

Metra Evaluation

Metra Evaluation

If you have not yet registered, please make sure that you go to the [registration page](#) and register. If you take this course and are not properly registered it may slow our response down in placing your name on the completion database.

You can print a blank copy of the question prior to reading the course. Write down the answers as you go and fill them out here when you finish and submit.

Please fill out the information below.

First Name	<input type="text"/>
Last Name	<input type="text"/>
E-mail	<input type="text"/>
Company	<input type="text"/>

If you facilitated this course and persons other than you went through this course, please fill out their names below. Each student must be individually registered and paid for to get credit for this course.

Metra Contractor Orientation Course Exercise

1. What is your first priority when working on Metra property?
 - A. Efficiency
 - B. Deadlines
 - C. Safety
 - D. Quality

2. How must all accidents and injuries be reported to the proper authority?
 - A. Before the next workday.
 - B. By the first means of communication.
 - C. Before the end of the shift.
 - D. In writing.

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3. Which of the following are prohibited while on Metra property?
- A. Alcohol and drugs.
 - B. Firearms or other deadly weapons.
 - C. Knives with a blade longer than 3 inches.
 - D. All of the above.
-
4. How must contractor employees be alert to the movement of trains, engines, cars or other moveable equipment?
- A. At any time, on any track and in either direction.
 - B. Only when notified of such movement.
 - C. Never, it is the responsibility of train and equipment operators.
 - D. Only during conditions of reduced visibility.
-
5. To provide the safest possible work environment, contractors must actively participate in what?
- A. Notifying Metra to clean up the worksite.
 - B. Posting warnings around debris.
 - C. Practicing housekeeping.
 - D. Establishing a suitable dumpsite.
-
6. What must be performed before the start of each day, or each time the environment, physical characteristics or tasks change the working conditions?
- A. Security check.
 - B. Morning meeting.
 - C. Safety analysis.
 - D. Job briefing.
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7. Which of the following types of clothing are prohibited when working at Metra?
- A. Torn, loose or baggy clothing.
 - B. Short pants
 - C. Clothing that interferes with vision, hearing, or free use of the hands and feet.
 - D. All of the above.
-
8. Which types of shoes are allowed when working at Metra?
- A. Cowboy boots.
 - B. Athletic shoes.
 - C. Unbuckled or unlaced boots.
 - D. ANSI Standard footwear.
-
9. Basic PPE (Personal Protective Equipment) may include which of the following?
- A. Safety glasses that provide side protection.
 - B. Protective hardhat.
 - C. Suitable protective gloves.
 - D. All of the above.
-
10. Is it permissible to walk, sit or step on rails, frogs, switches, guardrails, interlocking machinery, or moveable connections?
- A. Yes, when necessary.
 - B. No, under any circumstances.
-
11. Who instructs contractor employees as to where they will go in order to clear tracks for passing trains, locomotives, or cars?
- A. Job site foreman.

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- B. Employee in Charge.
 - C. Road Foreman.
 - D. Metra Police.
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12. In the event of an injury or death, who must promptly inspect all tools, machinery, and other equipment?

- A. Foreman
 - B. Person in charge.
 - C. Competent inspector.
 - D. Any of the above.
-

13. Is it permissible to work within 25 feet of tracks without notifying Metra to provide protection if you are not fouling the track?

- A. Yes.
 - B. No.
-

14. A railroad employee responsible for safety, instruction, performance, and protection of all employees under his jurisdiction is known as what?

- A. Safety officer.
 - B. Director of Safety and Rules
 - C. Employee in charge.
 - D. Compliance officer.
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15. An employee assigned to restrict the movement of trains or other track equipment is known as what?

- A. Flagman.
- B. Conductor.

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- C. Dispatcher.
 - D. Controller.
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16. Fouling is a situation when an individual or equipment is within what distance of the track?

- A. 20 feet.
 - B. 15 feet.
 - C. 10 feet.
 - D. 4 feet.
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17. What is a Roadway Worker?

- A. Contractor employee engaged in road paving.
 - B. Contractor employee hired by Metra engaged in inspection, construction, maintenance or repair of railroad facilities and systems.
 - C. Railroad employees only.
 - D. Workers identified by green reflective vests.
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18. A condition in which the railroad's job briefing and rules provide separation between roadway workers and trains or on-track equipment is called what?

