

# Technical & Vocational

**Course Name**

Stressing - Plain Line

**Course Description**

At the end of the training the delegate will be able to: - Identify site stress requirements Identity equipment required to install stress in rails - Carry out calculations required for stressing activities - Prepare site for stressing activities - Manage the installation of stress - Carry out the recording and reporting of stressing activities

**Audience**

Delegates must be a minimum age of 18. Must hold a valid Sentinel Track Safety Card endorsed with PTS. Meet the medical requirements of Network Rail Standard NR/L2/OHS/00124 Medical Fitness Level 1. Have a good level of literacy and mathematics.

**Duration:** 2 Day(s) **Class Size:** 10

**Competence Name Awarded**

Undertake Stressing of Plain Line.

**Competence Awarded**

Tr 09

**Course Code**

Tr 09

**Prerequisite Name**

Personal Track Safety; Restore Original Stress in Rails

**Prerequisite Short Code**

PTS; Tr 08

**Skills Assessment Scheme Regime**

3

**Course Type**

Face to Face

**Download Date: 16/5/2024**