

Handout - Forklift Training - General

Forklifts—Training

All workers hired to operate a forklift must be trained—according to the operator training requirements in 29 CFR 1910.178(l)—BEFORE being allowed to use a forklift.

OSHA uses the term *powered industrial truck* to describe a mobile, power-driven vehicle used to carry, push, pull, lift, stack, or tier material. Included in this description would be: high lift, counterbalanced, cantilever, rider, forklift, high lift platform, and motorized hand/rider trucks.



The following information highlights the requirements of the forklift training rule:

The OSHA forklift training standard is in the OSHA general industry regulations at 29 CFR 1910.178(l)—Powered industrial truck operator training.

If you are a forklift operator you must: (1) be competent to safely operate the particular forklift you will use, and (2) successfully complete the training required by the standard.

Your trainer must have the knowledge, training, and experience to train you and evaluate your competence. Trainees can only operate a forklift: (a) under the direct supervision of a knowledgeable trainer/evaluator, and (b) when it does not endanger you or others.

You must initially train in all topics listed in the regulations unless you and your employer can demonstrate that a topic is not applicable to safe forklift operations at your jobsite.

Topics are broken down into three broad categories: (1) truck-related, (2) worksite related, and (3) the forklift rule requirements.

Refresher training and evaluation must be done to ensure you have the knowledge and skills needed to operate the forklift safely. Refresher training is required when: (1) unsafe operation is observed, (2) an accident or near-miss has occurred, (3) an evaluation reveals unsafe operation, (4) you will operate a different truck, and (5) workplace conditions change that could affect safe operation.

An evaluation of each forklift operator must be conducted at least once every three years.

If you have previously trained in a required topic, the training is appropriate to the forklift and working conditions encountered, and you have been evaluated and found competent to operate the truck safely, that training does not have to be duplicated.

Your employer must certify that you have been trained and evaluated as required by the standard.

Quiz – Forklift Training – General

1. The forklift needs a safety inspection:
 - a. Only after an accident.
 - b. Before use each day, and after each shift if it is used round-the-clock.
 - c. To be done by a licensed mechanic.
 - d. No more than once each week.

Answer:

2. Pedestrians are allowed to:
 - a. Stand under raised forks if they are helping the driver.
 - b. Take a ride on the forklift.
 - c. Be lifted on the forks if they are standing on a strong pallet.
 - d. None of the above.

Answer:

3. You should drive in reverse with the load trailing when:
 - a. The load obstructs your view to the front.
 - b. You are carrying a load uphill.
 - c. The pavement is wet or oily.
 - d. You are carrying an unstable load.

Answer:

4. When you pick up a load:
 - a. Place the forks under it as far as possible.
 - b. Make sure it is stable and within the truck's capacity.
 - c. Tilt the forks back slightly to stabilize the load before you drive.
 - d. All of the above.

Answer:

5. If you are driving behind a very slow forklift:
 - a. Pass it at the next intersection.
 - b. Stay about 3 truck lengths behind it.
 - c. Sound your horn to tell the other driver to go faster.
 - d. Drive within 1 truck length until it pulls over.

Answer:

6. If you get off of the forklift and walk around a corner so it is no longer in your view:
 - a. Lower the forks, and set the brake.
 - b. Lower the forks, put the controls in neutral, and set the brake.
 - c. Lower the forks, put the controls in neutral, set the brake, and shut off the power.
 - d. Lower the forks, put the controls in neutral, set the brake, and block the wheels.

Answer:

7. Some defects that will take a forklift out of service include:
 - a. A leak in the fuel system.
 - b. Sparks coming from the exhaust.
 - c. Dangerously overheated parts.
 - d. All of the above.

Answer:

8. Slow down:
 - a. On wet or oily surfaces.
 - b. When making turns.
 - c. At cross aisles.
 - d. All of the above.

Answer:

9. The load should be tilted forward:
 - a. When you are depositing it in a rack.
 - b. Slightly, to stabilize it while you drive.
 - c. When travelling across an incline.
 - d. To help avoid overhead obstacles.

Answer:

10. A safe place to park a forklift is:
 - a. On an incline, even if you do not block the wheels.
 - b. Where it does not block fire aisles, stairways, and fire equipment.
 - c. At the edge of an elevated dock, ramp, or platform.
 - d. All of the above.

Answer:

11. Data indicates that the largest cause of fatal or serious forklift accidents is:
- Being crushed between the vehicle and a surface.
 - Being struck by the vehicle.
 - Vehicle tip-overs.
 - Being struck by falling material.

Answer:

12. Only manufacturer approved safety platforms can be used to lift people.

True or false?

Answer:

13. Industrial trucks have rear wheel steering which:
- Gives it good traction in the snow.
 - Makes the front end of the truck swing wide during a turn.
 - Makes the back end of the truck swing wide during a turn.
 - Makes the rear tires wear out faster.
 - None of the above
 - All of the above.

Answer:

14. The truck is less stable with a raised load because:
- The center of gravity shifts when the load is raised.
 - The front tires come off of the ground.
 - The rear wheels are slightly elevated.
 - None of the above.

Answer:

15. Only a trained and authorized operator can drive a forklift.

True or false?

Answer:

16. A qualified operator:
- Has been fully trained and evaluated in OSHA's required training topics
 - Knows the general design and function of the vehicle
 - Follows safety inspection and safe driving rules
 - All of the above

e. None of the above.

Answer:

17. Trucks need to have a(n) _____ to protect the operator from the impact of falling packages, boxes, etc.

Answer:

18. Special precautions to be taken when operating forklifts at our facility include:
_____.

Answer:

19. If you have previous forklift training, it is important that your employer:

- a. Gives you the biggest and fastest truck.
- b. Makes sure you get a raise.
- c. Gives you a certificate.
- d. Makes sure that you get site-specific training at your current facility.
- e. None of the above.

Answer:

20. An operator must have an evaluation at least:

- a. Every other year.
- b. Every three years.
- c. Once a year.
- d. Every five years.

Answer:

Answers to forklift test

(Do not give answer sheet to students)

- 1) B
- 2) D
- 3) A
- 4) D
- 5) B
- 6) C
- 7) D
- 8) D
- 9) A
- 10) B
- 11) C
- 12) True
- 13) C
- 14) A
- 15) True
- 16) D
- 17) Overhead guard
- 18) _____
- 19) D
- 20) B