

Spot The Safety Violation: Don't Take on More than You Can Handle



Do you know what caused this forklift to tip over and what could've been done to prevent it'



Many companies use powered mobile equipment, such as forklifts, to mechanically move materials around the workplace. The use of forklifts can protect workers from injuries they could develop if they move materials by hand, such as strained backs. But if forklifts aren't used correctly, they can expose workers to other kinds of injuries.

For example, trying to move too big or heavy of a load can cause a forklift to tip over and possibly crush its operator or injure other workers in the area. Just look at [this photo](#), which shows an overloaded forklift in a container yard in Melbourne, Australia after its load tipped it forward. Perhaps this container should've been moved with a crane or hoist instead.

FORKLIFT SAFETY TIPS

Workers who operate forklifts should follow these safety tips:

- Make sure the load doesn't exceed the forklift's load capacity.

- Carry the load as far back as possible to minimize the possibility of tipping. And always tilt the load toward the truck.
- The load on a forklift should be stable, secured and evenly distributed before you attempt to move it.
- Don't operate a forklift with an obstructed view. You must be able to see where you're going.
- On slopes, always keep the load uphill—that is, back down the slope and go forward when moving up the slope.
- Never raise or lower a load while the forklift is in motion.
- Carry the load as low to the ground as possible while still clearing any obstructions.
- Observe all speed limits and traffic signs, stopping at all intersections. Also, avoid making quick turns and sudden stops.
- Always look in the direction in which you're moving—and don't rely on mirrors.
- Make sure that the area behind you is clear before backing up and turning.

To ensure that your workers know how to safely operate forklifts, give them a [toolbox talk](#) on this equipment and a [quiz](#) to test their knowledge of forklift safe work practices.

You should also require workers to inspect forklifts before using the equipment. (Adapt this [inspection checklist](#) for their use.)

To protect workers if a forklift or similar equipment rolls or tips over, install appropriate [rollover protective structures](#). Also, ensure forklifts have seatbelts—and [require workers to use them](#).