- A. Work site safety.
 - B. On-track safety.
 - C. Safety zone.
 - D. Off-track safety.
-

19. How soon must roadway workers be clear of the track in advance of an approaching train?

- A. When the headlight is visible.
- B. When the horn is heard.

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- C. 15 seconds before the train arrives at that location.
 - D. 1 minute before the train arrives at that location.
-

20. When clearing the track for an approaching train, which of the following procedures must be observed?

- A. Report to the location designated during the job briefing.
 - B. Do not leave tools, material or objects where they may be struck by a train.
 - C. Stay clear of track while the train is passing.
 - D. All of the above.
-

21. A portion of track within the limits of exclusive track occupancy, established by mileposts, station signs, switches, signals, catenary structures, or orange banners is known as what?

- A. Working zone.
 - B. Working limits.
 - C. Limited track.
 - D. Restricted track.
-

22. Metra and each roadway worker are jointly responsible for ensuring that what is provided?

- A. On-track safety.
 - B. Secure work area.
 - C. Safe use of tools and equipment.
 - D. Safe disposal of hazardous materials.
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23. If a roadway worker has an honest concern about whether on-track safety procedures are in compliance with Metra rules, what must they do?

- A. Be able to explain the concern about the protection provided.

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- B. Immediately notify the employee in charge of all safety concerns.
 - C. Notify the foreman to shut down the worksite.
 - D. Both A and B are correct.
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24. If these concerns are not adequately addressed, what are the next steps the roadway worker should take?

- A. Notify any other roadway worker of the potential danger.
 - B. Remain clear of the track.
 - C. Complete an On-Track Protection Challenge Form.
 - D. All of the above.
-

25. Is it permissible to work beyond the limits used to establish exclusive track occupancy?

- A. Yes.
 - B. No.
-

26. Who must participate in an initial job briefing?

- A. Employee in charge and the work site foremen.
 - B. All roadway workers.
 - C. Only roadway workers who may potentially occupy or foul the track.
 - D. Only equipment operators who may foul the track.
-

27. Does Metra have the authority to shut down a project in the event of failure to comply with its Safety Rules?

- A. Yes.
 - B. No.
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28. Could flagrant, continuous and willful violations of Metra's Safety Rules result in termination of a contract?

A. Yes.

B. No.

WHEREAS,

Your Company

is obtaining this orientation and any of the materials provided for certain of its employees who work on or about railroad equipment, and WHEREAS, THE METRA RAILROAD COMPANY, hereinafter called "METRA", is willing to provide this orientation and any of the materials provided, but only upon the following terms and conditions, NOW THEREFORE, it is agreed as follows: In consideration of this orientation and any of the materials provided to the employee and management of your company or you as an individual for their internal use by you, hereby assume all risk of and agrees to indemnify and hold METRA and the administrator of this site harmless from any personal injury to or death of its officers, agents and employees, and loss of or damage to property in its or their custody or possession, which shall in any manner arise from or be alleged to be due to in, in whole or in part, this orientation or materials provided to its employees by METRA, EXCEPT TO THE EXTENT SUCH INJURIES OR DAMAGES BE CAUSED BY OR CONTRIBUTED TO BY THE INTENTIONAL MISCONDUCT OR GROSS NEGLIGENCE OF METRA, ITS OFFICERS, EMPLOYEES, AGENTS, OR ANY THIRD PARTY. METRA is hereby released and forever discharged, as well as its subsidiary and affiliated companies, and the officers, agents, and employees of said companies, from all claims, liabilities, and costs of every kind by reason of any such injury to or death of persons and loss of or damage to property. This Release shall be binding upon the submission of this document.

I understand that by submitting my name and, as applicable, the names of the other individuals who have completed this orientation section, I am indicating that (I), these personnel have actually completed this section of the orientation and understand this document. I am an employee and/or officer of the corporation named above, who is duly authorized and fully empowered by said corporation to execute the same on its behalf or myself as an individual.

If you receive an error message when you submit your answers, you can email your answers to the Webmaster for processing.

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