

as pieces are liable to fly off. Spike mauls should not be used for striking chisels. When cutting rails the practice of lifting the rail as high as the men can reach and allowing it to drop should not be permitted. The use of a rail bender is the proper method of breaking the rail after cutting.

Holding a spike maul on the head of a spike and striking it with another maul, is dangerous, and must not be permitted as the steel is brittle and liable to break, and when pulling spikes the claw bar should not be driven under the spike head by striking it with a maul, as the spike head or pieces of the bar are liable to fly off.

Track jacks should be handled with care to avoid accidental tripping and the most competent men in the gang should be assigned to this work.

Jumping on and off moving cars and trains, crawling under cars, climbing over cars in yards, passing between cars standing close together, taking shelter from rain under cars, sitting under cars to eat lunch, getting on and off hand and push cars in motion, running hand and push cars or motor cars over interlocked switches without a clear understanding with the tower man, applying brakes on hand and motor cars without warning to the men on the car, allowing the men to leave track tools on or near track, leaving planks with nails projecting from them, standing, walking or working on tracks while trains are passing on adjacent tracks, riding on or standing close to a plough when unloading ballast or other material, standing near cables when ploughing off cars, sitting on brake wheels of cars at any time, running hand cars and motor cars at