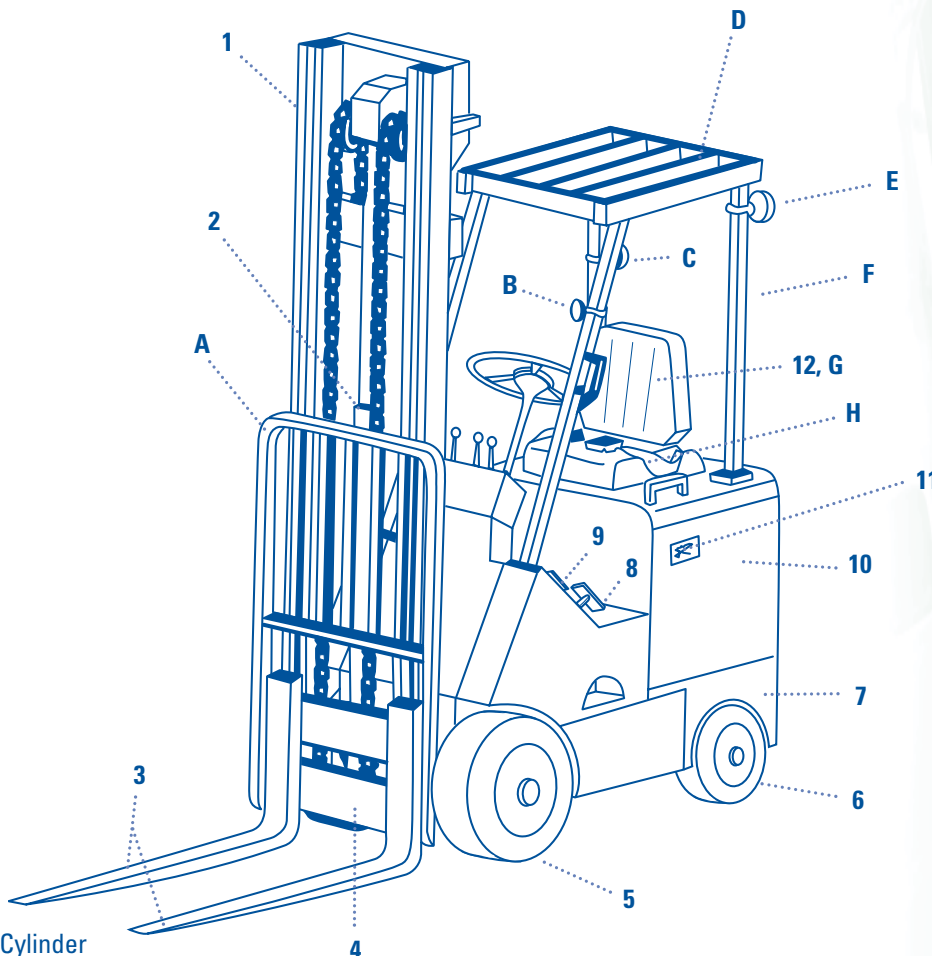


Equipment identification:

Date :

Lift Truck



Truck Parts

- 1 Upright Mast
- 2 Hydraulic Lift Cylinder
- 3 Forks
- 4 Carriage
- 5 Drive Wheels
- 6 Steerable Wheels
- 7 Chassis
- 8 Parking Brake
- 9 Brake
- 10 Counterweight
- 11 Rating Plate For Maximum Lifting Capacity
- 12 Seat

Safety Devices

- A Load Restrainer
- B Horn
- C Backup Alarm
- D Overhead Guard
- E Flashing Light
- F Safety Frame
- G Suspension Seat
- H Restraining Device (Seat Belt)



Association paritaire pour la santé
et la sécurité du travail
Secteur fabrication de produits
en métal et de produits électriques
www.aspme.org



Institut de recherche Robert-Sauvé
en santé et en sécurité du travail
www.irst.qc.ca



It's About Making A Difference.

Industrial Accident Prevention Association
1-800-406-IAPA (4272)
www.iapa.ca

SELF-ASSESSMENT FORM

For Occupational Health And Safety

LEGEND

Preventative Measures

- Procedural Measures
- Orders/instructions

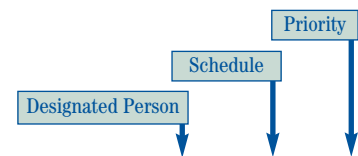
Priority Codes for applying risk measures:

- A. Immediate stoppage and resolution
- B. Resolution as soon as possible
- C. Resolution according to normal company procedures

The suggested preventative measures are based in part from the Workplace Health And Safety Regulations (RSST), from An Act Respecting Occupational Health and Safety (Québec LSST, S-2.1), as well as CSA Standard B335.1-1977, ANSI B56.1-1975 and ASME B56.1-1993.

