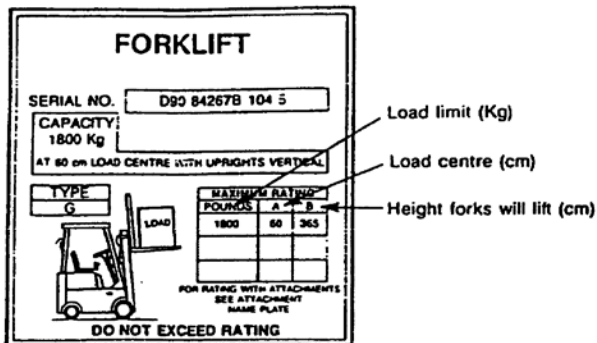


# SAFE WORK PRACTICES FORKLIFT TRUCKS – MAINTAINING STABILITY

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

## LOAD LIMIT

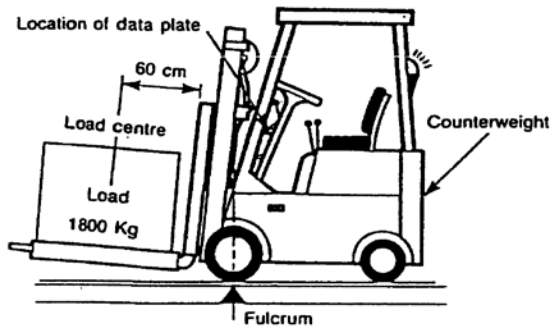
- **DO NOT EXCEED** the recommended load limit of your lift truck. Each lift truck has a maximum load limit. The load limit is shown on the data plate of the lift truck.



## LOAD CENTRE

A lift truck is designed on the principle of a teeter-totter.

- **POSITION** load according to recommended load centre. The load limit of the lift truck decreases as the load centre is increased.



- **DO NOT ADD** extra weight to counterbalance an overload.
- **INSERT** the forks all the way under the load.
- **KEEP** the load close to the front wheels to keep the lift truck stable.
- **CHECK** for adequate overhead clearance before raising a load.

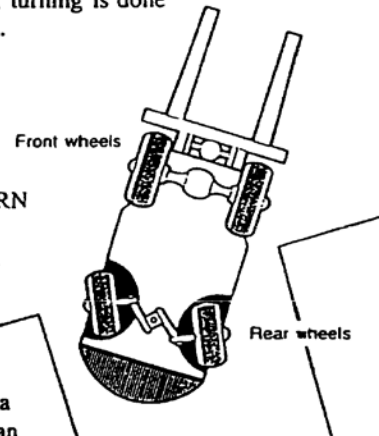
## ELEVATING THE LOAD

When the load is raised, the lift truck is less stable. When raising a load:

- **DO NOT RAISE** or lower the forks unless the lift truck is stopped and braked.
- **LIFT** the load straight up or tilted slightly back.
- **DO NOT LIFT** a load that extends above the load backrest unless no part of the load can possibly slide back toward the operator.

## STEERING

The weight of the load is carried by the front wheels; turning is done with rear wheels.



- **DO NOT TURN** a lift truck steering wheel sharply at fast speeds.
- **DO NOT OVERLOAD** a lift truck. It can cause a loss of steering control.
- **DO NOT ADD** extra weight to counterweight to improve steering.

## MOVING A LOAD

- **KEEP** the forks 15-20 cm off the ground.
- **ENSURE** vision is not blocked by the load.
- **DRIVE** slowly.
- **AVOID** sudden stops.