A federal agency may not conduct or sponsor, and a person is not required to respond to, nor shall a person be subject to a penalty for failure to comply with a collection of information subject to the requirements of the Paperwork Reduction Act unless that collection of information displays a currently valid OMB Control Number. The OMB Control Number for this information collection is 2130-XXXX. Public reporting for this collection of information is estimated to be approximately 20 minutes per response, including the time for reviewing instructions, searching existing data sources, gathering and maintaining the data needed, completing and reviewing the collection of information. All responses to this collection of information are voluntary. Send comments regarding this burden estimate or any other aspect of this collection of information, including suggestions for reducing this burden to: Information Collection Clearance Officer, Federal Railroad Administration, 1200 New Jersey Ave., SE, Washington, D.C. 20590.

Information and Communications Technology Needs Assessment Survey SURVEY INSTRUMENT

Before l	beginning the survey, please on:	assure us that you	u read the	attached	consent foi	rm by ans	wering this
I have r	ead and signed the consent to	o participate. (Fill	in the cir	cle that a _l	oplies) O	Yes C) No
INSTRUCTIO	DNS						
,	n this survey, except where explicitly computing devices, such as desktops Amazon Kindle Fire), smart watches Please fully fill in the circle (O) to rej	s (e.g., PC, Mac), lapto (e.g., Apple Watch, P	ops (e.g., Mo	acbook Air, i	Microsoft Surf	ace Book), to	ablets (e.g., iPad,
	Section	on A. Techno	logy fo	r Perso	nal Use		
1. At hor	me, does anyone in your househo	old access the Inter	net using t	hese meth	ods? (select a	all that app	ly) ¹
(O Dial-up modem	O Satellit	е		0	We are not	connected to
(O DSL	O Mobile		_'0		the Interne	t in my
(O Cable modem	O Other_				household	
(O Fiber-optic	O I don't	know				
	nany <u>hours per week,</u> on average wing items, fill in the circle that b			er technol	ogy <u>for your</u>	personal us	e? (For each of
	Equipment		1-4 hrs.	5–9 hrs.	10-15 hrs.	>15 hrs.	I don't use this
	op computer (e.g., PC, Mac, Dell,		0	0	0	0	0
b. Laptor	o (e.g., MacBook Air, Acer Chrom	iebook, HP	0	0	0	0	0

a. Desktop computer (e.g., PC, Mac, Dell, HP)	0	0	0	0	0
b. Laptop (e.g., MacBook Air, Acer Chromebook, HP Stream, Toshiba Satellite)	0	0	0	0	0
c. Tablet (e.g., iPad, Amazon Kindle Fire, Google Nexus)	0	0	0	0	0
d. Smartphone (e.g., iPhone, Samsung Galaxy, Blackberry, Windows Phone)	0	0	0	0	0
e. Smart watch (e.g., Apple Watch, Pebble Watch, LG			0	0	0

0

0

0

0

0

0

3. How often do you use these information sources for <u>personal purposes</u>? (Check all that apply)³

Traditional Mediums								
	Never	Rarely	Sometimes	Frequently				
a. Newspaper(s), Print	0	0	0	0				
(e.g., New York Times; Boston Globe; local paper)								
b. Magazine(s), Print		0	0	0				
(e.g., Time; Life; U.S. News and World Report; Trains)				O				





0

0



0

0

Watch)

f. Other

Traditional Mediums							
	Never	Rarely	Sometimes	Frequently			
c. Newsletter(s), Print (e.g., train company; community; county; hobby)	0	0	0	0			
d. Bulletin Board Postings (e.g., town hall, city hall; school postings; crew room)	0	0	0	0			
e. Meetings and gatherings (e.g., union meetings; crew meetings; town hall gatherings; private organization meetings)	0	0	0	0			
f. Other	0	0	0	0			

