

Statement of On Track Safety

A lone worker using Lone Worker Protection must complete this form prior to fouling a track.

To complete this form:

1. Provide the following information:

Name: _____ Date: _____

Subdivision: _____

Working Limits: _____

Time Limits: _____

Name of peer: _____ Return call time: _____

2. In the table below, place an **x** in the box adjacent to the maximum authorized timetable speed of trains within the working time specified above and observe the minimum sight distance associated with the speed.

Maximum Authorized Speed in MPH	Minimum required Sight Distance		Maximum Authorized Speed in MPH	Minimum required Sight Distance	
	X	feet		X	feet
5		110	55		1210
10		220	60		1320
15		330	65		1430
20		440	70		1540
25		550	75		1650
30		660	80		1760
35		770	85		1870
40		880	90		1980
45		990	95		2090
50		1100	100		2200

Note: When the maximum authorized timetable speed is not shown on the form, use the next higher speed.

This form must be in the employee's possession while work is being performed.