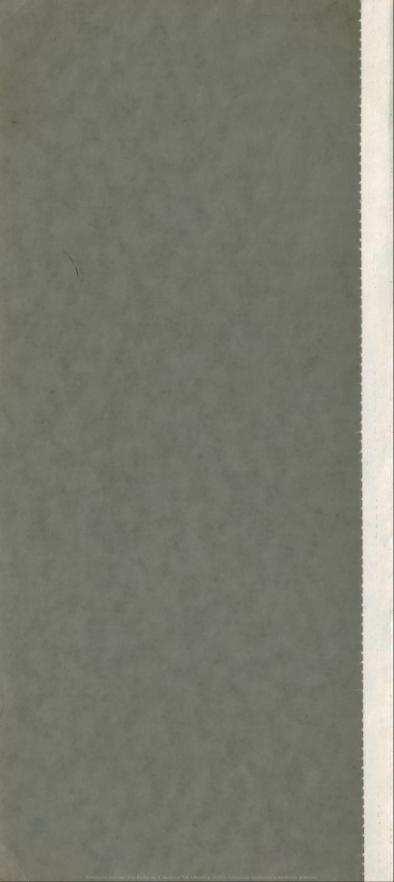
The Pennsylvania Railroad

SAFETY RULES

Train, Engine and Other Transportation Employes
(EXCEPT STATION EMPLOYES)



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NOTICE

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These rules are effective September 1, 1961, superseding rules effective February 15, 1946.

Employes to whom they apply will be furnished a copy and are required to understand and obey them.

Officers and supervisory forces will regularly make observations and checks and take such action as may be necessary to insure compliance with the rules.

NOTE: The word "ENGINE" as used in these rules means the Diesel engine located in the engine room of a diesel-electric locomotive.

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Vice President,
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GENERAL

- 1000. Report promptly to immediate supervisor all injuries, no matter how trivial.
- 1001. Obtain immediately, first-aid and, if necessary, medical attention for all injuries.
- 1002. Employes must be suitably shod and clothed to safely perform their duties. The wearing of thin soled shoes; unlaced, unbuckled or otherwise insecure shoes, artics or overshoes; sandals, opentoed or canvass shoes; torn, oily, greasy or baggy clothing, is prohibited. The wearing of wedge-type shoes or shoes with ripple soles by employes in freight train service is prohibited.
- 1003. Sew, tie, pin or otherwise secure cuffs on overall or trouser legs to avoid catching or tripping.
- 1004. Permitting unauthorized persons on locomotives, is prohibited.
- 1005. Before going between or under car or locomotive to make inspections, repairs or adjustments, have necessary understanding with those controlling its movement to insure full protection and know that protection has been provided against other locomotive or car coming against or moving them.
- 1006. Giving signal to move locomotive or car while a person is on ground between or under cars and/or locomotives, is prohibited.
- 1007. Before fouling or crossing track or going between equipment, look in both directions for other equipment approaching on same track.
- 1008. When lighting fusee, hold end to be lighted downward and far enough away to prevent burns or fire dropping on hands, feet or clothing. To extinguish, hold lighted end downward, away from body and strike side of fusee lightly over some object until lighted portion drops off.
- 1009. Sitting, lying or crossing under car, except when required in performance of duty, is prohibited.
- 1010. Use care in handling water bottles.
- 1011. The use of unsafe chains, ropes, cables, or improvised push-poles is prohibited.
- 1012. Placing couplers or other obstructions where persons may stumble over them is prohibited. If unable to remove to a place of safety, report to proper officer.
- 1013. Scuffling or horse play, playing jokes on fellow employes by air pressure, by electric shock or other appliances, either on or off duty, while on Company property, is prohibited.
- 1014. Passing or standing under or in path of

suspended load on crane, derrick or hoist, is prohibited.

1015. Knocking broken window or door glass from sash is prohibited. Remove broken glass carefully by hand and deposit in a safe place.