Online or Electronic Mediums							
	Never	Rarely	Sometimes	Frequently			
g. Newspaper(s), Online (e.g., nytimes.com; latimes.com)	0	0	0	0			
h. Magazine(s), Online (e.g., thedailybeast.com; trn.trains.com)	0	0	0	0			
i. Television (e.g., daily, nightly, morning news)	0	0	0	0			
j. Email lists (e.g., listservs like bit.listserv.trans-l; advertisements; club	0	0	0	C			
notices)			0)			
k. Internet Websites (e.g., cnn.com; fivethirtyeight.com;	0	C	0	C			
progressiverailroading.com; railwayage.com)				0			
I. RSS Feeds (e.g., stock market; news sites; railroad company feed)	0	0	0	0			
m. Podcasts (e.g., letstalktrains.com)	0	0	0	0			
n. Blog Sites (e.g., gizmodo.com; mashable.com; tmz.com)	0	0	0	0			
o. Online communities (e.g., FaceBook; Twitter; Pinterest; Instagram)	0	0	0	0			
p. Other	0	0	0	0			

Section B. Technology Use at Work

Note to participant: The following question asks about your computing technology use at work. We assume that computers or mobile devices may sometimes be forbidden at work. The question is intended to learn about other times you are on the clock and computers and mobile devices are NOT forbidden.

4. How many <u>hours per week</u> on average, do you typically use personal computer technology <u>at work, for work purposes</u>? (For each of the following items, fill in the circle that best applies to your usage)⁴

Equipment	1-4 hrs.	5-9 hrs.	10-15 hrs.	>15 hrs.	I don't use this
a. Desktop computer (e.g., PC, Mac)	0	0	0	0	0
b. Laptop (e.g., MacBook Air, Microsoft Surface Book)	0	0	0	0	0
c. Tablet (e.g., iPad, Amazon Kindle Fire)	0	0	0	0	0
d. Smartphone (e.g., iPhone, Samsung Galaxy, Blackberry, Windows Phone)	0	0	0	0	0
e. Smart watch (e.g., Apple Watch, Pebble Watch, LG Watch)	0	0	0	0	0
f. Other	0	0	0	0	0







