

CN Course Exercise

First Name _____ Last Name _____

If you facilitated this course and persons other than you went through this course, please fill out their names below. Each student must be individually registered and paid for to get credit for this course.

1. Before working on CN property, the contractor must:
 - a. **Have a valid right of entry agreement**
 - b. **Notify the railroad representative at least 48 hours prior to commencing work and at least 24 hours prior to commencing any work within 25 feet of any track.**
 - c. **Ensure all employees have received the required training for their work.**
 - d. **All of the above**

2. In addition to a hard hat, what forms of personal protective equipment must employees wear when working on CN?
 - a. **Safety glasses with side shields**
 - b. **Reflective Apparel (vests)**
 - c. **Hearing protection when working near work equipment or power tools**
 - d. **All of the above**

3. Is it permissible to work within 25 feet (8 M) of the track without a railroad employee in charge if you are not fouling the track with equipment?
 - a. **Yes**
 - b. **No**

4. Who has the obligation to train Contractor's employees in the FRA's Roadway Worker Protection and/or CN On -Track Safety Rules?
 - a. **Employer**
 - b. **Host railroad**
 - c. **Railroad's employee in charge**
 - d. **FRA**

5. What must the On-Track Safety job briefing include?
 - a. **Form of On-Track Safety in place**
 - b. **Limits of any track authority**
 - c. **Instructions on clearing the track**
 - d. **All of the above**

6. If in the opinion of the railroad's employee in charge, any of the contractor's equipment is unsafe for use, the contractor must:
 - a. **Do not allow equipment to be used**
 - b. **Not allow railroad personnel with 25 feet of the equipment while it is working**
 - c. **Remove the equipment from the railroad's property**
 - d. **Both A and C**

7. Are operators of equipment required to comply with CN's rules on lockout/tagout?
 - a. **Yes**
 - b. **No**

8. Seat belts must always be worn except when the vehicle or machine is on the rail.
 - a. **True**
 - b. **False**

9. All self-propelled equipment must be equipped with a:
 - a. **First aid kit**
 - b. **Fire extinguisher**
 - c. **Audible back-up alarm**
 - d. **All of the above**

10. All unattended equipment must be parked at least ____ feet from any track and at least ____ feet from any road crossing.
- a. **10; 25**
 - b. **25; 50**
 - c. **25; 500**
 - d. **50; 250**
11. Cranes must be equipped with 3 orange cones to mark the working radius of the crane and to:
- a. **Protect the crane on the highway in an emergency**
 - b. **Mark the minimum clearances to overhead power lines**
 - c. **Block vehicular traffic through the work area**
 - d. **Identify dangerous work areas**
12. The contractor must promptly notify CN of any:
- a. **OSHA reportable injury/COSH reportable injury**
 - b. **Inspections conducted by federal, state, provincial or local government agencies**
 - c. **Damage to railroad property**
 - d. **All of the above**
13. Employees must not use, be under the influence of or have in their possession any alcoholic beverage or illegally obtained drug, narcotic or other substance while on railroad property.
- a. **True**
 - b. **False**
14. Open fires are permitted on CN property as long as the contractor is equipped with proper fire – suppression equipment.
- a. **True**
 - b. **False**

15. All contractor's vehicles must be prepared to stop at ____ railroad crossings.
- Cross-buck**
 - Automatic**
 - County**
 - All of the above**
16. All employees must participate in a job briefing before work begins.
- True**
 - False**
17. All track work performed by the contractor must meet the minimum safety requirements contained in:
- FRA's Roadway Worker Protection regulations**
 - FRA's Track Safety Standards/CN On-Track Safety Rules**
 - AAR's Track Maintenance Standards**
 - OSHA's Track Safety Standards**
18. All excavations, holes and trenches must be protected to prevent injuries to workers, railroad employees and the public.
- True**
 - False**
19. You must always expect the movement of trains and equipment:
- On any track**
 - At any time**
 - In either direction**
 - All of the above**

20. Contractor's personnel shall not cross a track within_____ of standing railway equipment.
- a. **10**
 - b. **25**
 - c. **50**
 - d. **100**
21. Do not walk or stand on a track unless:
- a. **Red flags are displayed**
 - b. **Sight distance is at least 1/4 mile in each direction**
 - c. **Authorized by the railroad's EIC**
 - d. **All of the above**
22. Before stepping over or crossing tracks:
- a. **Look in both directions**
 - b. **Expect movement of trains, engine, railway cars**
 - c. **Do not step on rail**
 - d. **All of the above**
23. All employees must protect the environment by:
- a. **Conducting a daily clean-up of the work area, properly disposing of any waste.**
 - b. **Providing a means to capture fluids leaking from equipment.**
 - c. **Not dumping, burying or burning waste material on CN property.**
 - d. **All of the above**
24. Contractor's employees working on a railroad bridge must comply with:
- a. **FRA's Bridge Worker Protection regulations/COSH section 12.10**
 - b. **OSHA's Fall Protection regulations/COSH section 12.10**
 - c. **All of the above**

25. Contractor's employees working not on a Bridge but on other elevated structures must comply with:

- a. **FRA's Bridge Worker Protection regulations/COSH section 12.10**
- b. **OSHA's Fall Protection regulations/COSH section 12.10**
- c. **All of the above**

26. If it is necessary to enter or work in a confined space, the contractor must:

- a. **Comply with OSHA/COSH Regulations**
- b. **Review the confined space entry plan with the railroad's EIC**
- c. **Document each movement into and out of the confined space**
- d. **All of the above**

27. Before working in any railroad tunnel on CN, the contractor must:

- a. **Medically clear and fit-test their employees for respirator use**
- b. **Review the tunnel safety plan with the railroad's EIC**
- c. **Participate in the job briefing prior to entering the tunnel**
- d. **All of the above**

28. If it is necessary to work in or around an excavation, the contractor must review the excavation safety plan with the railroad's EIC.