1016. Getting on or off turn table while it is in motion is prohibited.

1017. Walking around coping of turn table pit, except when necessary to operate manual turn table, is prohibited.

1018. Request unauthorized persons not to trespass on Company property.

1019. Standing close to or near a cable, chain or rope being used in moving equipment or when a pull is being made, is prohibited.

1020. Walking through smoke or escaping steam which obscures the vision, is prohibited.

1021. In case of emergency, use rubber gloves, dry sticks or boards or other non-conductors of electricity to remove broken or dangerous wires. Otherwise wait for qualified personnel.

1022. Employes passing acetylene or electrical cutting or welding operations or other shop operations where goggles are required, are prohibited from facing or watching them.

1023. Placing ice on moving cabin car or locomotive, is prohibited.

1024. Kicking a brake shoe while car is in motion, is prohibited.

COUPLING AND UNCOUPLING LOCOMOTIVES OR CARS AND WORK INCIDENT THERETO

1040. Keep clear of track and face moving locomotives or cars when making coupling.

1041. Going between or in front of moving locomotive or car to adjust drawbar, knuckle or lock pin, or using foot or hand to adjust them when they are about to come together, is prohibited.

1042. Before going between standing locomotives or cars:

- (a) Give hand or lamp stop signal and wait for acknowledgement unless other clear understanding has been had to protect against unexpected movement.
- (b) Wait until slack has adjusted.
- (c) If cars are on grade know they are secured.

1043. While stepping from between locomotives or cars avoid being struck by equipment moving on adjacent track.

- 1044. Giving signal to stop and then stepping on track between or in front of locomotives or cars before such movement is completed is prohibited.
- 1045. While riding on locomotive or car, operating coupler release lever on car or locomotive other than the one on which riding, is prohibited.
- 1046. Use lever to uncouple. If lever is inoperative have proper understanding and full protection before lifting pin by other means.
- 1047. The use of both hands at same time on Carmer release lever to uncouple moving cars, is prohibited.
- 1048. Place feet securely and have firm hand hold when coupling, uncoupling or performing work incident thereto.
- 1049. Placing full weight with one or both feet on Carmer release lever is prohibited.
- 1050. Using finger in hole at bottom of coupler to adjust lock pin, is prohibited.
- 1051. Before uncoupling steam connection, close valves on both sides of joint. Relieve pressure by tapping on under side of head. Keep body clear of joint while completing uncoupling.
- 1052. When removing steam connection from carrying chain on car or locomotive, keep hands and other parts of body clear of end of connection to avoid burns from hot water that may have accumulated in low parts of connection.
- 1053. Before uncoupling air hose by hand, have both angle cocks on air line closed and firm hold with both hands on near hose at joint while reducing pressure before uncoupling.
- 1054. Before reducing brake pipe pressure on standing equipment with angle cock, hold end of hose firmly to prevent it flying around.
- 1055. Manipulating angle cock on moving locomotive, train or cabin car without the use of special equipment for the purpose, except in emergency, is prohibited.

OPERATING BRAKES

- 1065. Attempting to control speed of car without first knowing how to operate the type of brake with which it is equipped, is prohibited.
- 1066. Take proper position on car as indicated by type of brake to be operated. Have firm foot and hand holds.
- 1067. Before cars are cut off, test brakes on cars which are to be controlled by hand brakes.
- 1068. After testing hand brakes, release brake only enough to allow car to run and do not unwind all

slack. On geared brakes on which release cannot be controlled, take up slack immediately after brake is released.

1069. Use of non-standard brake club or the use of a standard brake club cracked or dangerously worn, is prohibited.

1070. Before putting heavy stress on brake club try it to determine that it is in firm position in wheel.

1071. Stress on brake wheel, with or without club, shall be toward the car rather than away from it, when equipment permits.