Section C. Computer Technology Skills & Attitudes

5. How confident are you in performing these information and communication technology-related tasks?⁵

a. Basic computer operations (e.g., turn on-off computer, adjust volume, open document, close and save documents, use the mouse and/or touch pad). b. Performing a safe reboot of the operating system with keystrokes. c. Printing materials from the internet. d. Using computer and technology safety protection (e.g., firewall, antivirus, spyware). e. Creating folders to organize computer files. f. Identifying the difference between closing, minimizing, or hiding windows and quitting a program. g. Downloading and installing software. h. Sending e-mail. i. Using an Internet search engine (e.g. Google, Bing, or Yahoo) to find information. j. Keeping track of Web sites visited so that you can return to them later. (e.g., using bookmarks).		Not at all confident	Slightly confident	Somewhat confident	Moderately confident	Extremely confident
and save documents, use the mouse and/or touch pad). b. Performing a safe reboot of the operating system with keystrokes. c. Printing materials from the internet. d. Using computer and technology safety protection (e.g., firewall, antivirus, spyware). e. Creating folders to organize computer files. f. Identifying the difference between closing, minimizing, or hiding windows and quitting a program. g. Downloading and installing software. h. Sending e-mail. i. Using an Internet search engine (e.g. Google, Bing, or Yahoo) to find information. j. Keeping track of Web sites visited so that you can return to them later. (e.g., using bookmarks).	a. Basic computer operations (e.g., turn on-off	comucine	comident	comident	comident	Connident
and save documents, use the mouse and/or touch pad). b. Performing a safe reboot of the operating system with keystrokes. c. Printing materials from the internet. d. Using computer and technology safety protection (e.g., firewall, antivirus, spyware). e. Creating folders to organize computer files. f. Identifying the difference between closing, minimizing, or hiding windows and quitting a program. g. Downloading and installing software. h. Sending e-mail. i. Using an Internet search engine (e.g. Google, Bing, or Yahoo) to find information. j. Keeping track of Web sites visited so that you can return to them later. (e.g., using bookmarks).	computer, adjust volume, open document, close	0	0			2
b. Performing a safe reboot of the operating system with keystrokes. c. Printing materials from the internet. d. Using computer and technology safety protection (e.g., firewall, antivirus, spyware). e. Creating folders to organize computer files. f. Identifying the difference between closing, minimizing, or hiding windows and quitting a program. g. Downloading and installing software. h. Sending e-mail. i. Using an Internet search engine (e.g. Google, Bing, or Yahoo) to find information. j. Keeping track of Web sites visited so that you can return to them later. (e.g., using bookmarks).	and save documents, use the mouse and/or					
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d. Using computer and technology safety protection (e.g., firewall, antivirus, spyware). e. Creating folders to organize computer files. f. Identifying the difference between closing, minimizing, or hiding windows and quitting a program. g. Downloading and installing software. h. Sending e-mail. i. Using an Internet search engine (e.g. Google, Bing, or Yahoo) to find information. j. Keeping track of Web sites visited so that you can return to them later. (e.g., using bookmarks).						
protection (e.g., firewall, antivirus, spyware). e. Creating folders to organize computer files. f. Identifying the difference between closing, minimizing, or hiding windows and quitting a program. g. Downloading and installing software. h. Sending e-mail. i. Using an Internet search engine (e.g. Google, Bing, or Yahoo) to find information. j. Keeping track of Web sites visited so that you can return to them later. (e.g., using bookmarks).		0	0	0	0	U
e. Creating folders to organize computer files. f. Identifying the difference between closing, minimizing, or hiding windows and quitting a program. g. Downloading and installing software. h. Sending e-mail. i. Using an Internet search engine (e.g. Google, Bing, or Yahoo) to find information. j. Keeping track of Web sites visited so that you can return to them later. (e.g., using bookmarks).		0	0	0	0	0
f. Identifying the difference between closing, minimizing, or hiding windows and quitting a program. g. Downloading and installing software. h. Sending e-mail. i. Using an Internet search engine (e.g. Google, Bing, or Yahoo) to find information. j. Keeping track of Web sites visited so that you can return to them later. (e.g., using bookmarks).			0	0		
minimizing, or hiding windows and quitting a program. g. Downloading and installing software. h. Sending e-mail. i. Using an Internet search engine (e.g. Google, Bing, or Yahoo) to find information. j. Keeping track of Web sites visited so that you can return to them later. (e.g., using bookmarks).			0	U		
program. g. Downloading and installing software. h. Sending e-mail. i. Using an Internet search engine (e.g. Google, Bing, or Yahoo) to find information. j. Keeping track of Web sites visited so that you can return to them later. (e.g., using bookmarks).	1	0	\circ	0		
g. Downloading and installing software. h. Sending e-mail. i. Using an Internet search engine (e.g. Google, Bing, or Yahoo) to find information. j. Keeping track of Web sites visited so that you can return to them later. (e.g., using bookmarks).						
h. Sending e-mail. i. Using an Internet search engine (e.g. Google, Bing, or Yahoo) to find information. j. Keeping track of Web sites visited so that you can return to them later. (e.g., using bookmarks).		0	0	0	0	0
i. Using an Internet search engine (e.g. Google, Bing, or Yahoo) to find information. j. Keeping track of Web sites visited so that you can return to them later. (e.g., using bookmarks).		0	0	0	0	0
Bing, or Yahoo) to find information. j. Keeping track of Web sites visited so that you can return to them later. (e.g., using bookmarks).						
can return to them later. (e.g., using OOOOOOOOOOOOOOOOOOOOOOOOOOOOOOOOOOOO		O	0	O	O	O
bookmarks).	1					
	1	0	0	0	0	0
	k. Locating and subscribing to blogs, newsfeeds,	0	0	0	0	0
and other news-related online services.						
I. Using social media sites like Facebook, Twitter,		0	0	0	0	0
Instagram, Foursquare, LinkedIn, etc						_
m. Uploading photos or videos to online						
websites (e.g., YouTube, Facebook, Twitter, OOOOOOOOOOOOOOOOOOOOOOOOOOOOOOOOOOOO		0	O	O	O	O
Tumbler).						
n. Completing video-based training on the		0	0	0	0	0
Internet.						
o. Using productivity tools (e.g., word processor,		0	0	0	0	0
spreadsheet, database, slide presentation).						
p. Recording audio files on a computer or smart technology.		0	0	0	0	0
g. Creating and editing graphics for multimedia	<u> </u>					
presentations or for web pages.		0	0	0	0	0
r Creating an Internet home page (other than			0	0	0	
social media sites like Facebook and Twitter).	social media sites like Facebook and Twitter).					







