



Raising and Removing Speed Restrictions Following Civil Engineering Work – “Trackback” Initial

Course Aims

This course is intended to affirm the understanding of the requirements and procedures for the Raising or Removing of Speed Restrictions following track renewals and engineering works, in accordance with the current Network Rail Standards.

Learning Objectives

By the end of this course the delegates will: –

- Be able to handback following track renewals under mentorship
- Be able to handback following engineering works under mentorship
- Be aware of current standards and specifications
- Be able to identify safety critical and non-critical track defects
- Have the ability to undertake all the checks required to handback.
- All operatives will leave with a post course mentoring booklet.

Course Duration

Five days in total, consisting of: -
classroom training and examination and on site practical

Post Course

Mentorship period must be completed in 6 months.

A 1-day assessment will be carried out following mentorship period.

Pre-requisites

Delegates should have an in-depth knowledge and experience in the Permanent Way and in particular Track Geometry. Pre-training questions must be completed prior to training start date.

Delegates should meet the requirements of network rail standard NR/L2/OHS/00124 competence specific fitness medical requirements to minimum level 4 and Network Rail Standard NR/L1/OHS/051 (Drugs & Alcohol)

Must have sufficient command of the English language as detailed in Network Rail Company Specification NR/S/CTM/021 (competence & Training in Track Safety)

Personal Protective Equipment

This course requires the delegate to be on or near the running line, therefore, he/she MUST be in possession of: –

- Valid P. T. S. Card
- Protective “all orange” High Visibility Clothing to BS EN 471:2003
- Safety Footwear to BS EN ISO 20345:2004
- Safety Helmet (white/blue) to BS EN 397:1995
- General Purpose Gloves to BS EN388:2121
- Safety Glasses to BS EN 166 and of Optical Class 1 with Impact Resistance F

Certification

A Certificate of Competence (under mentorship) will be awarded to the delegate on successful completion of the 5 days if successful.

A certificate of competence will be awarded after mentorship period and assessment is successful.