Track – PL – Change sleeper

Scope

Includes: All Plain Line sleeper types
Excludes: S&C Bearers

Preparation

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

- Spanner
- Shovel
- Pan Puller
- Keying Hammer
- Duff Jacks
- Timber Nips
- Heel/Slewing Bar
- Set Square
- Track Gauge
- Impact Wrench
- Sleeper Drill (with correct type of drill bit)

Work planning considerations:

- Associated works
- CRTs altered and possible restressing required
- Gauge issues
- Timber Type
- Follow Up Tamping requirements
- Signalling requirement
- Traction bonding requirements

Concrete and wood sleepers

1. Clear ballast off the top of the sleeper.
2. Remove any Lateral Resistance End Plates if fitted
3. Open out the sleeper ends and ballast bays
4. Release all chairs, baseplates and/or fastenings from the sleeper and where fitted.
5. Insert sufficient jacks and lift the rails ensuring adjacent sleepers remain on their beds.
6. Taking care not to disturb the existing bed, slide out the sleeper.
7. Clear away any ballast which has fallen into the bed
8. Taking care not to disturb the existing bed, slide the new sleeper in.
9. Ensure sleeper is square and correctly positioned.

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10. For wooden sleepers
    - Lower jacks.
    - Measure gauge and fix down rails to sleeper

    For concrete sleepers
    - Measure gauge, bring sleeper up to the rail and attach
    - Lower jacks
11. Ensure all chairs or baseplates are tightened.
12. Pack sleepers as required including any adjacent to those changed.
13. Check Top and Line.
14. Back fill all cribs and re-instate correct ballast profile.
15. Remove waste and materials from site.

Steel sleepers

16. For steel sleepers, there are three methods of replacement as detailed in Track Work Instruction TWI 2P034 How to change a steel sleeper. They are:
    - Barring out the rails and lifting the sleeper out complete
    - Leaving the rails undisturbed and cutting the sleeper into three or four pieces
    - Excavating in the next crib to the sleeper enough so that the sleeper can be rolled over and pulled through

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