1072. While applying brakes, put pressure on club or wheel steadily and never with a jerk.

1073. Stop "swing" on club or wheel while impact is being made with cars ahead or by cars from rear.

1074. While releasing vertical geared brake which does not release merely by placing lever in "Off" position take hold of wheel on outside, apply stress until pawl releases and let go, using care to keep clear of wheel. On other types place lever in "Off" position, keeping hands, arms and body clear of wheel.

1075. When releasing shaft and wheel brake with or without club, apply sufficient stress to release pawl without forcing it from ratchet; if impossible to do this, secure help and be prepared to engage pawl instantly to prevent wheel flying around. Release brake a few notches at a time to permit slack to adjust before completing operation.

1076. Operating lever type (pump handle) hand brake with broken or defective handle stop, is prohibited. When releasing pump-handle brake, after placing pawl lever or weight in "Off" position and taking stress off, have firm handhold on handle, place it in down position and retain handhold until brake releases. If brake fails to release in this position bring handle back up and re-engage pawl lever or weight in "On" position and report it to proper authority.

1077. Standing or placing any part of the body between side or end of car body and lading that is likely to shift, is prohibited, except when operating pump handle or ratchet brakes and grab iron is not available for hand hold. The fingers only may be placed inside for the purpose of holding.

1078. Using any part of an adjacent car for foot rest when applying or releasing brake, is prohibited.

OPERATING SWITCHES

1090. Warn employes repairing or cleaning switches before operating.

1091. When operating ground lever switch, keep

all parts of body clear of the line lever travels and have fingers and thumb under lever when releasing it from keeper and avoid being struck by lever flying up.

1092. When operating switch, keep hands and feet in positions where they will not be caught by lever, ball or any part of the keeper.

1093. Place feet firmly to prevent slipping, tripping or falling.

1094. Brace body firmly, avoid any twisting movements and lift or pull steadily on lever, to avoid sprain or strain.

1095. Face approaching locomotive or car and keep body in a position where it will not be struck or caught between such equipment and switch lever or stand.

1096. Look in both directions for moving equipment on adjacent tracks and keep clear of it.

LOCOMOTIVES—OPERATION OF AND WORK INCIDENT THERETO

- 1100. When taking charge of locomotive make sure that doors are closed and safety bars and chains are in proper position. Safety bar will be carried in horizontal position on end door of last unit.
- 1101. When necessary to operate with locomotive side or end door open, safety bar must be in horizontal position.
- 1102. Before starting diesel engine, see that: all crankcase and air box covers are in place and secured; all cylinder test cocks are closed; and all persons are clear of moving parts of engine and appurtenances.
- 1103. Removing air box or crankcase covers on diesel engine is prohibited.
- 1104. When taking fuel, sand or water, take a position where there is no danger of being struck in case of unexpected movement of locomotive.
- 1105. Before taking fuel, water or sand, have throttle in "Idle" or "Off" position, reverse lever in "Neutral" position, and brakes applied.
- 1106. See that all fuel, water and sanding devices are removed from locomotive; replaced and secured in a position clear of tracks before moving locomotive. Keep hands and feet clear when removing and replacing servicing facilities and closing receptacle lids.
- 1107. When engine cooling system overheats, isolate engine and examine for cause. If necessary, and after engine has cooled, it may be shut down for further examination.

