



Forklift / Man lift Operator Training and Certification

State and federal regulations require all forklift operators, regardless of age or experience, to be trained and certified before operating any type of forklift.

Once you become certified, your training must be reviewed and updated:

- Every three years
- After any accident or near miss
- If you're observed operating in an unsafe manner
- Anytime you must operate a new type of equipment
- Anytime your workplace conditions change

You also must be at least 18 to operate a forklift in non-farm operations because federal and state officials have found that young operators are involved in more accidents and injuries.

This training is designed to provide a basic understanding of the design and function of the powered industrial truck, or forklift. Along with your hands-on-training, it can help you become a certified forklift operator or help you review and sharpen your skills. Operating a forklift is a demanding and difficult job. Each year around 20,000 people are seriously injured in forklift incidents, and around 100 are killed. A properly trained operator can prevent many of these incidents.

This training specifically will help you:

- Identify basic forklift structure and design
- Understand the factors that affect forklift stability, balance and maneuverability
- Perform a pre-shift inspection

Whether work with a sit-down rider, reach truck, or one of the many highly specialized forklifts out there, knowing everything you can about your equipment protects you, co-workers and the facility where you work.