

Contractor Orientation Course Exercise
UPRR Railroad

Full Name _____
Email _____

Date _____

Company _____

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.

List all additional students here: _____

1. What is your first priority when working on Union Pacific Railroad?
 - A. Production
 - B. Safety
 - C. Quality
 - D. Project deadline

2. Before working on UP property, the contractor must:
 - A. Have a valid right of entry agreement
 - B. Notify the railroad representative at least 48 hours prior to commencing work and at least 24 hours prior to commencing any work within 25 feet of any track.
 - C. Ensure all employees have received the required training for their work.
 - D. All of the above

3. Is it permissible to wear red clothing when working within 25 feet of a track?
 - A. Yes
 - B. No

4. In addition to a hard hat, what forms of personal protective equipment must employees wear when working on UP?
 - A. Safety glasses with side shields
 - B. Orange, reflective vest when working within 25 feet of a track
 - C. Hearing protection when working near work equipment or power tools
 - D. All of the above

5. Is it permissible to work within 25 feet of the track without a railroad employee in charge if you are not fouling the track with equipment?
 - A. Yes
 - B. No

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6. Who has the obligation to train employees in the FRA's Roadway Worker Protection regulations?
- A. Employer
 - B. Host railroad
 - C. Railroad's employee in charge
 - D. FRA
7. What must the On-Track Safety job briefing include?
- A. Form of On-Track Safety in place
 - B. Limits of any track authority
 - C. Instructions on clearing the track
 - D. All of the above
8. If, in the opinion of the railroad's employee in charge, any of the contractor's equipment is unsafe for use, the contractor must:
- A. Display a red flag on the equipment
 - B. Not allow railroad personnel with 25 feet of the equipment while it is working
 - C. Remove the equipment from the railroad's property
 - D. Any of the above
9. Are operators of equipment required to comply with UP's rules on lockout/tagout?
- A. Yes
 - B. No
10. Seat belts must always be worn except when the vehicle or machine is on the rail.
- A. True
 - B. False
11. All self-propelled equipment must be equipped with a:
- A. First aid kit
 - B. Fire extinguisher
 - C. Audible back-up alarm
 - D. All of the above
12. All unattended equipment must be parked at least ____ feet from any track and at least ____ feet from any road crossing.
- A. 10; 25
 - B. 25; 50
 - C. 25; 250
 - D. 50; 250

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13. Cranes must be equipped with 3 orange cones to mark the working radius of the crane and to:
- A. Protect the crane on the highway in an emergency**
 - B. Mark the minimum clearances to overhead power lines**
 - C. Block vehicular traffic through the work area**
 - D. Identify dangerous work areas**
14. The contractor must promptly notify UP of any:
- A. OSHA reportable injury**
 - B. Inspections conducted by federal, state or local government agencies**
 - C. Damage to railroad property**
 - D. All of the above**
15. Employees must not use, be under the influence of or have in their possession any alcoholic beverage or illegally obtained drug, narcotic or other substance while on railroad property.
- A. True**
 - B. False**
16. Open fires are permitted on UP property as long as the contractor is equipped with proper fire-suppression equipment.
- A. True**
 - B. False**
17. All contractor's vehicles must stop at _____ railroad crossings.
- A. Cross-buck**
 - B. Automatic**
 - C. County**
 - D. All**
18. All employees must participate in a job briefing before work begins.
- A. True**
 - B. False**
19. All track work performed by the contractor must meet the minimum safety requirements contained in:
- A. FRA's Roadway Worker Protection regulations**
 - B. FRA's Track Safety Standards**
 - C. AAR's Track Maintenance Standards**
 - D. OSHA's Track Safety Standards**

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20. All excavations, holes and trenches must be protected to prevent injuries to workers, railroad employees and the public.
- A. True**
 - B. False**
21. You must always expect the movement of trains and equipment:
- A. On any track**
 - B. At any time**
 - C. In either direction**
 - D. All of the above**
22. Do not walk between railroad cars, engines or equipment unless the opening is at least ___ feet.
- A. 10**
 - B. 25**
 - C. 50**
 - D. 100**
23. Do not walk or stand on a track unless:
- A. Red flags are displayed**
 - B. Sight distance is at least 1/4 mile in each direction**
 - C. Authorized by the railroad's EIC**
 - D. All of the above**
24. Before stepping over or crossing tracks:
- A. Look in both directions**
 - B. Step on rails to ensure good footing**
 - C. Ensure red flags are set in each direction**
 - D. All of the above**
25. All employees must protect the environment by:
- A. Conducting a daily clean-up of the work area, properly disposing of any waste.**
 - B. Providing a means to capture fluids leaking from equipment.**
 - C. Not dumping, burying or burning waste material on UP property.**
 - D. All of the above**
26. Contractor's employees working on a railroad bridge must comply with:
- A. FRA's Bridge Worker Protection regulations**
 - B. OSHA's Fall Protection regulations**

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27. Contractor's employees working on other elevated structures must comply with:
- A. FRA's Bridge Worker Protection regulations**
 - B. OSHA's Fall Protection regulations**
28. If it is necessary to enter or work in a confined space, the contractor must:
- A. Request a confined space entry permit from OSHA**
 - B. Review the confined space entry plan with the railroad's EIC**
 - C. Document each movement into and out of the confined space**
 - D. All of the above**
29. Before working in any railroad tunnel on UP, the contractor must:
- A. Medically clear and fit-test their employees for respirator use**
 - B. Review the tunnel safety plan with the railroad's EIC**
 - C. Participate in the job briefing prior to entering the tunnel**
 - D. All of the above**
30. If it is necessary to work in or around an excavation, the contractor must review the excavation safety plan with the railroad's EIC.
- A. True**
 - B. False**
31. Contractors must provide UP with copies of the ____ for any hazardous chemicals that will be used prior to bringing them into a UP facility or using them on UP property.
- A. Hazardous Chemical Bill of Lading**
 - B. Material Safety Data Sheet**
 - C. Emergency Response Certification**
 - D. HazCom Products Liability Waiver**
32. In the event of a spill involving hazardous chemicals, the contractor must immediately:
- A. Cover the spill with dirt**
 - B. Barricade the area with orange cones**
 - C. Call UP's Risk Management Communications Center**
 - D. All of the above**
33. When working with any materials known to contain asbestos, the contractor must review with the railroad's EIC their plan to protect all personnel from the hazards of airborne asbestos.
- A. True**
 - B. False**

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34. When employees are exposed to lead, the contractor must have and comply with a program that protects its employees and others who are in or near the work site from the hazards of airborne lead.

- A. True
- B. False

35. In addition to all requirements contained in this orientation program, contractors must comply with all federal and state regulations governing workplace safety.

- A. True
- B. False

WHEREAS, List your company name here _____

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 UNION PACIFIC RAILROAD, hereinafter called "UPRR", 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 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 UPRR 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 UPRR, EXCEPT TO THE EXTENT SUCH INJURIES OR DAMAGES BE CAUSED BY OR CONTRIBUTED TO BY THE INTENTIONAL MISCONDUCT OR GROSS NEGLIGENCE OF UPRR, ITS OFFICERS, EMPLOYEES, AGENTS, OR ANY THIRD PARTY. UPRR 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 these personnel have actually completed this section of the orientation and understand this document. I am an 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.

NOTE: If you do not receive your course completion card within 10 working days please email our office.

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webmaster@contractororientation.com