- 1108. When any other diesel engine defect develops such as unusual noise, smoke, or flame, engine should be shut down at once, preferably from a remote position.
- 1109. Before making a standing check of traction motors or any apparatus under a locomotive while engines are running, pull out the generator field switch and set the independent brake and hand brake. Unless the locomotive is over a pit and properly blue flagged against movement, remove from the controller the reverse lever or levers and take them with you while making the inspection.
- 1110. After repair work has been performed on the road, thoroughly inspect to insure that no tools or material have been left around electrical apparatus or moving equipment where they might cause personal injury or damage to equipment.
- 1111. Before making any repairs to brake rigging on locomotives, cut out air brakes, bleed reservoirs and properly secure against movement by hand brakes or other means. On locomotives equipped with brake cylinder 3-way cut-out and drain cock, closing the cock will be sufficient.
- 1112. Before lighting boilers on electric locomotives, have stack blower in operation and know there is good draft through flues. Have door closed and securely clamped before adding fuel.
- 1113. The use of fusees or firelighters to light steam generators, is prohibited.
- 1114. See that peep sight on top of steam generator is properly secured before looking in same.
- 1115. Touching or working on steam generator high-tension ignition wiring or apparatus without first opening main switch, is prohibited.
- 1116. Before blowing-down steam generator or steam separator on locomotive, notify persons who might be in a position to be injured and wait until they are out of danger.
- 1117. Before discharging steam from test nipples connected to end connectors or test nipples piped through roof, be sure no persons are in a position where they might be injured.
- 1118. Blowing down steam generator coils or steam separators while crossing streets, sidewalks, bridges, or viaducts over public highways or railroads; while passing or standing at station platforms; or while close to switches, is prohibited.
- 1119. Open "Fill" test valve slowly and do not open wide, to prevent splashing and burning of hands or face.
- 1120. Tightening a steam pipe or fitting while the

steam generator is in operation or under pressure is prohibited. Firing steam generator before determining cocks, valves and other appurtenances are in proper position, is prohibited.

1121. Operating motor convertor with belt guard removed, is prohibited.

1122. Wiping oil from bayonet gauge with fingers, is prohibited.

1123. Placing fingers or other parts of body over nozzle, injector pump, or high pressure fuel line of diesel engine to check discharge of oil, is prohibited.

1124. Renewing headlight bulb while locomotive is in motion, except those accessible from inside locomotive, is prohibited.

1125. Before renewing or replacing headlight bulbs, switch to same must be in "Off" position.

1126. Opening any high voltage cabinet until engine for that circuit has been isolated, except for observation from a sufficient distance only, is prohibited.

1127. Before working on any switches, contactors or other electrical equipment, stop engine and open control and main battery switches.

1128. Removing or renewing fuses before switch to that circuit has been opened, is prohibited. Before resetting ground relay, engine must be isolated.

1129. When operating open-type switches or circuit breakers, keep face turned and stand sufficient distance away.

1130. Keep all doors and covers of electrical apparatus closed and in place, except when performing necessary duties.

GETTING ON OR OFF LOCOMOTIVES OR CARS

1150. Standing on track in front of an approaching locomotive or car; or standing in front of an approaching tractor, for the purpose of boarding same, is prohibited.

1151. Getting on or off locomotive or car moving at high speed is prohibited.

1152. Get off at end of footboard and step clear of track when conditions permit.

1153. When getting off standing equipment, except passenger car at high station platform, retain handhold until foot is firmly placed.

1154. When getting on or off moving equipment, avoid if possible, coal, boards, stones, rubbish, refuse, material, ties, rails, ballast, holes, openings,

bridges, culverts, trestles, etc., likely to result in falling, slipping, tripping, or turning ankle.

- 1155. Getting on or off moving equipment, except when necessary for the proper performance of duty, is prohibited.
- 1156. Get on or off from rear step of moving car, locomotive or train when practicable.
- 1157. Get on or off from side of car or train away from main track or close clearances when conditions permit.
- 1158. Have secure hand hold and place feet firmly when getting on or off or crossing over between cars or locomotives.
- 1159. Use care and avoid striking knee while going up or down ladders on equipment. Keep foot turned slightly sideways and place portion of balls of feet on ladder rungs, keeping body as close to ladder as possible.
- 1160. Stepping from side ladder to brake board, or vice versa, is prohibited. Step to end ladder first and have secure hand hold while doing so.
- 1161. Being in the act of getting on or off cars or locomotives at the time they couple to other cars or locomotives, is prohibited. Get completely on or off before impact has been made.
- 1162. Jumping off end sill or swinging up or down between two cars (or other equipment) with a hand on each one, is prohibited.
- 1163. Placing brake club in brake wheel or any part of car and using it for a hand hold, while getting on or off or from one car to another, is prohibited.
- 1164. The use of any part of a car truck as a step when getting on or off moving car, is prohibited.
- 1165. Getting on or off locomotive or car without using steps, ladders and hand holds provided, is prohibited.
- 1166. When getting on moving equipment, face the direction it is moving, put body in motion and leave ground from the ball of the foot.
- 1167. Getting on or off moving locomotive or car from or to high platforms or other elevations is prohibited.
- 1168. When descending from cab or platform of locomotive, getting off top of car equipped with vertical steps or ladders, or stepping from roof of car to brake board; face the equipment, have firm hand hold and place ball of foot firmly on step, ladder or brake board before placing weight on same.
- 1169. Carrying unauthorized article such as grip, bundles of clothing, supplies, etc., while alighting

