

मंडल कार्यालय आदेश-20/2025

L.N.393-W/M-/Instruction/U/Vol-III

Date - 28.07.2025

समस्त मुख्य लोको निरीक्षक

एवं मुख्य कू नियंत्रक, जोधपुर एवं मेडतारोड

समस्त लोको पायलट, लोको पायलट शंटर एवम सहायक लोको पायलट

विषय: रनिंग स्टाफ के आउट स्टेशन विश्राम के मानदंडों के संबंध में स्पष्टीकरण

सन्दर्भ -RB letter no.2007/Elect.(TRS)/225/7 date 24.07.25

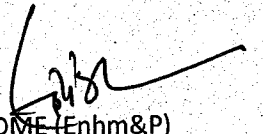
उपरोक्त विषय एवं संदर्भित पत्र के अनुपालन हेतु समस्त मुख्य लोको निरीक्षकों एवं लोबी इंचार्ज (JU, MTD, SMR, BME, JSM, SONU) को निर्देशित किया जाता है कि वे उक्त पत्र का पूर्णतः अनुपालन सुनिश्चित करें। साथ ही सभी मुख्य लोको निरीक्षक अपने अधीन समस्त नामित रनिंग स्टाफ को इस संबंध में उचित काउंसलिंग प्रदान करें।

सलग्न -यथोक्त

Copy- ADRM (Op)/JU -for kind information

-Sr.DSO/JU-for kind information

-Sr.DOM/JU for kind information & necessary ction


Sr.DME (Enh&P)
NWR, JU

No. 2007/Elect.(TRS)/225/7 Pt.

New Delhi, Dated 24.07.2025

General managers,
Indian Railways

Sub: Clarification w.r.t norms for out station rest of running staff.

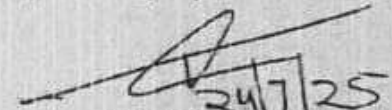
From quite some time, the Zonal Railways have been seeking clarifications w.r.t. the duration of outstation rest to be given to the Loco Running staff and other running staff as there are six different types of outstation rest for running staff are in use by various lobbies over IR. The matter has been examined and in order to maintain uniformity in outstation rest conforming to extant rules, the following has been approved by Board:

As there are different practices going on in different Railways for outstation rest, the following norms (Type-II in CMS Application) may be followed across Indian Railways to maintain uniformity:

- a) 8 hours or more than 8 hours duty: 8 hrs' outstation rest.
- b) More than 5 hrs and less than 8 hrs duty: 6 hrs' outstation rest.
- c) Less than 5 hours duty : duty hours + 1 hour.

Necessary action may please be taken accordingly.

This issues with the approval of Board (M/T&RS and M/O&BD) and DG(HR).


(Tushar Saraswat)

Director/Traffic Transportation (POL)
Railway Board

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Copy to :

1. PCOMs, All Zonal Railways – for information and necessary action.
2. CRIS is advised to disable all other types of Outstation Rest in the CMS Application accordingly.