

Climbing out of Trains onto Ballast

Review date: 20/09/13

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| 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 (Plid) 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.

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| Maintain three point contact | <ul style="list-style-type: none"> Remove the red flag Put your 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 are standing on the ballast, reach to the doorway and drag the equipment towards the door. |  |

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- 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

If you are working in a team assist one another to make the task easier.

If cleaning a train, avoid spillage and/or possible scalding – do not overfill the bucket.