

Sit-Down Counterbalance Forklift - Employee Handout

29 CFR 1910.178(l)

KEY DECISIONS TO REMEMBER

Counterbalance geometry

The counterweight balances the load across the front axle pivot.

Mounting and operator restraint

Use three points of contact where applicable.

Travel position and steering

Carry the load low and tilted only enough for stability.

Load pickup and placement

Square to the load, level forks, enter fully and center the load.

Ramps, docks and trailers

Follow site rules for direction of travel on grades with loads.

Shutdown and parking

Lower forks fully, neutralize controls, set brake and shut off power when unattended.

STOP / ASK FOR HELP WHEN

- Seat belt/restraint is damaged or bypassed
- Turning fast with a raised load
- Operating close to rack uprights without accounting for tail swing
- Entering a trailer without confirmed restraint/chocks and floor condition

OUR SITE-SPECIFIC INFORMATION

- Actual truck controls, capacity plate and attachments
- Site traffic plan, pedestrian routes and speed expectations
- Grade/ramp rules and dock/trailer procedures
- Hands-on stacking/unstacking and workplace evaluation