6. Which option best describes your agreement with these statements?⁶

	Strongly Disagree	Disagree	Undecided	Agree	Strongly Agree
a. I would be interested in finding entertainment on the Internet.	0	0	0	0	0
b. I think almost everyone could benefit from using the Internet.	0	0	0	0	0
c. I frequently use the Internet to look up things that interest me.	0	0	0	0	0
d. I don't like to use computers. (Reverse coded)	0	0	0	0	0
e. Computers can be a great source of entertainment.	0	0	0	0	0
f. I do not consider owning a computer to be a necessity. (Reverse coded)	0	0	0	0	0
g. Working with computers and the Internet can be enjoyable and stimulating.	0	0	0	0	0
h. I do not find surfing the Internet relaxing and pleasurable. (Reverse coded)	0	0	0	0	0
i. I don't like to use the Internet. (Reverse coded)	00	0	0	0	0
j. Computers are useful educational tools.	0	0	0	0	0

Section D. FRA Initiative Familiarity

Note to participant: The following questions ask about the Railroaders' Guide to Healthy Sleep, a Federal Railroad Administration initiative. We are hoping to learn how much people know about and have used this resource. Answers **will not** be used to identify any individual.

- 7. Are you familiar with the Railroaders' Guide to Healthy Sleep website?⁷
 - O Yes (if yes, please go to question 8)
 - O No (if no, please skip to question 13)
- 8. When is the last time you visited the website?8
 - O Within the last week
 - O More than a week ago, but within the last month
 - O More than a month ago, but within the last 6 months
 - O More than 6 months ago, but within the last year
 - O I have never visited, but I have heard of it







- 9. How often do you visit the website?9
 - Once a week, or more
 - Once a month
 - Once every 6 months or so
 - I do not visit the site regularly
- 10. Have you completed the Anonymous Sleep Disorders Screening Tool on the website? 10
 - O Yes (if yes, please go to question 11)
 - O No (if no, please skip to question 13)
 - O I do not know what this is
- 11. Did the results recommend that you see your healthcare provider for a possible sleep disorder?¹¹
 - O Yes (if yes, please go to question 12)
 - O No (if no, please skip to question 13)
 - Decline to respond
- 12. Did you see a healthcare provider for a possible sleep disorder, based on this recommendation? 12
 - Yes
 - O No
 - Decline to respond

Section E. Demographics

Note to participant: The following questions allow us to group responses for reporting and analysis and will not be used to identify any individual.

13. How many years have you worked in the railroad industry?¹³

(Please write the years in the top boxes and fill in the circles below that correspond—see the example for a 19-year employee. If you have been in the industry less than 1 year, round up and complete as 1 year.)

