



CNTL Life Critical Rules

- ① Be Prepared, rested and fit for duty
- ② Respect the HOS (Hours Of Service) Compliance
- ③ When in doubt get Out And Look – G.O.A.L
- ④ Always do Pre-Trip and Post Trip routing for all equipment
- ⑤ Practice condition awareness management to gage safe distance and speed
- ⑥ Wear the proper PPE at all times
- ⑦ Always maintain 3 point of contact
- ⑧ Be safe around rail crossings, stop, look and don't cross if there is not enough time
- ⑨ Always comply to the specific terminal operating rules
- ⑩ Watch for pinch points