from or boarding locomotive or car moving or standing (except standing passenger car at station platform), is prohibited.

1170. Employe passengers are prohibited from getting on or off moving trains.

- 1171. Before boarding car or locomotive with shop card attached, ascertain why it was shopped and avoid the use of such defective parts.
- 1172. While getting on or off, or moving about locomotives, use care and avoid striking head on low overhead clearances.
- 1173. When getting on or off locomotives, face the locomotive, have hands free of tools or other objects and use both hands on handrails.
- 1174. Before getting on or off standing or moving equipment or placing body beyond the side of such equipment, look in both directions and avoid contact with equipment on adjacent tracks or obstructions alongside or over tracks.

ON LOCOMOTIVES OR CARS

- 1200. Keep engine room, cab, catwalks, running boards, steps and hand holds free of rags, refuse or other obstructions.
- 1201. Placing clothing, lunches or tools in power or control cabinets, on battery box or on top of electrical apparatus, is prohibited.
- 1202. Placing clothes or other materials where they will obscure indicator lights, is prohibited.
- 1203. Placing coat hangers outside or inside of electrical apparatus cabinets is prohibited.
- 1204. Placing oil cans, tools, hand lamps, etc., close to electrical apparatus or where they constitute a tripping hazard, is prohibited.
- 1205. Placing containers of coffee, food, etc., on electrical heaters or apparatus; on pipes or hot surfaces; or attaching wire or material for the purpose of holding coffee, food, etc., to such apparatus or surface, is prohibited.
- 1206. Permitting grille ramps on either side of engine to remain lowered, except when necessary, is prohibited.
- 1207. Use of flashlight with metal case within electrical cabinets and equipment, is prohibited.
- 1208. Keep clothing, hands and other parts of body clear of rotating parts of machinery.
- 1209. Standing on side step or footboard of moving locomotive to make repairs or adjustments, is prohibited.
- 1210. Maintain secure hand hold while moving

about in cab or engine room; or while on running board or platform of locomotive.

- 1211. Standing on ladder outside of cab line when locomotive is in motion, except when necessary in the performance of duty, is prohibited.
- 1212. Going on top of cab of moving locomotive, is prohibited.
- 1213. Unless authorized to do so, opening or closing roof hatches on locomotives, or going on top of roof, while in electrified territory, is prohibited.
- 1214. Avoid coming in contact with hot pipes or hot parts on diesel-electric locomotives.
- 1215. Using pipes, valves or fittings other than ladder treads provided for climbing is prohibited.
- 1216. Reading newspapers, magazines and unauthorized books while on duty on locomotives, is prohibited.
- 1217. Inspect tools and appliances and report them when defective.
- 1218. When using tools, keep hands in a position where they will not be caught or struck, place feet firmly and avoid overbalancing.
- 1219. Keep tools and supplies in place provided for them.
- 1220. Resting feet on valves, instrument panels and glass surfaces, is prohibited.
- 1221. Look for obstructions, or other conditions that may cause slipping, tripping, losing balance, or falling on or from locomotives.
- 1222. Face all doors and windows when opening or closing them, keeping hands and feet in the clear.
- 1223. Carrying boards, boxes or other unauthorized material in cabs, on decks or on running boards, is prohibited.
- 1224. While stepping from one car to another have secure hand hold on car to which stepping, if possible, before making step.
- 1225. Sitting on running board of tank car, side of flat car, open side door of car, roof of box car; platform or step of cabin car; steps or platforms, doors or footboard of locomotive, with leg or other part of body projecting beyond side of equipment, is prohibited.
- 1226. Hanging on hand holds with foot on truck, is prohibited.
- 1227. Walking, standing or sitting on side of roof of box car or side of hopper or gondola car or standing on top of car near end, except when operating hand brakes, is prohibited.
- 1228. Jumping from roof of closed car to open top