EXAMPLE							
Te	ns	Or	nes				
:	1	9					
0	0	0	0				
1	•	1	0				
2	0	2	0				
3	0	3	0				
4	0	4	0				
5	0	5	0				
6	0	6	0				
7	0	7	0				
8	0	8	0				
9	0	9	•				

0	0	0	0
1	0	1	0
2	0	2	0
3	0	3	0
4	0	4	0
5	0	5	0
6	0	6	0
7	0	7	0
8	0	8	0
9	0	9	0







14. What type of work do you currently do? (select all that aYard operations	O Road freight
O Local freight	O Hostler
O Passenger or commuter operations	O Other (please explain)
15. What is your current position? ¹⁵	
O Conductor	O Yard foreman
O Brakeman	O Trainee
O Trainman	O Locomotive engineer
O RCL operator	O Switchman
O Hostler	O Other (please explain)
O Hostler	O Other (please explain)

(Please write the years and months in the top boxes and fill in the circles below that correspond—see the example for a 11-month employee.)

EXAMPLE for 11 Months									
Years Months									
(0 0			1	L	1			
0	•	0	•	0	0	0	0		
1	0	1	0	1	•	1	•		
2	0	2	0	2	0	2	0		
3	0	3	0	3	0	3	0		
4	0	4	0	4	0	4	0		
5	0	5	0	5	0	5	0		
6	0	6	0	6	0	6	0		
7	0	7	0	7	0	7	0		
8	0	8	0	8	0	8	0		
9	0	9	0	9	0	9	0		

Years			Months				
0	0	0	0	0	0	0	0
1	0	1	0	1	0	1	0
2	0	2	0	2	0	2	0
3	0	3	0	3	0	3	0
4	0	4	0	4	0	4	0
5	0	5	0	5	0	5	0
6	0	6	0	6	0	6	0
7	0	7	0	7	0	7	0
8	0	8	0	8	0	8	0
9	0	9	0	9	0	9	0

17. What is	your sex? ¹⁷
0	Male
0	Female
0	Prefer not to answe





18. What is your highest level of education? ¹⁸	
O Junior High School	O Railroad Trade School (e.g., MODOC)
O Some High School	O Associates Degree
O ged	O Bachelor's Degree
O High School Graduate	O Master's Degree
O Some College	O PhD Degree
19. Have you obtained a professional license or certific have obtained.) ¹⁹	cate? (Please write in any work-related license or certificate you

20. Please enter your age?²⁰

EXAMPLE				
1		9		
0	0	0	0	
1	•	1	0	
2	0	2	0	
3	0	3	0	
4	0	4	0	
5	0	5	0	
6	0	6	0	
7	0	7	0	
8	0	8	0	
9	0	9	•	

0	0	0	0
1	0	1	0
2	0	2	0
3	0	3	0
4	0	4	0
5	0	5	0
6	0	6	0
7	0	7	0
8	0	8	0
9	0	9	0





	/ ethnicity best describes you? (<i>Please answer both questions. For this questionnaire, Hispanic, Latino, igins are not races.</i>) ²¹
a.	Are you of Hispanic, Latino, or Spanish origin?
	O No, not of Hispanic, Latino, or Spanish origin
	O Yes, I am of Hispanic, Latino, or Spanish origin
	O Prefer not to answer
b.	What is your race?
	O White / Caucasian
	O Black, African Am., or Negro
	O American Indian / Alaska Native
	O Other (Please specify)
	O Prefer not to answer

END OF SURVEY – THANK YOU!!! –







End Notes

¹ Question 1 asks about **INTERNET ACCESS**. It was slightly adapted from Item# NET4 of the US Census Bureau Current Population Survey, July 2013 - Computer and Internet Use Supplement Questionnaire. The original question was "At home, does anyone in this household access the Internet using...".

Because we have the raw data and reports from the census survey, this item provides the value of comparing the sample to the general population.

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² Question 2 provides both **PERSONAL ICT EQUIPMENT USAGE** and **PERSONAL ICT EQUIPMENT OWNERSHIP** information. It was adapted from Item# PRIM2 US Census Bureau Current Population Survey, July 2013 - Computer and Internet Use Supplement Questionnaire.

