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Edited by Bruce Hulberg

## Forklift Safety: Newsletter



### Safety and Rescue Training

for high-hazard work activities

Confined Space  
Fall Protection  
Excavation  
**Forklift**

### Forklift Train the Trainer Schedule

July 22 - Eugene  
September 23 - Salem  
September 30 - Medford  
October 21 - Eugene  
November 4 - Bend

Register online at:

[www.d2000safety.com](http://www.d2000safety.com)

or email:

[bhulberg@d2000safety.com](mailto:bhulberg@d2000safety.com)

Have a forklift safety story or photo to share?

Please send it to Bruce at:

[bhulberg@d2000safety.com](mailto:bhulberg@d2000safety.com)

We will not publish company or individual's names. You can also contact Bruce to be added to our newsletter email.

Our programs reflect:

**ANSI/ASSE Z490.1** *Criteria for Accepted Practices in Safety, Health, and Environmental Training*

## Getting On and Off

You might wonder why anyone would write an article on something as basic as mounting and dismounting a forklift. Does this really pose a hazard?

The answer is yes, and the hazard is worse when operators mount and dismount many times during their shift. Ankle, foot, and knee injuries often occur when climbing in and out of forklifts, particularly when those ankle, feet, and knees are not as young as they once were. Other common injuries include strained backs and shoulders. Unprotected heads often strike overhead guards.

Given a large forklift (like the Kalmar on the right), the operator's tendency is to walk straight down the steps like you were descending a staircase. Bad idea! Unlike a staircase there is no handrail and worn/wet steps can cause slips and trips.



Forklift with steps

Smaller forklifts also pose hazards since most operators tend to jump off and on which can cause ankle/foot injuries.

### Mounting and Dismounting Best Practices:

- ◆ Never use the controls or steering wheel as hand holds for entry/exit.
- ◆ Face the machine when mounting/dismounting.
- ◆ Never jump off.
- ◆ Avoid wearing loose clothing which can catch on the controls.
- ◆ Watch where you are stepping and don't step on objects or into holes.
- ◆ Wear good quality work boots.
- ◆ Use *3 points of contact* when mounting/dismounting a forklift (as in the photo). Hand grabs are there for a reason.
- ◆ Ensure steps have effective anti-slip surfaces.
- ◆ Ensure grab handles are secure and in good condition.



Forklift with step and hand grab

### Recommendations:

- ◆ Investigate whether it is possible to reduce the number of times an operator gets up and down from the forklift.
- ◆ Train forklift operators to use three points of contact while mounting/dismounting.

