

ITD Statement of on Track Safety - M&W - 301

Name _____ Date _____ Time _____

Line _____ Track # _____ From M.P.# _____ To M.P.# _____

Yard _____ Track Number(s) _____

Instructions:

This form must be used by a lone worker when using ITD. Use your timetable to determine the maximum speed authorized in the area you will be fouling. Place an X in the box adjacent to this maximum speed. Determine that you have the required sight distance to clear the track 15 seconds prior to the arrival of the train. You must produce this form when requested by an FRA reprehensive or Conrail Supervisor, and retain it for seven (7) days after use.

| Maximum Authorized Speed in MPH | Required Sight Distance in Feet | Maximum Authorized Speed in MPH | Required Sight Distance in Feet | Maximum Authorized Speed in MPH | Required Sight Distance in Feet |
|---------------------------------|---------------------------------|---------------------------------|---------------------------------|---------------------------------|---------------------------------|
| 5 | 110 | 45 | 990 | 85 | 1870 |
| 10 | 220 | 50 | 110 | 90 | 1980 |
| 15 | 330 | 55 | 1210 | 95 | 2090 |
| 20 | 440 | 60 | 1320 | 100 | 2200 |
| 25 | 550 | 65 | 1430 | 105 | 2310 |
| 30 | 660 | 70 | 1540 | 110 | 2420 |
| 35 | 770 | 75 | 1650 | | |
| 40 | 880 | 80 | 1760 | | |

Lone workers have the absolute right to use On-Track Protection procedures other than ITD if deemed necessary and to occupy a place of safety until another form of protection can be established

RWP - Foul Time Form

Date _____ Line _____ Dispatcher/Operator _____

| | | | | | |
|-----------------------|--------------|--------------|-----------|-----------------|--------------|
| Employee Requesting | Track Limits | Track Number | Time Foul | Sequence Number | Time Cleared |
| Between _____ & _____ | | _____ | _____ | _____ | _____ |

Date _____ Line _____ Dispatcher/Operator _____

| | | | | | |
|-----------------------|--------------|--------------|-----------|-----------------|--------------|
| Employee Requesting | Track Limits | Track Number | Time Foul | Sequence Number | Time Cleared |
| Between _____ & _____ | | _____ | _____ | _____ | _____ |

Date _____ Line _____ Dispatcher/Operator _____

| | | | | | |
|-----------------------|--------------|--------------|-----------|-----------------|--------------|
| Employee Requesting | Track Limits | Track Number | Time Foul | Sequence Number | Time Cleared |
| Between _____ & _____ | | _____ | _____ | _____ | _____ |

Date _____ Line _____ Dispatcher/Operator _____

| | | | | | |
|-----------------------|--------------|--------------|-----------|-----------------|--------------|
| Employee Requesting | Track Limits | Track Number | Time Foul | Sequence Number | Time Cleared |
| Between _____ & _____ | | _____ | _____ | _____ | _____ |