



Stressing Of CWR Level One

COURSE AIMS

This course is intended to provide a delegate with the underpinning knowledge to be able to restore a stress.

LEARNING OBJECTIVES

At the end of this course the delegates will: -

- Be able to understand the reason for Stressing
- Have a comprehensive understanding of Track Terminology relating to Stressing
- Be able to supervise the removal/repair of Rail Defects
- Understand the correct installation of insulated Rail Joints within C. W. R.
- Be able to accurately calculate the Stress requirements including Pull Force, Pressure Reading and Original Stress Free Temperature
- Be able to understand a Restoration of Stress Certificate

COURSE DURATION

One day, inclusive of written assessment.

PRE-REQUISITES

Delegates attending this course should be capable of using a calculator and working out simple formulae. Prior basic knowledge of the Permanent Way and its components is essential.

PERSONAL PROTECTIVE EQUIPMENT

Personal Protective Equipment is not required on this course

CERTIFICATION

A Certificate of Technical Competency Level 1 will be awarded upon successful completion of an underpinning knowledge assessment.