Mechanical Hazards

Most likely injuries: Crushing, fractures, contusions, backaches, sprains, cuts, and foreign bodies.



Preventative measures	Applicable <input checked="" type="checkbox"/>	Not applicable <input type="checkbox"/>	Notes	Designated Person	Schedule	Priority
Risk Factor: Tipping Forward						
► Ensure a rating plate stating the maximum lifting capacity is posted on the lift truck.	<input type="checkbox"/>	<input type="checkbox"/>				
● Ensure the total load is within the forklift's capacity.	<input type="checkbox"/>	<input type="checkbox"/>				
● Tilt the load backward to bring the forklift centre of gravity more to the back before travelling with a load	<input type="checkbox"/>	<input type="checkbox"/>				
● Keep the load low while travelling (forks from 10 to 15 cm (4 to 6in) off the floor).	<input type="checkbox"/>	<input type="checkbox"/>				
● Avoid sudden braking, which might move the centre of gravity to the front, especially when the load engaged approaches the rated maximum lift truck capacity.	<input type="checkbox"/>	<input type="checkbox"/>				
● When carrying a load, travel in reverse down an incline and travel forward up an incline.	<input type="checkbox"/>	<input type="checkbox"/>				
► Install a floor-mounted loading deck to gain access to trailers.	<input type="checkbox"/>	<input type="checkbox"/>				
Risk Factor: Tipping Backward						
► Ensure the lift truck is equipped with a safety frame.	<input type="checkbox"/>	<input type="checkbox"/>				
● Install chocks and use the truck or trailer's parking brakes to stop the trailer from traveling during loading and unloading.	<input type="checkbox"/>	<input type="checkbox"/>				
● Avoid driving near pit and dock edges.	<input type="checkbox"/>	<input type="checkbox"/>				
Risk Factor: Tipping To The Side						
● Operate at low speed when turning.	<input type="checkbox"/>	<input type="checkbox"/>				
● Drive at an appropriate speed, taking into consideration the driving surface, visibility and nearby workers.	<input type="checkbox"/>	<input type="checkbox"/>				
● Avoid approaching a grade at an angle.	<input type="checkbox"/>	<input type="checkbox"/>				
► Ensure the lift truck is equipped with restraining devices: lap belt, shoulder belt, bucket seat, guard, etc.	<input type="checkbox"/>	<input type="checkbox"/>				
● Keep a firm grip on the steering wheel in case the vehicle turns over; do not jump from the vehicle.	<input type="checkbox"/>	<input type="checkbox"/>				
● When not carrying a load, travel forward down an incline and travel in reverse up an incline.	<input type="checkbox"/>	<input type="checkbox"/>				
● Reduce driving speed when not loaded; an unloaded lift truck is less stable than when engaged with a load.	<input type="checkbox"/>	<input type="checkbox"/>				

Mechanical Hazards (continued)

Most likely injuries: Crushing, fractures, contusions, backaches, sprains, cuts, and foreign bodies.

Preventative measures	Applicable <input checked="" type="checkbox"/>	Not applicable <input type="checkbox"/> N/A	Notes	Desig.	Sched.	Prior.
Risk Factor: Collision With A Pedestrian Or Other Moving Truck						
Ensure truck visibility: ▶ install a flashing light.	<input type="checkbox"/>					
▶ Install a back-up warning device.	<input type="checkbox"/>					
● Use the horn at intersections.	<input type="checkbox"/>					
▶ Install mirrors at intersection.	<input type="checkbox"/>					
▶ Install clearly marked traffic signs for stops.	<input type="checkbox"/>					
● Inspect lift trucks daily; brakes, warning devices, leaks, tires, general condition.	<input type="checkbox"/>					
● Ban pedestrian traffic around lift truck loading and unloading truck trailers.	<input type="checkbox"/>					
Risk Factor: Collision With A Fixed Object						
▶ Ensure traffic areas are well lit, wide, well marked, free and clear of clutter.	<input type="checkbox"/>					
▶ Ensure height restriction traffic areas are clearly marked and clearly indicate the maximum headroom.	<input type="checkbox"/>					
Risk Factor: Falling Objects						
▶ Protect the operator by fitting an overhead guard to the safety frame.	<input type="checkbox"/>					
▶ Place guards on racks in order to protect workers in the area.	<input type="checkbox"/>					
Risk Factor: Falling Personnel						
▶ Supply an approved platform specifically designed for personnel lifting. The platform must be secure to the carriage and the worker must be secured to the platform with a harness.	<input type="checkbox"/>					
● Do not travel with personnel except if the truck is equipped with a second seat.	<input type="checkbox"/>					
Risk Factor: Flying Particles And Materials						
▶ Install protective screens in the lift truck traffic area where there is a danger of flying projectile materials.	<input type="checkbox"/>					
● