
AMT-5 STUDY GUIDE

1. Which of the following types of footwear are acceptable personal protective equipment (PPE)?

- A:** Sandals, open toe, canvas, sports, sneaker, moccasin or loafer styles.
- B:** Footwear not completely buckled, zipped or laced, or with laces dangling far enough to
- C:** Footwear of sturdy construction, with a defined heel and of proper height to insure.
- D:** Footwear with loose, thin, cracked, ripple or wedge type soles without a definite heel.

REF: AMT-5, 5101

2. Which of the following are acceptable personal protective equipment (PPE)?

- A:** Clothing that is torn or loose enough to be hazardous.
- B:** Clothing that is greasy, oily, or saturated with flammable substance.
- C:** Clothing such as shorts and tank tops.
- D:** Gloves, clothing and headgear that gives ample protection, including against extreme weather conditions.

REF: AMT-5, 5107

3. Which of the following circumstances requires the use of approved safety glasses?

- A:** While on locomotives.
- B:** While on cab/control cars.
- C:** When inspecting trains.
- D:** All of the above are correct.

REF: AMT-5, 5102

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4. Which of the following are required to wear approved hearing protection while occupying the engine/machine room of any enclosed car body type locomotive?

- A:** Only the Engineer.
- B:** Only the Engineer and Assistant Engineer.
- C:** Only the Train and Engine crew.
- D:** All personnel.

REF: AMT-5, 5103

5. Which of the following are true when walking, sitting or standing?

- A:** Look for and stay clear of opening, slipping, tripping or falling hazard.
- B:** Do not walk through steam, smoke or other such vapor or substance, unless it does not obscure the view of the walking area.
- C:** Avoid area, when possible, where smoke or fire conditions exist.
- D:** All of the above are correct.

REF: AMT-5, 5201

6. When walking or standing, expect equipment to move:

- A:** At any time in any direction.
- B:** Only with the current of traffic.
- C:** In any direction, but only when switching work is being performed.
- D:** At any time, but only when switching work is being performed.

REF: AMT-5, 5204

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7. At what speed are employees allowed to get on or off moving equipment?

A: 10 mph.

B: 5 mph.

C: 2 mph.

D: Employees are prohibited from getting on or off moving equipment except in an emergency.

REF: AMT-5, 5306

8. Under what conditions may an employee occupy the roof of equipment?

A: When close clearance prevents employee from riding at other location.

B: When visibility is limited.

C: Employees are prohibited from occupying the roof of equipment.

D: Both A and B are correct.

REF: AMT-5, 5307

9. Under what conditions may an employee ride on the uncoupling lever, drawbar or knuckle?

A: When close clearance prevents employee from riding at other location.

B: Employees are prohibited from riding the on uncoupling lever, drawbar or knuckle.

C: When employee is on trailing end of equipment.

D: Both A and C are correct.

REF: AMT-5, 5307

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10. Which of the following are true when getting on or off standing equipment?

- A:** Jumping from one piece of equipment to another is allowed.
- B:** Mount or dismount away from main or live track when practicable.
- C:** Face away from equipment when dismounting using the ladder on a locomotive.
- D:** All of the above are correct.

REF: AMT-5, 5303

11. When riding in locomotives, employees should do which of the following when passing equipment on adjacent track?

- A:** Face opposite the direction of movement.
- B:** Move away from the side on which equipment is being passed.
- C:** Move toward the side on which equipment is being passed.
- D:** All of the above are correct.

REF: AMT-5, 5310

12. When chocking equipment, which of the following are true?

- A:** Be sure equipment is stopped.
- B:** Be sure hand brake has been set to hold.
- C:** Be sure chock does not extend beyond the side of the equipment.
- D:** All of the above are correct.

REF: AMT-5, 5312

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13. While coupling equipment, when are employees allowed to occupy the space between locomotives moving toward each other?

- A:** Employees are prohibited from occupying the space between moving locomotives to be coupled.
- B:** When adjusting the drawbar for proper coupling.
- C:** When opening the knuckle on the locomotive.
- D:** Both B and C are correct.

REF: AMT-3, 5502

14. When necessary to make adjustments to knuckles or drawbars, equipment must first be separated at least _____ feet.

- A:** 20
- B:** 15
- C:** 10
- D:** 5

REF: AMT-5, 5503

15. Which of the following are true when making adjustments to knuckles or drawbars?

- A:** Adjustments may be made by kicking equipment with foot.
- B:** Keep all parts of your body clear of pinch points.
- C:** Obtain assistance if adjustments cannot be made without strain or over exertion.
- D:** Both B and C are correct.

