



Sacramento Southern Railroad Lone Worker Statement of On-Track Safety



Employee _____ Date: ___/___/___

Date and time of fouling track _____

Track and track limits of fouled track _____

Train Operation today _____

Type of On-Track Safety used _____

Is a Train Order to be obtained? Yes ___ No ___

GCOR Rule Of The Day: _____

SAFETY Rule Of The Day: _____

Supervisor approving work plan _____

Date, time and method of informing supervisor: Date ___/___/___ Time _____ AM/PM

Method: _____

NOTE: A lone worker using Individual Train Detection must complete this form PRIOR to fouling track.

Maximum authorized speed: _____ miles per hour.

Maximum Authorized Speed	Minimum Required Site Distance	Maximum Authorized Speed	Minimum Required Site Distance
5 mph	110 ft.	25 mph	550 ft.
10 mph	220 ft.	30 mph	660 ft.
15 mph	330 ft.	35 mph	770 ft.
20 mph	440 ft.	40 mph	880 ft.

Circle the sight distance in the chart above which fits the circumstances under which track is to be fouled. This provides 15 seconds for the employee to clear the track.

THIS FORM MUST BE COMPLETED AND IN THE EMPLOYEE'S POSSESSION WHILE WORK IS BEING PERFORMED.

Warning System	MP	DOT #	PUC #
"I" Street	00.08	914541D	
"J" Street	00.16	914542K	
"K" Street	00.24	614543S	
"L" Street	00.32	914545F	
Capitol Mall	00.41	753466X	093-0.33
"Q" Street	00.76	928791G	093-0.75-D
"R" Street	00.81	928792N	093-0.80-D
Broadway	01.41	762309D	093-1.37
Front Street	01.62	762310X	093-1.59
Sutterville Road	03.52	914552R	093-3.50
South Land Park Drive	03.64	914553X	093-3.60