- car or jumping from equipment on one track to equipment on an adjacent track, is prohibited.
- 1229. Throwing garbage, bottles, ashes, refuse or other material from the train, is prohibited. Passenger trainmen must not permit others to throw such the from cars.
- 1230. Maintain lookout in the direction locomotive or car is moving and avoid coming in contact with structures or obstructions alongside of or over track; or with locomotive, car or train on adjacent track. When vision is obscured, or uncertain of location, keep in the clear.
- 1231. When riding inside cabin car be prepared and avoid injury from sudden starting, stopping, lurch or jerk of locomotive, car or train, by facing the direction it is moving, by being braced and holding or prepared to do so instantly and by moving about only when necessary for the performance of duty.
- 1232. While riding on or in cabin car or locomotive when train is entering, leaving or moving on yard track, or on other tracks approaching places where it is known it is likely to stop, have firm hand and foot holds and avoid injury from sudden starting, stopping, lurch or jerk.
- 1233. Have firm hand and foot holds and avoid injury from cars coupling during shifting operations.
- 1234. When riding on the end of car, platform of cabin car or locomotive; trailing footboard, running board or side step of locomotive, have secure hand hold and firm footing.
- 1235. Sitting on hand rail, uncoupling rod or drawhead of locomotive or car, is prohibited.
- 1236. Riding leading footboard of locomotive or tractor, is prohibited.
- 1237. Riding on footboard between locomotive and car, is prohibited.
- 1238. Sitting or standing on brake wheel or on brake club placed in wheel, ladder rungs or other parts of car or locomotive, is prohibited.
- 1239. Placing hands on latch or in jamb of end gate on drop-end gondola, or using side of car within swing of end gate as a hand hold, is prohibited.
- 1240. Standing or placing arm, leg or other part of body between side or end of car body and lumber, pipe or other lading likely to shift, is prohibited, except that when required to ride on end on which brake apparatus or grab iron are not available for hand hold, the fingers may be placed inside for the purpose of holding.

- 1241. Riding between cars and locomotives, with one foot on one car or locomotive and the other foot on adjacent equipment, is prohibited.
- 1242. Standing at open side-door on moving passenger equipment without first having door securely fastened and secure hold on grab-iron; or standing at open side-door of freight or baggage equipment without secure hand hold and keeping body clear from line of travel of door, is prohibited.
- 1243. Before riding inside empty drop-end gondola car with end gate up or climbing over gate, assure yourself it is securely latched.
- 1244. Riding on or astride the raised end gate of a drop end gondola car, is prohibited.
- 1245. Use side ladder on moving box car or one about to move when clearances or conditions permit.
- 1246. Always face the door and use door handle when opening or closing passenger car door.
- 1247. Leaning beyond line of moving passenger car to operate steam heat valves located on the outside of platform, is prohibited.
- 1248. Stepping from one car to another after cut has been made between them, is prohibited.
- 1249. Placing clothing or other objects on ladder rungs, handholds, footboards, running boards, steps or other safety appliances on locomotive or car, is prohibited.

