



PERFORMANCE  
AND DILIGENCE

# Forklift, Update



## Description

Forklift operators must master the techniques that will enable them to perform their work in complete safety. This training course will inform them of the risks they are exposed to while doing their jobs and teach prevention methods to reduce those risks.

Note that those participants registered for the course given at Fermont will have to move in the afternoon to the Fermont Training Centre, at 13 rue du Camp, for the practical part of the course.

## Target audience

Beginner and experienced forklift operators.

**Important note !** Please note that the employee must have completed the initial training within the last three years in order to complete this refresher training course. Additionally, in order for the refresher training to be entered into Cognibox, the initial training must have been previously entered.

## Objectives

- Develop the skills required to inspect and operate a forklift in a careful and safe manner;
- Read the load capacity of a forklift truck on the descriptive plate;
- Describe the effect of starts, stops, turns, ramps, and load on forklift stability;
- Know the various safety measures required to operate a forklift;
- Identify the various controls and instruments and explain how they function;
- Perform a forklift inspection;
- Describe and apply preventive measure and work procedures related to:
  - The handling of various loads;
  - Loading and unloading of public carriers.

## **Course contents**

- Basic technical concepts;
- General safety and prevention standards;
- Forklift inspection;
- Operation and handling techniques.

## **Educational approach**

Presentations, class participation, video, and practical exercises with a forklift

**Important!** Boots, hardhat, goggles, and safety vest are obligatory for this course.

## **Material provided**

Student Manual

## **Evaluation**

A 10-question exam is used to assess knowledge. The practical part of the course is evaluated using grid analysis.