, any track. Stay off switches.
 - 10. Yield the right of way to heavy equipment.

11. Adhere to safe heavy lifting practices, ballast are not stable.
12. Know where the first aid station/supplies, fire extinguishers, emergency phone list are located.

VRE WANTS YOU TO LEAVE THE JOB SITE IN THE SAME CONDITION YOU ARRIVED AT THE JOB SITE TODAY – ALIVE AND WELL.