## **Cambridge Forklift Training Course**

Cambridge Forklift Training Course - Federal and industry regulators have established the criteria for forklift safety training based on their existing regulations and standards. Those wishing to use a forklift must complete a forklift training course prior to utilizing one of these machines. The accredited Forklift Operator Training Program is designed to provide individuals training with the information and practical skills to become a forklift operator.

There are forklift operation safety regulations which must be followed pertaining to pre-shift checks, and regulations for lifting and loading.

Prior to a shift starting, an inspection checklist should be done and given to the Instructor or Supervisor. If whichever maintenance issue is discovered, the machine must not be used until the issue is addressed. To indicate the equipment is out of order, the keys must be removed from the ignition and a warning tag placed in a location which is seen.

Safety regulations for loading will include checking the forklift's load rating capacity to know how much the machine can handle. When starting the machinery, the forks should be in the down position. Keep in mind that there is a loss of around 100 pounds carrying capacity for every one inch further away from the carriage which the load is carried.

Lifting must begin with the driver moving to a stopped position roughly three inches from the load. The mast must then be leveled until it has reached a right angle with the load. Lift the forks to an inch below the slot on the pallet and drive forward. Next lift forks four inches. Tilt back the load to be able to secure it for moving. Drive the lift in reverse if the load obscures frontal vision. Check behind and honk in order to alert other workers. Never allow forks to drag on the ground.

Forklift loads must be loaded in such a way that they are secure and do not create a hazard to other people or objects. Restraining loads is required for materials that could shift during transport and destabilize the forklift.

In order to avoid the shifting of drums, drums could be strapped together to reduce movement. Forklift operators must drive slowly when moving liquids, to reduce instability in the forklift.