



TRAINING OUTLINE

COURSE TITLE: _____ **DATE:** _____ **INSTRUCTOR:** _____

LOCATION: _____ **TIME:** _____ **COMPANY:** _____

Safety training was conducted on the above date by the instructor indicated. The following line items identify the topics covered during the training session.

SUMMARY OF TRAINING

1) Introduction

- a) Types of MEWPS
 - i. Scissor Lifts
 - ii. Vertical Lifts
 - iii. Boom Lifts
- b) Classification
 - i. Groups
 - ii. Types
 - iii. Type Application
- c) Standards

2) Interior Anatomy

- a) Inspections
 - i. Yearly Inspections
 - ii. Damage Reports
 - iii. Lock Out, Tag Out
- b) Platform Components
 - i. Operators Manual
 - ii. Warning Labels
 - iii. Platform
 - iv. Lift Controls
 - v. Overload Alarm/Sensor
 - vi. Fire Extinguisher
 - vii. Foot Pedals
 - viii. Entry Gate
 - ix. Toe Guards
 - x. Anchor Points
 - xi. Fall Protection

3) Body Anatomy

- a) Scissor Lifts
 - i. Scissor Legs or Mast



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- ii. Pins & Bushings
 - b) Boom Lifts
 - i. Boom or Turret
 - ii. Slide Pads
 - iii. Insulated Boom
 - iv. Platform Hinge
 - v. Chassis & Frame
 - vi. Body
 - c) Common Components
 - i. Ground Controls
 - ii. Hydraulics & Hoses
 - iii. Engine Compartment
 - iv. Outriggers
 - v. Tires
 - vi. Extendable Axles
 - vii. Fuel or Propane
 - viii. Battery
 - d) Interlock Devices/Sensors
 - i. Driving Interlock
 - ii. Outrigger Interlocks
 - iii. Tilt Interlock
- 4) Stability Principles**
 - a) Terms to Know
 - i. Balancing Point
 - ii. Torque or Leverage
 - iii. Center of Gravity
 - iv. Outriggers
 - v. Extendable Axles
 - b) Extreme Conditions
 - i. Indoor/Outdoor MEWPs
 - ii. Unstable Soil
 - iii. Edges or Holes
 - iv. Failed Sensors
 - v. Weather Conditions
 - vi. Wind Speed
 - c) Preventing Tip Overs
 - i. Slip Knots
 - ii. Overloading



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- iii. Extendable Platform
- iv. Modifications
- v. Ladders & Guardrails

5) Safety Begins with you!

- a) Mental & Physical Health
 - i. Fatigue
 - ii. Emotions
 - iii. Medications
 - iv. Distractions
- b) Personal Protective Equipment
 - i. Hard Hat
 - ii. Other PPE
 - iii. Fall Protection
 - iv. Weather
 - v. Training
 - vi. Horseplay

6) Know your Machine

- a) Operators Manual
- b) Make & Model
- c) Inspections
- d) Record Keeping
- e) Mounting & Dismounting
 - i. Three Point Contact
- f) Load Capacity

7) Know your Worksite

- a) Overhead Protections
- b) Caught Between/Crush
- c) Other Conditions
- d) Power Lines
 - i. Safe Distance
 - ii. Spotters
 - iii. In Case of Contact
- e) Communication
 - i. Radios & Face-to-Face
 - ii. Hand Signals
 - iii. Emergency Stop
- f) Slopes
 - i. Driving & Braking



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- ii. Wheel Chocks
- g) Traffic Control
 - i. Pedestrians
- h) Traveling & Transporting
 - i. Traveling
 - ii. Backing Up
 - iii. Right-of-Way
 - iv. Parking
 - v. Hauling
 - vi. Trailers
 - vii. Loading

8) Rescue

- a) Rescue Plan
- b) Suspension Trauma
- c) Types of Rescues
 - i. Self-Rescue
 - ii. Assisted Rescue
 - iii. Technical Rescue
- d) Rescue Equipment
 - i. Trauma Straps
 - ii. Self-Rescue Ladders
 - iii. Rescue Harnesses

9) Conclusion