



What Work Practices Can Help Protect Me from Diesel Exhaust?

- Minimize deadheading in trailing units.
- Don't start or run locomotives or work equipment inside shops.
- Don't stop a running locomotive in a tunnel of any length.
- No manned helpers in long tunnels.
- Minimize the time spent in areas where diesel exhaust can accumulate.



What PPE Can Help Protect Me from Diesel Exhaust?

- Personal protective equipment is not required for normal locomotive operations.
- Air purifying respirators (APR), equipped with HEPA/organic vapor/acid gas cartridges may increase the comfort level of some train crew members traveling through tunnels.
 - ▶ *Don't use APR if concentrations could exceed exposure standards. Supplied air units are available for such situations.*