

tendency to slide, trenches must be back-filled with coarse clean gravel; in other cases backfilling can be done with cinders.

On no account must any of the material excavated from the trench be used as back-filling; it must all be moved out of the cut and used for bank widening or otherwise disposed of.

The outlets must be properly protected with rip-rap, and drainage at discharge should have a clear drop of at least six inches.

"SAFETY FIRST" APPLIED TO MAINTENANCE OF WAY EMPLOYEES.

Every Roadmaster and Foreman, whether a member of a Safety Committee or not, should consider it his duty to give attention to all matters, pertaining to the safety of the men employed under him. Many dangerous methods are in use by trackmen in performing track construction, repair work, and in handling tools; and foremen should be always on the lookout for these methods and by advice and example, endeavour to correct them. Lack of system and bad practice are responsible for many injuries.

Talking when performing dangerous work should be stopped as much as possible.

When handling rails there should be a competent man at each end of the rail with the rest of the gang paying attention to these men. Tongs should be used when carrying rails.

Rail chisels should be kept in good repair and those with badly battered or split heads not used

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