



FORKLIFT TRAINING SYSTEMS

Safety Training Courses

OSHA 10-Hour Outreach (General Industry)

This 1.5 day class was developed by OSHA to provide important safety information on the fundamental OSHA standards as they apply to General Industry. Every worker, regardless of experience, can benefit from this basic safety class. Mandated topics include: Introduction to OSHA, walking/working surfaces, exit routes, fire protection/prevention, electrical, PPE and hazard communication. You also get to pick elective topics, which include fall protection, machine guarding, materials handling and more.

OSHA 30-Hour Outreach (General Industry)

This 4 day class was developed by OSHA to provide important safety information on the fundamental OSHA standards as they apply to General Industry. This class is geared towards persons who will need more extensive safety training than would be provided by the basic 10 hour class. Mandated topics include all those from the 10 hour class plus managing safety/health and materials handling. You also get to pick elective topics, which include all those listed for the 10 hour class plus others such as confined spaces, lockout/tag out, industrial hygiene, ergonomics and more.

Powered Industrial Trucks - Forklifts (OSHA top 10 most cited)

This class runs 5-7 hours depending on the truck types and topics to be covered. Each on site class includes an in-person survey to evaluate your training needs and to determine your level of existing compliance with the OSHA forklift standard (29CFR1910.178). We have programs for sit down, narrow aisle reach, elevated order picker, pallet jacks, walkie stackers and rough terrain telescopic lifts.

Aerial Work Platforms (Powered, Mobile Scaffolds) (OSHA top 10 most cited)

This class runs 5-7 hours depending on the lift types and topics to be covered. Each on site class includes an in-person survey to evaluate your training needs and to determine your level of existing compliance with the various aerial work platform/scaffolding standards. All classes include selection, inspection and use of fall protection as it applies to aerial lifts. We have programs for scissor lifts, articulated boom lifts and straight booms.

Hazard Communication (OSHA top 10 most cited)

This 4 hour course was designed to help employees protect themselves from chemical hazards and for employers to reduce the incidence of chemical related illness and injuries. Attendees will learn how to identify and avoid potential hazards and to assess situations where exposure to chemicals has occurred.

Respiratory Protection (OSHA top 10 most cited)

This 2 hour course was created to involve employees in the process of understanding respiratory hazards and to help facilities in fulfilling OSHA's respiratory standards (29 CFR,1910.103, 134) training requirements. It includes OSHA and NIOSH changes to their Respiratory Protection Training Requirements, such as fit testing protocols and cleaning/disinfecting procedures.

Lockout/Tag out (LOTO) (OSHA top 10 most cited)

This 4 hour course trains employees on the proper LOTO procedures. Some of the topics which are covered include: awareness, attitude and actions to take; when, where and why to use LOTO; proper locking/tagging procedures and communication.

Electrical Safety and NFPA 70E Arc Flash (OSHA top 10 most cited)

This 2 hour electrical safety course is for those who are unqualified to be electricians, but whose work may be performed close to electrical systems. Some of the topics covered include: awareness of the hazards of electricity and identification of unsafe work practices. There is also a separate 2 hour course focusing solely on Arc Flash awareness for non-qualified employees, which may be combined with the basic electrical safety course.

Fall Protection (OSHA top 10 most cited)

This 4 hour course is designed to teach students about methods of eliminating, controlling and preventing fall hazards. It addresses the requirements detailed in the OSHA Fall Protection Standard, 29 CFR 1926; Subpart M.

Ladders and Stairways (OSHA top 10 most cited)

This 2 hour course shows that many employees take ladders and stairways for granted, and don't take the appropriate precautions when using them because they are so common. Some of the topics which are covered include: basic rules for ladder use, proper placement, ladder maintenance, tying off and blocking ladders and stairway construction requirements.

Mobile Cranes

This 8 hour course is designed for the wheeled type, mobile cranes used in general industry (It is not geared towards larger construction site crawler cranes). It includes 4 hours of classroom work and an additional 4 hours of hands on work for the group.

