

# FORKLIFTS & SEATBELTS

Workers use forklifts to move and stack goods. Forklifts can eliminate the need for manpower, they help save time and allow for efficient storage and use of space which makes them an effective and useful piece of machinery.

Safe operating procedures are crucial when operating a forklift to help reduce the risks of serious injuries or fatalities.

- **OHSR 16.5 SEAT BELT USE OUTLINES THE REQUIREMENTS FOR SEATBELTS USE.**
- **WHAT ARE SOME OF HAZARDS ASSOCIATED WITH OPERATING A FORKLIFT?**
- **WHAT CAN I DO TO MINIMIZE HAZARDS WHEN OPERATING A FORKLIFT?**



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## OHSR 16.5 SEAT BELT USE

Occupational health and safety regulations require the use of seatbelts when a forklift is in motion or engaged in an operation that could cause the forklift to become unstable. The regulation also requires seat belts are well maintained and in good condition.

Forklift operators must follow the rules. The regulation requires the use of seat belts every time you get in and operate a forklift.

## SOME HAZARDS ASSOCIATED WITH FORKLIFT USE:

### (CAN YOU THINK OF OTHER HAZARDS?)

- If you're carrying a load in the air and hit a bump, the centre of gravity may change and tip the forklift over.
- Workplace congestion makes it difficult to manoeuvre and may cause an upset condition.
- Inadequate visibility, such as a dirty windshield, means your vision is impaired and you can't see where you're going. You might drive over objects, into fellow workers or into a post.
- Heavy workloads may cause you to rush or cause upset conditions and fatigue.
- Adverse weather conditions (icy, wet, slippery, foggy or snowy) will make it difficult to operate a forklift safely.

## WHAT CAN I DO TO MINIMIZE THE HAZARDS?

- When carrying a load, keep the forks down.
- Stop and clear away congestion so you can manoeuvre and with a clear path.
- If your windshield is dirty, clean it. Get into the habit of cleaning the windshield every morning when you start your day.
- If you're working with a heavy workload, prioritize the work. Slow and steady always wins the race, don't rush. Seek out your supervisor and get help if you can't keep up.
- Always follow the established Safe Work Procedures and never take shortcuts.
- Ensure you're assessed for competency each year by a qualified assessor and you only operate a forklift if you have the required authorization, training and certification.

**What are some of the other ways you can protect yourself and fellow workers?**



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