

**§ 57.14215**

**§ 57.14215 Coupling or uncoupling cars.**

Prior to coupling or uncoupling cars manually, trains shall be brought to a complete stop, and then moved at minimum tram speed until the coupling or uncoupling activity is completed. Coupling or uncoupling shall not be attempted from the inside of curves unless the railroad and cars are designed to eliminate hazards to persons.

**§ 57.14216 Backpoling.**

Backpoling of trolleys is prohibited except where there is inadequate clearance to reverse the trolley pole. Where backpoling is required, it shall be done only at the minimum tram speed of the trolley.

**§ 57.14217 Securing parked railcars.**

Parked railcars shall be blocked securely unless held effectively by brakes.

**§ 57.14218 Movement of equipment on adjacent tracks.**

When a locomotive on one track is used to move rail equipment on adjacent tracks, a chain, cable, or drawbar shall be used which is capable of withstanding the loads to which it could be subjected.

**§ 57.14219 Brakeman signals.**

When a train is under the direction of a brakeman and the train operator cannot clearly recognize the brakeman's signals, the train operator shall bring the train to a stop.

APPENDIX I TO SUBPART M OF PART 57—  
NATIONAL CONSENSUS STANDARDS

Mine operators seeking further information regarding the construction and installation of falling object protective structures (FOPS) may consult the following national consensus standards, as applicable.

MSHA STANDARD 57.14106, FALLING OBJECT PROTECTION

Equipment	National consensus standard
Front-end loaders and bulldozers.	Society of Automotive Engineers (SAE) minimum performance criteria for falling object protective structures (FOPS) SAE J231—January, 1981.

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MSHA STANDARD 57.14106, FALLING OBJECT PROTECTION—Continued

Equipment	National consensus standard
Fork-lift trucks .....	American National Standards Institute (ANSI) safety standard for low lift and high lift trucks, B 56.1, section 7.27—1983; or American National Standards Institute (ANSI) standard, rough terrain fork lift trucks, B 56.6—1987.

**Subpart N—Personal Protection**

SURFACE AND UNDERGROUND

**§ 57.15001 First aid materials.**

Adequate first-aid materials, including stretchers and blankets shall be provided at places convenient to all working areas. Water or neutralizing agents shall be available where corrosive chemicals or other harmful substances are stored, handled, or used.

**§ 57.15002 Hard hats.**

All persons shall wear suitable hard hats when in or around a mine or plant where falling objects may create a hazard.

**§ 57.15003 Protective footwear.**

All persons shall wear suitable protective footwear when in or around an area of a mine or plant where a hazard exists which could cause an injury to the feet.

**§ 57.15004 Eye protection.**

All persons shall wear safety glasses, goggles, or face shields or other suitable protective devices when in or around an area of a mine or plant where a hazard exists which could cause injury to unprotected eyes.

**§ 57.15005 Safety belts and lines.**

Safety belts and lines shall be worn when persons work where there is danger of falling; a second person shall tend the lifeline when bins, tanks, or other dangerous areas are entered.

**§ 57.15006 Protective equipment and clothing for hazards and irritants.**

Special protective equipment and special protective clothing shall be provided, maintained in a sanitary and reliable condition and used whenever