**RESIDUAL FUNCTIONAL CAPACITY Occupational Questionnaire: Locomotive Engineer**

**Job Summary**

Locomotive engineers typically do the following: Monitor speed, air pressure, battery use, and other instruments to ensure that the locomotive runs smoothly. Observe track for obstructions, such as fallen tree branches. Use a variety of controls, such as throttles and airbrakes, to operate the train. Operate locomotives used by train lines. Check trains for mechanical problems. Make minor or major repairs. Order parts for train. Return locomotives to service station for repairs. Operate automated systems that move passenger and freight cars into place in rail yards. Add or remove cars from the locomotive. Load and unload freight. Watch and operate instruments that measure air pressure, speed and battery power, and work the train's controls. Operate air brakes and throttles. Be aware of number of cars and contents. Check weather conditions to halt or stop trains in case of severe weather. Ensure train adheres to timetable. Follow railroad regulations. Document repairs in maintenance log. Build new carriages and engines. Fit carts with upholstery. Make new parts as needed. Take apart and test instruments. Inspect carts and parts for wear and tear.

Supervise conductors and train crews on a train and coordinate switch engine crews.  Place cars to facilitate loading and unloading and the makeup and breakdown on trains in a rail yard, industrial plant, or similar location. Work safely to prevent on the job accidents and injuries. Wear protective equipment including hearing protection, safety-toe boots, or safety glasses. Work hours may include a nonstandard workweek, overtime, and various shift work, including on-call 7 days a week, 24 hours per day, with extended periods of time away from home and short rest between assignments in accordance with the hours of service regulation. Must be able to report to work safely with two-hour notice. Strict disciplinary policy regarding inability to report to work within proper time frame, or failure to accept a call for work. Advance to engineer position when required, based on seniority. Must pass a medical examination, including a drug screen

***Please check that which the patient is able to do:***

**Locomotive engineers frequently:**

\_\_ Use their hands to handle, control, or feel objects, tools, or controls.

\_\_ Sit for long periods of time.

\_\_ Repeat the same movements.

**Primary Activities and Responsibilities**

\_\_ Ensure compliance with all train orders, signals, and railroad rules and regulations for safety, operations, and the Federal Railroad Administration (FRA)

\_\_ Review instructions from dispatchers and yardmasters, and discuss with locomotive engineer and train crew

\_\_ Inspect all equipment on cars prior to departures

\_\_ Receive and transmit information by radio and telephone

\_\_ Read and understand bulletins, work orders, and switch lists

\_\_ Assist and instruct train crews to couple and uncouple cars, operate switches, and make minor repairs to railcars, including replacing heavy couplings or air brake hoses

\_\_ Work with customers to ensure accurate movement and placement of cars

\_\_ Maintain awareness of surrounding area and suspicious activity to ensure rail safety

\_\_ Operate locomotive equipment through the use of remote-control device.

\_\_ Comprehend color and/or hand signals and systems

\_\_ Quickly and repeatedly make precise adjustments in moving the controls of a machine or vehicle to exact positions.

**General Physical Requirements**

\_\_ Medium to heavy work, lifting up to 50 pounds occasionally (Up to !/3 of an 8 hour day) and up to 83 pounds on a rare (up to 6% of an 8 hour day) basis

\_\_ Work outside in all weather conditions at heights up to 20 ft.

\_\_ Stoop/bend/kneel/crouch/crawl/balance/climb

\_\_ Work in cramped, confined, enclosed, or awkward places

\_\_ Ride on the outside of rail equipment for long periods of time

\_\_ Walk long distances over uneven terrain

\_\_ Demonstrate auditory and visual acuity/tracking/inspection

\_\_ Must meet color vision requirements as described in the Federal Railroad Administration (FRA) Regulations

\_\_ Verbal comprehension (Understand oral and written communications--both general and technical)

\_\_ Communication skills (provide clear instructions/directions)

\_\_ Reasoning skills (problem solving and troubleshooting skills)

**Locomotive Engineers - Physical Demands\***

**It is important for locomotive engineers also to be able to:**

\_\_ See details of objects that are more than a few feet away.

\_\_ Make quick, precise adjustments to machine controls.

\_\_ React quickly using hands, fingers, or feet.

\_\_ Choose quickly and correctly among various movements when responding to different signals.

\_\_ See details of objects that are less than a few feet away.

\_\_ Determine the distance between objects.

\_\_ Adjust body movements or equipment controls to keep pace with speed changes of moving objects.

\_\_ Move two or more limbs together (for example, two arms, two legs, or one leg and one arm) while remaining in place.

\_\_ Use one or two hands to grasp, move, or assemble objects.

\_\_ Speak clearly so listeners can understand.

\_\_ Focus on one source of sound and ignore others.

\_\_ Understand the speech of another person.

\_\_ See differences between colors, shades, and brightness.

\_\_ Hold arm and hand in one position or hold the hand steady while moving the arm.

\_\_ Hear sounds and recognize the difference between them.

\_\_ Use fingers to grasp, move, or assemble very small objects.

\_\_ It is not as important, but still necessary, for locomotive engineers to be able to:

\_\_ Use stomach and lower back muscles to support the body for long periods without getting tired.

\_\_ While looking forward, see objects or movements that are off to the side.

\_\_ See objects in very bright or glaring light.

\_\_ Make fast, repeated movements of fingers, hands, and wrists.

\_\_ Use muscles to lift, push, pull, or carry heavy objects.

\_\_ Bend, stretch, twist, or reach out.

\_\_ Determine from which direction a sound came.

\_\_ Keep or regain the body's balance or stay upright when in an unstable position.

\_\_ Move arms and legs quickly.

\_\_ See objects in very low light.

\_\_ Coordinate movement of several parts of the body, such as arms and legs, while the body is moving.

\_\_ Use muscles for extended periods without getting tired.

\_\_ Be physically active for long periods without getting tired or out of breath.

**Reason/s for Restrictions:** **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**  **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Date Restrictions Above First Applied**: **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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**Physician’s Signature**  **Today’s Date**

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**Physician’s Printed Name Copyright: Mike Murburg, 2022**

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