WALKING OR STANDING ON TRACKS OR PLATFORMS

- 1275. While walking alongside of moving locomotive for the purpose of inspecting or pounding sand pipes open, avoid slipping, tripping or falling hazards in pathway and keep clear of moving parts.
- 1276. Walking on the "Right-of-Way" or being on the railroad tracks, except when required in the performance of duty, is prohibited.
- 1277. Crossing tracks closely in front of moving trains, locomotives or cars, is prohibited.
- 1278. When crossing tracks, keep at least ten feet away from end of standing train, locomotive or car. (This rule does not apply to train, locomotive or car on which employe is working when protection against unexpected movement has been arranged.)
- 1279. Where authorized paths or routes to yards, shops, stations, etc., are provided for going to or from work, use of other paths or routes, is prohibited.
- 1280. Keep a safe distance from passing train, car or locomotive and avoid falling objects or projections on equipment.

- 1281. Walk against current of traffic and keep a sharp lookout in both directions for approaching trains. Walk clear of tracks when duties permit.
- 1282. Remove anything that may be a slipping, tripping or falling hazard from paths or walkways. (Drawheads, knuckles, boards, wire, hoops, scrap, etc.) If unable to do so, report to proper officer.
- 1283. Wearing ear coverings which interfere with the hearing while on or about tracks, is prohibited.
- 1284. Sitting on rail or any part of track structure, is prohibited.
- 1285. Walking or stepping on rail, frog, switch, guard rail, interlocking machinery or connections, is prohibited.
- 1286. While walking or running, look for and avoid slipping and tripping hazards. If necessary to look back, stop before doing so.
- 1287. Stepping or jumping across track pit or other open pit, is prohibited.
- 1288. Leaning against standing car or locomotive, is prohibited.
- 1289. Standing or walking on or foul of, track for the purpose of giving, receiving or relaying signals, checking or taking numbers of cars, etc., when space is available clear of the track to do so, is prohibited. If unable to get clear, keep a sharp lookout for approaching equipment.
- 1290. Carrying open umbrella while on or about tracks, is prohibited.

HANDLING FREIGHT, BAGGAGE, EXPRESS, MAIL, ETC

- 1300. Using transfer plate, gang plank, truck, tool or skid that is in unsafe condition, is prohibited.
- 1301. Pile and stow safely, freight, baggage, express, mail and other materials in cars and stations and on platforms and trucks.
- 1302. Place freight, baggage, mail, express, tools, trucks, transfer plates, gang planks, skids or other material where other persons will not trip or fall over them and a safe distance from edge of platform and tracks.
- 1303. See that transfer plates, gang planks and skids are securely placed before using.
- 1304. Before handling look for and avoid, sharp edges of iron pipe, wire, nails, splinters, etc. If not possible to avoid take measures to protect the hands.
- 1305. Keep hands and feet in a position where gang planks, transfer plates, skids, freight, baggage or material cannot fall on or against them.

- 1306. Have freight, baggage or material properly and securely loaded to prevent it sluing, shifting or falling from trucks.
- 1307. Handle freight, baggage or material to or from piles in such manner that other pieces will not be unexpectedly dislodged and fall from pile.
- 1308. Look for gang planks and transfer plates and avoid slipping on or falling over them.
- 1309. Have firm hand and foot holds when handling freight, baggage, express, mail, etc., to avoid slipping, tripping or falling.
- 1310. While opening or closing car door, keep fingers clear of edge or jamb of door, rail or casting on which door travels and keep body clear of opening made by door and avoid injury from fingers being caught, freight falling, etc.
- 1311. Before lifting or lowering heavy or bulky freight, baggage or material have proper understanding with persons assisting. Act in unison, have firm foot and hand holds, avoid twisted positions and lift or lower gradually, keeping body clear.
- 1312. Place and secure in safe positions after using, all trucks, gang planks, skids, transfer plates, tools, etc.
- 1313. Pull hand truck, when practicable, instead of pushing it. Pushing a truck loaded in such a way that it obstructs the view, is prohibited.
- 1314. Loading or unloading baggage, express or freight, while trains or cars are in motion, is prohibited.
- 1315. Throwing, dropping or otherwise roughly handling loaded or empty gas cylinders, is prohibited.