REF: AMT-5, 5503

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16. When uncoupling equipment which has air hoses coupled, which of the following are true?

- A:** Turn head away from uncoupling to avoid flying particles caused by air hoses parting.
- B:** Position yourself close to air hoses to restrain hose in the event angle cock was not closed.
- C:** Both A and B are correct.
- D:** None of the above are correct.

REF: AMT-5, 5506

17. When getting on or off or walking through locomotives, which of the following are true?

- A:** Observe overhead clearance at the doorways and take the necessary precautions to prevent striking head.
- B:** Observe nearby engine parts and keep clothing and self clear of any that are hot or moving.
- C:** Avoid using steps, ladders, grab irons, etc., that are damaged, defective or slippery.
- D:** All of the above are correct.

REF: AMT-5, 5311

18. Which of the following are true when working on or about high voltage electrical cabinets on a locomotive?

- A:** Open high voltage cabinets only when required to perform authorized work.
- B:** Use only a flashlight with non-metallic case.
- C:** When work is completed, close and secure all electrical cabinet doors or covers.
- D:** All of the above are correct.

REF: AMT-5, 5319;5320

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19. Never perform work between or under locomotives and/or cars until:

- A:** All electrical cables have been removed.
- B:** It is known that 480 volt HEP or power supply is SHUT DOWN, DE-ENERGIZED, and ISOLATED.
- C:** A mechanical department employee is on the scene.
- D:** All of the above are correct.

REF: AMT-5, 5602

20. Which of the following best represents the required response of the engineer when employees are working on the 480 volt HEP system on the locomotive and/or cars?

- A:** Engineer will start/energize the HEP system anytime he/she feels the system is ready.
- B:** Engineer will notify employees before starting/energizing the HEP system.
- C:** Engineer, as well as all other employees involved, must have a complete understanding of the work to be performed.
- D:** Both B and C are correct.

REF: AMT-5, 5602;5603

21. Prior to beginning a trip or when operating conditions change, all train and engine crew members must:

- A:** Hold a review of wage schedules.
- B:** Participate in a Job Briefing.
- C:** Call the yardmaster.
- D:** Notify the road foreman.

REF: AMT-5, 5000

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22. Prior to going on, under or between standing equipment for the purpose of coupling or uncoupling engines or cars, crew members must:

- A:** Discuss safety matters and work to be performed and communicate before action is taken.
- B:** Protect against moving equipment, secure equipment before action is taken, and obtain three point protection from the Engineer.
- C:** Mentor less experienced employees to perform service safely.
- D:** All of the above are correct.

REF: AMT-5, 5400

23. Train and engine service employees with less than one (1) year service and performing duties referred to in instruction 5400 must wear what while performing such service?

- A:** Red arm band.
- B:** White arm band.
- C:** Orange arm band.
- D:** Blue arm band.

REF: AMT-5, 5401

24. After crew members have contacted the engineer to obtain three point protection, when necessary to foul, go under, or between standing equipment, what actions must the engineer take?

- A:** Be sure slack has adjusted, then apply the train or engine air brakes.
- B:** Throttle must be in idle position, or controller in off position, and then place the reverser in neutral position.
- C:** Shut down and isolate HEP from the providing locomotive, if applicable.
- D:** All of the above are correct.

REF: AMT-5 5500, 5501

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25. On Amtrak Class P-42, P-40, and P32AC-DM locomotives to avoid personal injury, employees MUST NOT use the bottom rung of the F-end ladder while the locomotive is _____ ?

A: In Motion.

B: Stopped.

C: Backing up.

D: Shut down.

REF: Amt-3 9.1.3

26. When Three-Point Protection is no longer required, who can release it?

A: The Engineer.

B: The Conductor.

C: Only the employee who requested it.

D: The Dispatcher.

REF: Amt-5 5501(e)

27. How can the employee who requested Three-Point Protection release it?

A: By Hand Signal or Face-to-Face.

B: By Radio Communication or Face-to-Face.

C: By Hand Signal or Radio Communication.

D: Both B and C are correct.

REF: Amt-5 5501(e)

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ANSWERS	
1.	C
2.	D
3.	D
4.	D
5.	D
6.	A
7.	D
8.	C
9.	B
10.	B
11.	B
12.	D
13.	A
14.	A
15.	D
16.	A
17.	D
18.	D
19.	B
20.	D
21.	B
22.	D
23.	C
24.	D
25.	A
26.	C
27.	B

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