



Powered Industrial Truck (PIT)



The Forklift - A Tool

Powered Industrial Trucks - Forklifts

Although an essential tool, the forklift is involved in many workplace injuries and accidents that cause property damage and machine downtime. These accidents are most often due to improper use.

CFR 1910.178(1) includes specific operator training requirements. Vehicles covered may be referred to as: high light trucks, counterbalanced trucks, cantilever trucks, rider trucks, pallet trucks, high lift order picker rider trucks, motorized hand/rider trucks, as well as forklifts.

Operators must have both formal instruction and practical training. Drivers must successfully complete the training and an evaluation before they are allowed to operate a truck without direct supervision.

Each operator must have an evaluation at least every three years. Refresher training and reevaluation can be triggered by: accidents, near-misses, assignments to a different type of truck, changes in the work environment that have an effect on forklift safety, observation or unsafe operation, or evaluations that reveal a need for training.

Basic Forklift Operating Rules

Some basic safety rules include the following:

- Do not allow anyone to stand or pass under the raised forks, whether loaded or empty.
- Only stable or safely arranged loads can be handled.
- Only loads that are within the truck's rated capacity can be handled. When using an attachment to handle a load, keep the load within the attachment's rated capacity.
- When lifting a load, place the forks under the load as far as possible. Then, carefully tilt the mast backwards slightly to stabilize the load.
- Never tilt the load forward unless depositing it.
- There must be an overhead guard to protect the operator from the impact of falling loads. A backrest extension is needed when the load could fall rearward.
- Only safety platforms may be used to lift people.
- If the forklift needs to be in a hazardous location, it must be approved for the hazard.



Statistics
 Forklifts account for around 85 deaths every year.
 Forklift accidents that result in serious injury total 34,900 annually.
 Non-serious injuries related to forklift accidents reach 61,800 each year.

The most common forklift accidents involve:

- Tip-overs.
- Being crushed between the vehicle and a surface.
- Being struck by the vehicle or by part of the load.
- Falling from a platform held aloft by the forklift.
- Running the forklift off a loading dock or other raised surface.



Operating a forklift or powered industrial truck requires operators to pass training specific to the equipment that they will be driving, including the weight that the equipment can safely move.



Travel Safety Rules

Most accidents happen while the truck is traveling. Safety rules when traveling include the following:

- Watch where the forklift is going. Keep a clear view of the path of travel. Drive in reverse with the load trailing if the load obstructs your view.
- Never drive up to anyone standing in front of a bench or fixed object.
- Allow no riders, unless there is a safe place for them to ride.
- Always keep arms and legs within the truck. Placing them between the uprights of the mast or outside the running lines of the truck is not allowed.
- Keep the load close to the ground while driving. Raise the forks only as much as needed to clear the road surface. Tilt the load back slightly to stabilize it against the backrest.
- Keep to the right where there is two-way traffic.
- Obey the speed limits. Slow down for wet and slippery floors. Slow down for turns. Keep the forklift under control so that it can be stopped safely.
- Slow down and sound the horn at cross aisles and other locations where vision is obstructed.
- Maintain a safe distance of about three truck lengths from a truck traveling ahead.



Each operator must be competent to operate a forklift safely. The driver must have both formal instruction and practical training and successfully complete the required training and a hands on evaluation.

- Do not pass a truck that is traveling in your same direction at intersections, blind spots or other dangerous locations.
- Do not allow stunt driving or horseplay. Do not run over loose objects.
- Allow sufficient clearance under overhead installations like lights, pipes, sprinklers and doorways.
- Stay within the rated capacity of dockboards and bridgeplates. Make sure they are secure before driving on them.
- Keep a safe distance from the edge of docks, ramps and platforms.



Operators must know the capacity of the equipment used, including dockboards and bridgeplates. Never exceed recommended load capacity.

Moving a Load

- If the load being carried obstructs forward view, you must travel with the load trailing.
- Ascend and descend grades slowly. When ascending or descending grades in excess of 10 percent, drive the loaded forklift with the load upgrate.
- On all grades the load and load engaging means must be tilted back and raised only as far as necessary to clear the road surface.
- Only stable or safely arranged loads should be handled.
- Use caution when handling off-center loads which cannot be centered.
- Adjust long or high (including multiple-tiered) loads which could affect capacity.
- Place the load engaging means under the load as far as possible and tilt the mast backward to stabilize the load.
- Take extreme caution when tilting the load forward or backward, particularly when high tiering.

SAFETY TRAINING SIGN-IN

Company Name: _____ Date: _____

Subject: Powered Industrial Trucks

The following employees participated in this training.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
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11. _____
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