



FRA-218 Regulation Course Mechanical



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Before you start...



To navigate through this course:

- Click a menu button **Lesson 1** to start or review a lesson.
A checkmark ✓ next to this button indicates you finished the lesson.
- Menu buttons **Lesson 2** indicate disabled lessons you can access once you finish previous lessons.
- Click **Next** to continue to the next slide.
- Click **Back** to return to the previous slide.
- Click **Submit** to submit answers to quiz questions.
- Click **Menu** to return to the main menu. This button **ONLY** works to review lessons after you finish them. It allows you to Exit the lesson at any point.

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Before you start...



This course uses a media player to show animations. You can use the **PLAY/PAUSE** button and the **Slider** to control animations. Click on the arrows below for details.



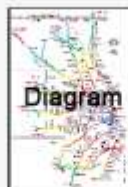
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Before you start...



To display additional information and images, some slides include **rollover** text and images. To display the additional information or images, just move the mouse over a designated area on the slide. This area consists of a rectangle that marks the designated area, also called the rollover area. Images or text appear when you move the mouse over the rollover area. Try using the rollover areas on this slide. Do not click on the rollover area, just move your mouse on top of it. Text and images will appear automatically, and disappear when you move the mouse outside the rollover area.



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Before you start...



If you need to **Exit** at any point **before** you complete the course, close the course window to assure proper tracking of your progress. Otherwise you will have to start the course from the beginning.

To close the window, click the **Close** button in the upper right corner of your screen.

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Before you start...



This icon will highlight important Safety Tips that will help to keep you, your fellow workers, and the public safe!

This is your mentor, Jim. He will explain the rules and provide real-world examples.



Click **Start Course** to begin.

Start Course

The FRA 218 online course for Mechanical employees includes these lessons:

1. Introduction

2. Penalties, Fines, and Explanations

3. Pushing and Shoving Movements

4. Switches and Derails

5. Cars Left Foul

6. Good Faith Challenge

7. Certification Exam



1. Introduction



Welcome to the FRA 218 Subpart F online training for Metra employees

This training will help you prepare for and pass your FRA 218 Subpart F exam so you can become qualified in your department.

If this is your first time taking an online training, DON'T WORRY! This course will explain the rules, give you real world examples, and provide practice opportunities to help you prepare for the exam.

You may take as long as you need to go through this training. In fact, you may log out, and when you come back the training will bring you right back to where you left off. Let's get started, remember take your time and much success to you!

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1. Introduction



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What is exactly 49 CFR 218 Subpart F?

It is a part of the Federal Railroad Administration regulations that requires all railroads to adopt and comply with specific operating rules.

Very simply put, it is the law.

Within Metra, we often refer to it as "FRA 218". This law covers Metra Rules that involve operating practices for the following:

1. Shoving and Pushing Movements.
2. Hand-Operated Switches including:
 - Main Track Switches.
 - Crossover Switches.
 - Fixed Derails.
3. Leaving Rolling and On-Track Maintenance of Way Equipment in the clear.
4. Adopt Good Faith Challenge procedures related to these three operating rules.

Note:

We're only talking about manual switches. Automatic switches are NOT covered by this regulation.

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1. Introduction



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Leading Human Factor Causes of Accidents

You're probably wondering how this regulation applies to you and to your specific job. As you know, the FRA collects information about railroad accidents. They found that **over half** of all accidents caused by human factors fall into three main areas:

1. Shoving Movements.
2. Switches and Derails.
3. Cars Left Foul.

The FRA established FRA 218 regulations to prevent accidents, injuries, and casualties that can result from mishandling equipment, switches, and derails.

Let's take a closer look at these three areas. Under these three main areas, there are eight leading causes of accidents.

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1. Introduction



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Leading Human Factor Causes of Accidents

Under the **Shoving Movements** area, the causes are:

1. Someone fails to control a shoving movement, or
2. An employee is distracted during a shoving movement.

Under **Switches and Derails** the causes are:

3. An employee improperly lines a switch.
4. Someone does not latch or lock a switch.
5. A switch was previously run through.
6. Someone fails to apply or remove a derail.

We can prevent over HALF of all accidents that are caused by human factors!

Under the **Cars Left Foul** the causes are:

7. An employee leaves equipment in the foul.
8. Someone shoves a car back and leaves the car out of the clear.

Please note that these eight causes involve people and the behavior they choose to do or choose not to do. If we can change that human behavior, we can prevent over HALF of all accidents that are caused by human factors! Now, that's a goal worth working toward!

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1. Introduction



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Violations

It is important that you **never** violate an FRA 218 Subpart F rule, because YOU can be personally penalized, along with supervisors, the Metra Railroad, and possibly the Metra Officers. The exact cost of the fine depends on whether the violation occurred unintentionally or willfully. In other words, did the violation occur accidentally or on purpose? Later in this training, you will see a detailed list outlining the rules violations and fines. There is no need to memorize these fines. Just be aware that the cost may be significant to YOU personally!

1. WHO can be penalized?

- Employees (YOU may be personally fined!)
- Supervisors.
- Metra.
- Metra Officers.

2. How much are the fines?

- Fines vary depending on intent.
 - Unintentionally (accidentally.)
 - Willfully (on purpose.)
- Vary from \$7,500 - \$16,000.

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Your Responsibilities

Your responsibilities are to:

- Learn and understand the rules.
- Recognize rule violations.
- Know how to submit a Good Faith Challenge if you are given a directive you believe violates an FRA 218 rule.
- Pass the 20-question online exam related to these important operating practices. You must correctly answer 14 (70%) or more questions to become FRA 218 qualified.
- By following the FRA 218 Regulations, you will contribute to a safer environment for you, all your co-workers, and our passengers!

Rules Education

Knowledge + Understanding + Application = Compliance



1. Introduction



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Why take this training?

Just after FRA 218 was passed, two guys working on the railroad were killed because of a gross violation of this rule. A switch crew performed their functions, which of course is dark territory, and came back to the yard.

However, nobody went back to the mainline switch to make sure it was lined for the main. Since this is dark territory a train may run up to 49 mph.

At about 2:00 a.m., a train crew came barreling through there and, of course, the switch was lined for the yard. At 49 mph they took the switch, screeched into the yard, and piled into the other set of equipment.

It was a horrific accident! In fact, it took over 24 hours before they could extract the bodies from the mangled wreck.

Here's the important lesson - their deaths and the property damage could have been avoided IF anyone on this crew had remembered to ask if the switch had been lined for the main. If you think these regulations do not apply to you, remember you are part of a SYSTEM. What other people do affects you.

We need to have each other's backs. This training will help ensure that we are all working more safely.

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Remember, what other people do affects you.

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FRA 218 Mechanical Course



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