Place spreader on track with the red dot on the bottom ring facing the direction in which ballast is to be spread. Look into the chamber and twist it either way until the holes close. Fill the chamber with ballast. Twist the chamber until the red dot on the chamber aligns with the red dot on the lower ring. At the same time, slide the spreader along the track. Slide it at a speed that applies an even application of ballast. To stop the flow of ballast, turn upper chamber 1/4 turn (dots are misaligned). To remove spreader from track, be sure to lift by the bottom ring so that chamber does separate and spill ballast.