

Assistant Response

When working with switches on the CSX Railroad, it's crucial to follow specific safety procedures to ensure both your safety and the proper operation of the switch. Here are some key points to keep in mind:

1. General Safety Precautions:

- Always be aware that a switch lever may be under tension. Ensure that the lever does not fly up or swing around and hit you when you release it from its latch or keeper.
- Before operating a switch or derail, identify the type of switch or derail to be operated.
- Ensure the device is not locked, spiked, or tagged out of service.
- Check that there is nothing in the points of the switch or derail that will interfere with its operation.
- Look in both directions for moving equipment.
- Ensure no obstructions will interfere with operating the switch.

2. Handling the Switch:

- Release the latch if the switch is equipped with one.
- Center your feet with the lever's handle and stand as close as possible to the handle.
- Grasp the lever's handle with both hands.
- Lift the lever's handle with slow, even pressure to the straight-up position.
- Reposition your feet so that your body will be over the lever on its downward movement.
- Push the lever downward to the latched position using steady pressure.
- Ensure the switch is latched and the switch points are in the proper position.

3. Operating Specific Types of Switches:

- For low Ramapo, National, or Bow Handle switches:
 - Remove the switch lock.
 - Move the latch to the RELEASE position and ensure it remains in the RELEASE position.
 - Firmly grasp the handle with both hands and raise it to a vertical position using a steady, even pull.
 - While maintaining your balance, push the handle down with steady, even pressure.
 - Reposition the latch and replace and lock the switch lock.
 - Ensure the switch points are in the proper position.
- For high-stand switches:
 - Pull the lever with both hands.

Sources used:

- CSX Safe Way, pages 17, 58, 59
- https://www.dot.ny.gov/main/business-center/designbuildproject/repository/CSXT_Safeway_2012_07-01.pdf#page=17
- https://www.dot.ny.gov/main/business-center/designbuildproject/repository/CSXT_Safeway_2012_07-01.pdf#page=58
- https://www.dot.ny.gov/main/business-center/designbuildproject/repository/CSXT_Safeway_2012_07-01.pdf#page=59

If you have any specific questions or need further clarification, feel free to ask!