

Course Length: 1 hour

Course Objective:

- This course covers mandatory instruction required per 29 CFR 1910.178. This course uses instruction along a review of operator performance scenarios to illustrate proper forklift safety and handling techniques.

Course Design:

- Narrated e-learning modules

Successful Course Completion:

- Requires successful completion of knowledge assessment.

Course Outline:

About Forklifts

- Why is Training Necessary?
- Regulation – OSHA 29 CFR 1910.178
- Purpose of Training
- OSHA Statistics
- Types of Forklifts
 - Diesel
 - Gasoline
 - Liquid Propane
 - Electric
- Lift Truck Characteristics
- Major Components
- Gauges/Instruments

Forklift Inspection

- Pre-Use/Daily Inspection
- Safety Equipment
- Operational Equipment
- Operator Responsibilities

Forklift Capacity

- Forklift Physics
 - Teeter-Totter Principle
- Stability Triangle
 - Center of Gravity
- Forward Tipping
- Side Tipping
- Data Plate
- Inch Pound Equation

- With Example
- Load Position
- Multiple Load Position
- Boom Angles (Boom Type Forklifts)

Forklift Operations

- Basic Operational Items
 - Steering Wheel
 - Pedals
 - Directional Controls
 - Horn
 - Parking Brake
- Rear Wheel Steering
 - Turning Arc
 - Turning Radius
- Tire Types
- Hydraulic Lift Controls
- Lift System Components
- Control Movement
 - Feathering Technique
- Forklift Travel
- Carrying Loads
- Carrying Large Loads
- Traveling on Inclines/Declines
- Traveling Surfaces
 - Gravel, Sand, Mud, Dirt, Tracks, etc...
- Loading Docks
- Loading/Unloading Trailers
- Forklift Parking

Forklift Safety

- Operator Safety
 - Safety features to guard against a roll over
 - Seat Belt, Overhead Guard, Etc...
- General Safety
 - Do's and Don'ts
 - Alarms
 - Warning Lights
- Forklift Refueling/Recharging
 - Gasoline/Diesel Refueling Procedures
 - Propane Refueling Procedures
 - Battery Recharging

- Changing Batteries

Post Training Evaluation:

- The employer shall ensure that each employee is evaluated to confirm that he/she understands the information provided in the training.

Reference Material / Documents:

29 CFR 1910.178

M&A Safety Services training conforms to OSHA CBT Training standards and ANSI Z490.1. Criteria for Accepted Practices in Safety, Health and Environmental Training. M&A Safety Services LLC. follows all ANSI training criteria.

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