³ Question 3 provides information on what **MEDIUMS PARTICIPANTS USE TO GATHER INFORMATION**. It was adapted from item# PRM15 US Census Bureau Current Population Survey, July 2013 - Computer and Internet Use Supplement Questionnaire.

⁴ Question 4 is similar to question 3 above, providing **EQUIPMENT USAGE AT WORK**. It was adapted from Item# PRIM2 US Census Bureau Current Population Survey, July 2013 - Computer and Internet Use Supplement Questionnaire.

⁵ Question 5 provides insight into **INTERNET AND COMPUTER SKILLS** information. The matrix prompt was adapted from Sleep Health/Computer Attitude Questionnaire and Wilkinson (2010) instrument to measure student ICT skills (*Computers in Human Behavior, 26*). The items cover 5 constructs (in order): computer use – basic (n=3), computer use – advanced (n=4), internet use – basic (n=3), internet use – advanced (n=4), computer use – specific apps (n=4).

⁶ Question 6 includes the "approval" construct items (n=10) from the Technology Profile Inventory (Spence, DeYoung, & Feng, 2009, *Computers in human behavior*, 25, 458-465). The other components of the TPI include interest and confidence. Other than using these 10 items as a standalone **ATTITUDES TOWARDS TECHNOLOGY** component, we intend to also combine this component with the equipment usage items (analogue to interest) and the skills (analogue to confidence) items to compute a technology profile that reflects the constructs of the TPI.

⁷ Items 7-12 provides **AWARENESS OF FRA INITIATIVES** and was written by Volpe team.

⁸ Item 8 is intended to learn when they last accessed RGHS to know **HOW RECENT** is their **AWARENESS OF THE SITE CONTENT**.

⁹ Item 9 puts an **IMPORTANCE LEVEL TO THE INFORMATION** for each participant. Assumption: the more important, the more often they access the site.

¹⁰ Item 10 asks if the participant has **COMPLETED THE SCREENING TOOL**, which is key to learning if the site has had any impact in the industry.

¹¹ Item 11 asks about their **ASSESSMENT FROM THE TOOL**. From a behavior modification theory of change perspective, use of the tool and gaining a 'positive' assessment are essential elements in the causal chain from using the site to getting help.

¹² Item 12 gets to the heart of it: **DID THEY SEEK AND GET HELP FROM A MEDICAL PROFESSIONAL BECAUSE OF AN ASSESSMENT FROM THE TOOL**.

¹³ Item 13 provides demographic information about **HOW LONG THE PARTICIPANT HAS BEEN IN THE INDUSTRY** and was written by Volpe team.

Volpe



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²⁰ Item 20 was written by Volpe team to gather demographic information: **AGE.**







¹⁴ Item 14 provides demographic information about the participant's **TYPE OF WORK.** It was taken from FRA F 6180.127 *Train and Engine Service Employee Background Survey question #3* (https://www.gpo.gov/fdsys/pkg/FR-2008-12-30/html/E8-30891.htm)

¹⁵ Item 15 provides demographic information about the participant's **CURRENT POSITION**. It was taken from FRA F 6180.127 *Train and Engine Service Employee Background Survey question #4* (https://www.gpo.gov/fdsys/pkg/FR-2008-12-30/html/E8-30891.htm)

¹⁶ Item 16 provides demographic information about **HOW LONG THE PARTICIPANT HAS BEEN IN THIS POSITION** and was written by Volpe team.

¹⁷ Item 17 was written by Volpe team to gather demographic information: **SEX.**

¹⁸ Item 18 was adapted from US Census, to gather **PARTICIPANT EDUCATION** https://www.census.gov/hhes/socdemo/education/about/

¹⁹ Item 19 provides demographic information about **ANY LICENSES OR PROFESSIONAL CERTIFICATIONS** and was written by Volpe team.

²¹ Item 21 was adapted from item 8 on the US Census Bureau 2010 Census to gather demographic information: **RACE AND ETHNICITY** (http://www.census.gov/2010census/pdf/2010 Questionnaire Info.pdf)