

Appendix One

GENERAL HAND SIGNALS

Hand signals may be given with the hand, flag, or lantern as follows:

- A. STOP — Swung at arm's length down from the shoulder and across the track
- B. PROCEED — Raised and lowered vertically and parallel to the track
- C. BACK — Swung vertically in circles across the track
- D. REDUCE SPEED — Arms held horizontally to the chest with a slight motion of the hands

SIGNALS OF THE ENGINEER

Whistle signals should be used by the engineer whenever practical to give, ask for, or acknowledge information about the movement of his train. When double-heading, the lead engine should give the signals when possible. The whistle should not be used unnecessarily.