- a. **True**
- b. **False**

29. Contractors must provide CN with copies of the ___ for any hazardous chemicals that will be used prior to bringing them into a CN facility or using them on CN property.

- a. **Hazardous Chemical Bill of Lading**
- b. **Material Safety Data Sheet**
- c. **Emergency Response Certification**
- d. **HazCom Products Liability Waiver**

30. In the event of a spill involving hazardous chemicals, the contractor must immediately:
- a. **Cover the spill with dirt**
 - b. **Barricade the area with orange cones**
 - c. **Call CN Police at 1-800-465-9239**
 - d. **All of the above**
31. When working with any materials known to contain asbestos, the contractor must review with the railroad's EIC their plan to protect all personnel from the hazards of airborne asbestos.
- a. **True**
 - b. **False**
32. When employees are exposed to lead, the contractor must have and comply with a program that protects its employees and others who are in or near the work site from the hazards of airborne lead.
- a. **True**
 - b. **False**
33. In addition to all requirements contained in this orientation program, contractors must comply with all federal, provincial, and state regulations governing workplace safety.
- a. **True**
 - b. **False**
34. Hazardous Materials Security Awareness is of the utmost importance in our workplace environment and is required by regulation.
- a. **True**
 - b. **False**
35. TestAnswer_35_1The security of railroad property is a high priority. Particular attention should be paid to:
- a. **Bridges, tunnels and fuel storage facilities.**
 - b. **Dispatching, communications or computer centers.**
 - c. **Yards with high volumes of hazardous materials shipments.**
 - d. **All of the above.**

36. How many shipments of Hazardous Materials are entered into the transportation system daily?

- a. **5,000.**
- b. **800,000.**
- c. **10,000,000.**
- d. **Too many to count.**

37. It permissible to discuss railroad business and train movements:

- a. **With family and friends.**
- b. **At social functions.**
- c. **Only with those who need to know.**
- d. **With any interested person.**

38. Security for railroads is the responsibility of:

- a. **The State Police.**
- b. **The Department of Homeland Security.**
- c. **All railroad employees.**
- d. **All the above, working as a team.**

39. What action should be taken if you observe suspicious persons on railroad property?

- a. **Ignore the, they will go away.**
- b. **Yell at them and tell them to leave.**
- c. **Notify the appropriate authorities and provide details about their location and appearance.**
- d. **Stop and physically escort them off the property.**

40. If you find a suspicious article on a railcar, you should?
- a. **Remove the article and put it in a trash can.**
 - b. **Immediately notify the proper authorities and await further instructions.**
 - c. **Bad order the car and send it to the repair facility.**
 - d. **Do nothing.**
41. Rules compliance, securement of facilities, equipment and knowledge of your work area all play key roles in transportation security.
- a. **True.**
 - b. **False.**
42. People who could cause damage to railroads may be:
- a. **Trespassers.**
 - b. **Vandals.**
 - c. **Disgruntled employees.**
 - d. **Any of the above.**
43. You need to secure computer, if you are going to leave it unattended.
- a. **True.**
 - b. **False.**

WHEREAS, your company

is obtaining this orientation and any of the materials provided for certain of its employees who work on or about railroad equipment, and WHEREAS, The Canadian National, hereinafter called "CN", is willing to provide this orientation and any of the materials provided, but only upon the following terms and conditions, NOW THEREFORE, it is agreed as follows: In consideration of this orientation and any of the materials provided to the management of your company or you as an individual for their internal use by you, hereby assume all risk of and agrees to indemnify and hold CN and the administrator of this site harmless from any personal injury to or death of its officers, agents and employees, and loss of or damage to property in its or their custody or possession, which shall in any manner arise from or be alleged to be due to in, in whole or in part, this orientation or materials provided to its employees by CN, EXCEPT TO

THE EXTENT SUCH INJURIES OR DAMAGES BE CAUSED BY OR CONTRIBUTED TO BY THE INTENTIONAL MISCONDUCT OR GROSS NEGLIGENCE OF CN, ITS OFFICERS, EMPLOYEES, AGENTS, OR ANY THIRD PARTY. CN is hereby released and forever discharged, as well as its subsidiary and affiliated companies, and the officers, agents, and employees of said companies, from all claims, liabilities, and costs of every kind by reason of any such injury to or death of persons and loss of or damage to property. This Release shall be binding upon the submission of this document -

I understand that by submitting my name and, as applicable, the names of the other individuals who have completed this orientation section, I am indicating that these personnel have actually completed this section of the orientation and understand this document. I am an officer of the corporation named above, who is duly authorized and fully empowered by said corporation to execute the same on its behalf or myself as an individual.