



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/post-trip inspections for all equipment
- ⑤ Practice condition awareness management to gauge safe distance and speed
- ⑥ Always wear the proper PPE
- ⑦ Always maintain 3 points of contact
- ⑧ Be safe around rail crossings; stop, look and don't cross if there is not enough time and space
- ⑨ Always comply with specific terminal operating rules
- ⑩ Watch for pinch points