



# **FORKLIFT TRAINING SYSTEMS**

## **Safety Training Courses**

### **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.

### **Mobile Elevating 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 Mobile Elevating Work Platform 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. These standards were recently updated!

### **Machine Guarding (OSHA top 10 most cited)**

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

### **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.

### **Mobile Cranes (General Industry use only)**

This 8-hour course is designed for the wheeled type, mobile cranes used in general industry (Not for construction 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 (Remote/ Pendant Controlled)**

This 4-hour course covers the safe operation of both remote and pendant operated fixed overhead cranes, which are popular in general industry. 2 hours are spent on cranes and an additional 2 hours are spent on the safe rigging of loads and inspections.

### **Fixed Overhead Cranes and Rigging (Cab Mounted Cranes)**

This 8-hour course covers the safe operation of cab mounted type, fixed overhead cranes, which are popular in general industry. 40 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.

### **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).

### **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.

### **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.

### **Supervisor Liability**

This 1-hour course is a must for any supervisor of any level, in any industry. It shows the potential legal liability of being a supervisor, especially if you are not doing the right things to protect your employees. Learn the real life lessons of other supervisors who learned the hard way. Supervisors will never look at safety the same way again.

### **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. Every worker, regardless of experience, can benefit from this basic safety class.

### **OSHA 30-Hour Outreach (General Industry)**

This 4-day class was developed by OSHA to provide important safety information on the fundamental OSHA standards. This class is geared towards persons who will need more extensive safety training than would be provided by the basic 10-hour class.

### **Qualifications of our lead instructor:**

- ✓ OSHA Outreach 501 trainers for 10/30 hour classes (General Industry)
- ✓ College degree in safety and health
- ✓ Confined Space Rescue Technician/Trainer/Responder
- ✓ Competent Fall Protection Trainer
- ✓ Emergency Response Incident Commander/Technician Trainer
- ✓ Expert witness experience in litigation
- ✓ Qualified Crane/Rigging/Hoist Trainer and certified chain and sling inspector
- ✓ Teach and Train the N.S.C. Supervisor development course
- ✓ Training Methods Certification NSC

Contact us today for pricing and scheduling details.

Phone: 740-763-4978 Fax: 443-947-2470

Email: [info@forklifttrainingssystem.com](mailto:info@forklifttrainingssystem.com)