

Forklift Training

Course Description

Forklifts/Lift trucks are integral pieces of equipment used to move and handle material safely and efficiently in many environments. Their widespread use requires that individuals working with and around lift trucks recognize hazards associated with the equipment and the environment in which they are operated.

This course discusses the hazards associated with operating lift trucks (sometimes called forklift or fork lift trucks). Hazards reviewed include equipment, material, environmental and process hazards.

This Operation of a Lift Truck / Forklift Program makes drivers or operators aware of their legal responsibilities and provides the required information to achieve the theory portion of becoming a competent operator.

Course Modules

Hazard Identification

- People, equipment, materials, environment, process
- Lack of competent supervision, lighting, weather, slippery, terrain, blind corners

Competency and General Responsibilities

- Concept of a competent or qualified operator
- Duties of employers, supervisors and workers
- Company rules, policies and personal protective equipment (PPE)

Lift Truck & Forklift Design and Classifications

- Rear wheel steering, restricted visibility, weigh, rear end swing
- Mast, load back rest, forks, tires, overhead guard, counterweight, steer tires
- Mast lift, mast tilt, mast side shift
- Class 1 – Electric motor rider trucks
- Class 2 – Electric motor narrow aisle trucks
- Class 3 – Electric motor hand or hand / rider trucks

- Class 4/5 – Internal combustion engine trucks, lift codes
- Class 6 – Electric / Internal combustion engine tractors
- Class 7 – Rough terrain forklifts, vertical mast, variable reach, truck/trailer mounted

Stability Principles for Forklifts & Lift Trucks

- Centre of gravity (COG), capacity plate & load centre, stability triangle, liquid loads
- Stopping, cornering (loaded versus unloaded), uneven loads
- Mast tilting, what to do in a tip

Pre-Operational Checks

- Visual – Propane, wheels & tires, lug nuts, debris, masts & forks, hydraulics, extinguisher
- Practical – Mast up, down & tilt, driving test, fluid leaks, brakes, steering
- Documentation checklist

Safe Operating Procedures

- Travelling with & without loads
- Forks, fork spacing, loading & stacking, ramps, loading docks & trailers, park position

Fuel Sources

- Physical properties of propane, hazards
- Safe recharge of propane tank
- Safe handling and operation of batteries, recharging
- Gas & diesel

Course Length: 4 hours