



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) Standards
- b) Why Training

2) Interior Anatomy

- a) Operator's Manual
- b) Labels
- c) Cab Floor
- d) Seat
- e) Seat Belt
- f) Fire Extinguisher
- g) Controls
- h) Steering
- i) Brakes
- j) Horn/Backup Alarm
- k) Windows
- l) Load Charts
- m) Frame Level
- n) Mirrors

3) Exterior

- a) Maintenance
- b) PPE
- c) Capacity Plate
- d) Chassis, Frame
- e) ROPS/FOPS
- f) Glass
- g) Lights
- h) Tires
- i) Air-Filled Pneumatic
- j) Foam-Filled Pneumatic Tires
- k) Solid Rubber Tires



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- l) Engine
- m) Fluids & Fuel
- n) Hydraulic Components
- o) Outriggers
- p) Boom
- q) Boom Chain
- r) Counterweight
- s) Boom Angle Indicator
- t) Attachments
- u) Carriage
- v) Forks
- w) Man Basket
- x) Fall Protection
- y) Jib

4) Stability Principles

- a) Balance & Leverage
- b) Center of Gravity
- c) Stability Pyramid
- d) Counterweight
- e) Boom Angle Indicator
- f) Frame Level Indicator
- g) Operator's Manual
- h) Load Capacity
- i) Load Charts
- j) Load Center
- k) Critical Lift
- l) Outriggers
- m) Attachments
- n) Dynamic Forces
- o) Ground Conditions
- p) Slopes
- q) Weather

5) Safety Begins With You

- a) Mental & Physical Health
- b) Medications
- c) Fatigue
- d) Distractions
- e) Wear Appropriate PPE



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f) Training

6) Know Your Machine

- a) Operator's Manual
- b) Pre-Shift Inspection
- c) Maintenance
- d) Mounting, Dismounting
- e) Ergonomics
- f) Seat Belts
- g) Steering & Controls
- h) Moving Parts
- i) Attachments
- j) Forks
- k) Personnel Platform
- l) Load Handling

7) Know Your Worksite

- a) Communication
- b) Pedestrians
- c) Traveling Without a Load
- d) Traveling With a Load
- e) Parking
- f) Hazardous Atmospheres and Materials
- g) Power Lines

8) Conclusion



TRAINING OUTLINE

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