

Ballast - Regulate - Manual

Scope Includes: Regulating ballast by hand
Excludes: Regulating ballast using OTMs, RRVs

Preparation

Tools, equipment and plant items required but not limited to:

- Shovels, forks
- Baskets and skates if required

Work planning considerations:

- Weather precautions and rail temperature
- Pre-work site inspection
- Amount of ballast to be regulated and extent of site
- Signalling requirements
- Traction requirements
- Proximity to other equipment and structures

Method

1. Work in one direction, moving ballast from heaviest areas first.
2. Ensure that the finished ballast profile is compliant to NR/SP/TRK/102 as detailed below:

Location	Minimum width of shoulder (mm) (1)	Height of shoulder above sleeper top (mm)
Straight track; curves over 2000m radius	450	125 in all cases
Speed over 125 mph	375	
Speed under 125 mph	450	
Curved track with radius 200m or less	450	
Any discontinuity (2)	450	
Notes: 1. The width of the ballast shoulder is measured outside the sleeper ends, at sleeper-top level. 2. Discontinuities include insulated joints, adjustment switches, abutting toes of S&C, and catch points. The wider shoulder shall apply over not fewer than 10 bays each side of the discontinuity.		

3. Ensure that all sleeper fastenings are exposed and clear of ballast.
4. Take extra care around all cables, S&C, and other S&T or E&P equipment.
5. If ballast needs to be moved more than 10m consider use of a basket and skate.
6. After work has been completed ensure all infrastructure equipment is working correctly and not obstructed by ballast.
7. Remove excess ballast from site.

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References

Supports Ellipse Standard job

- 009121 Ballast - Regulate - manual

If applicable refer to the following directly associated documents:

- NR/SP/TRK/001 Inspection and Maintenance of Permanent Way
- NR/SP/TRK/102 Track Construction Standards
- NR/PRC/MTC/TK0002 Planning of Maintenance Works using OTMs
- NR/PRC/MTC/TK0003 Control of OTMs
- NR/PRC/MTC/TK0004 Preparation for use of OTMs
- NR/PRC/MTC/TK0005 Post Work Activities following works using OTMs
- NR/GN/TRK/7001/TWI2B004 How to regulate ballast by hand
- Risk Control Sheets:
 - NR/L3/MTC/0002/TK000 Generic Track Risks
 - NR/L3/MTC/0002/TK103 Working with Ballast – regulate, glue shoulder, clean contaminant and wet beds