Fixed Overhead Cranes and Rigging

This 8 hour course covers the safe operation of both cab mounted and remote pendant operated fixed overhead cranes, which are popular in general industry. 80 hours of practice time and a physical exam are prerequisites for any cab mounted crane operators. Six hours are spent on cranes and an additional 2 hours are spent on the safe rigging of loads.

Chain, Sling and Rigging Class

This 2 hour course covers the proper use of chains and slings. It also discusses proper rigging techniques for handling loads safely and annual inspection processes.

Machine Guarding

This 4 hour course covers the types of machine guarding, importance of safeguarding places where most machine hazards occur, and safety control devices.

Confined Space Entry

This 8 hour course is designed to comply with the requirements of OSHA standard 29 CFR 1910.146, Permit Required Confined Spaces. Topics covered include: The Occupational Safety and Health Administration (OSHA) Permit Required Confined Spaces standard; Non-permit versus Permit Required Confined Spaces; Hazard Recognition, Evaluation and Control (physical hazards, health hazards, hazardous atmospheres, oxygen deficient atmospheres and oxygen enriched atmospheres).

Personal Protective Equipment (PPE)

This 4 hour course was created specifically to involve employees in the process of understanding the proper use of PPE and to help facilities in fulfilling OSHA's PPE training requirements.

Fire Extinguishers

This 2 hour course is designed to deal directly with the inherent fire hazards to people and properties. It covers life safety practices, recognition of specific types of fires and the proper/improper use of fire extinguishers.

Walking and Work Surfaces

In this 2-hour training, you'll learn where to look for hazards, how to identify them and how to reduce the risk of injuries from falls and their related costs. OSHA's walking and working surfaces regulations covers a wide range of issues which account for a high rate of citations across many industries.

HAZWOPER Training 1st Responder Awareness

This 8 hour course provides employees with the training necessary to respond to an incident at a First Responder awareness level and complies with OSHA 1910.120. Any employee who may be the first to discover an incident involving the release of a hazardous substance will benefit from this program. They will learn to recognize the presence of hazardous substances, understand correct methods for securing areas and how to notify appropriate emergency response agencies.

Welding Safety

This 2 hour course reminds employees about the hazards associated with welding and provides information they need to work safely when involved with welding operations. Some of the topics which are covered include: types of hazards, personal protective equipment, fire safety and electrical hazards.

Eye Safety

This 2 hour course teaches students to identify potential eye and face hazards in the workplace and how to select the appropriate personal protective equipment.

Office Safety

This 2 hour course shows employees what hazards exist in office environments and how important it is to use good safety practices as they go about their work. Some of the topics which are covered include: slips, trips and falls, steps and ladders, proper lifting and safe housekeeping.

Power Tool Safety

This 2 hour course shows how accidents can be significantly reduced by applying good general safety rules and reviews what hazards are associated with the specific types of tools employees use. Some of the topics which are covered include: matching the tool to the job, anticipating hazards, personal protective equipment and tool safety practices.

Hearing Protection

This 2 hour course includes: effects of noise on hearing, purpose of hearing protectors and the advantages, disadvantages, and attenuation of various types. It also covers instructions on selection, fitting, use, and care, purpose of audiometric testing and an explanation of the test procedures.

Heat Stress

This 2 hour course covers heat induced occupational illnesses, injuries, and reduced productivity which can occur with excessive exposure to a hot work environment. Heat induced disorders include transient heat fatigue, heat rash, fainting, heat cramps, heat exhaustion and heat stroke

Material Handling

This 4 hour course includes information on types of potential hazards, planning a job, personal protective equipment, proper lifting and moving techniques, other ergonomic considerations, hand trucks, carts and pallet trucks, mechanical lifting devices and more.

[Contact us](#) for pricing and scheduling details.

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