

Safe Work Instruction	Issue date: 20/09/10
Climbing out of Trains onto Ballast	Review date: 20/09/13

Document no.	Work description		
SMS-06-SW-0488	Safe method of exiting a train		
	Scope		
	All personnel		
Review date	References		
20/09/13	<ul style="list-style-type: none"> OHS Act 2000 section 8 (1,2.) 20 (1,2) 21 SMS-06-GD-0001 Guide to Manual Handling SMS-12-01-0886 Red Flagging Trains in Stabling Yards, Depots or Maintenance Centres 		
Responsible supervisor <i>Insert name in BLOCK letters</i>	PPE and precautions	Competencies or qualifications	Licences or permits required
Supervisor/Team Leader	<ul style="list-style-type: none"> Red flag Personal Identity Card (PID) High visibility vest Safety Footwear 	Induction On-the-Job Training Track Safety & Electrical Safety Awareness or RISI	N/A
Tools and equipment required			
As required by the task just performed			
IF CONTROL MEASURES ARE NOT SUITABLE AND MAJOR CHANGES ARE NEEDED, CONDUCT A RISK ASSESSMENT AND DEVELOP NEW CONTROLS ACCORDING TO SMS-06-PR-0104 WORKPLACE RISK MANAGEMENT.			




Warning

Look out for trains moving into and around the work area.
 Do not jump or drop to the ballast.
 Do not climb out of a moving train.

Maintain three point contact	<ul style="list-style-type: none"> Remove the red flag Put you equipment near the crew department door, leaving enough room to get out safely. Open the door. Stand with your back to the door, put both hands on the handrails and move your body backwards towards the edge of the door. 	
	<ul style="list-style-type: none"> Climb down the steps one at a time. Step down to the first step. Keep three point contact (two hands and one foot/two feet and one hand always on the carriage) until the door is waist high When you standing on the ballast, reach to the doorway and drag the equipment towards the door. 	

Safe Work Instruction	Issue date: 20/09/10
Climbing out of Trains onto Ballast	Review date: 20/09/13

	<ul style="list-style-type: none"> • Lift your equipment out and put it on the ballast. • Facing the carriage, climb up and close the door (lock it if required). • Climb down. • Pick up your equipment from the ballast. 	
--	--	---

Additional controls
<p>If you are working in a team assist one another to make the task easier.</p> <p>If cleaning a train, avoid spillage and/or possible scalding – do not overfill the bucket.</p>