

SAFE WORK PRACTICES

FORKLIFT TRUCKS – ERGONOMICS *Page 1 of 2*

**This information does not take precedence over OH&S. All employees should be familiar with the Saskatchewan Employment Act and the OH&S Regulations.*

Vehicle Capability:

1. Ensure the forklift is capable of handling the required lift and load size.
2. Ensure the forklift is designed to operate in the assigned area of operation.
3. The forklift must remain stable in all lift and operating positions.
4. Load capacity must be clearly marked on the forklift.
5. Ensure the forklift can make the necessary turns within its area of operation.
6. Ensure sufficient width and overhead clearance for the forklift to clear structures and walkways.
7. Ensure the forklift has the required height and/or reach to place the load.

Operator Visibility:

1. The operator must have a clear view:
 - upward;
 - of the ground (i.e. squatting person at five meters);
 - in directions of work and travel without assuming a twisted or awkward position.
2. Visual obstructions should be designed out of the vehicle or overcome using mirrors, external windows, TV, video camera, etc.

Lighting:

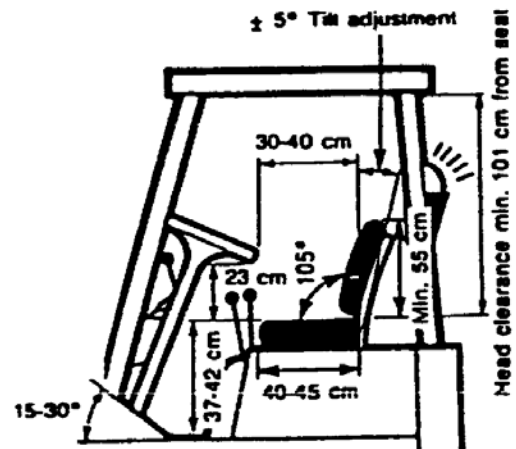
1. Lighting must be sufficient in all directions of travel and work.
2. Engine compartment lighting must be adequate for ease and safety of inspection.
3. Forklift lighting must be adequate (signal, brake and parking lights, headlights, revolving roof light).
4. Lighting must be acceptable for access to/from the forklift.

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Seating:

1. The seat should be provided with a shock absorbing system.
2. Seat upholstery should resist wear and provide ventilation and thermal insulation.
3. The seat should have a backrest with lower back support.
4. The front edge of the seat should be rounded.



Safety Considerations:

Make sure the forklift is equipped with these safety devices:

- backup alarm
- rollover protection and seat belts
- rear view mirror
- air, hydraulic or fuel lines guarded (from heat, abrasive objects)
- high visibility color – back of forklift striped with paint or reflective tape
- fire extinguisher
- beacon
- guarding or shielding of exhaust stack, service platform, etc.
- adequate and readily accessible emergency shutdown (dead man seat)
- special tires (comfort, traction)