



Safe Operation of a Fork Lift Truck

Theoretical (4h) / Practical (2h)

WHY SHOULD I GET THIS TRAINING?

According to the Occupational Health and Safety Regulation, « A fork lift truck must be operated only by an operator who has undergone proper training » (art. 256.3).

LEARNING OBJECTIVES

- Acquire knowledge of current regulation;
- Identify the risks, enforce preventive measures and secure work place areas;
- Respect, using the fork lift truck's data plate, the load operating limits;
- Understand elements which have an influence on the fork lift truck's stability;
- Learn driving rules and load handling;
- Be aware of safety measures for fueling;
- Know all safety protocols for lifting workers on a platform with a fork lift truck.

ACTIVITIES

- Theoretical and practical training
- Theoretical exam
- Practical exam

CONTENTS

- The risks
- Regulations
- Fork lift truck description
- Fork lift truck stability
(Factors affecting the center of gravity)
- The Data Plate
- Fuel or Battery Operated units
- Safety Equipment
- Fork Lift Truck operation (inspection and running)
- Load Handling
(General rules, stacking, unstacking)
- Lifting Workers
- Workplace environment
- Ergonomic hazards

REGULATIONS

Act Respecting Occupational Health and Safety

Occupational Health and Safety Regulation

CSA B335-04 Lift Trucks Safety Standard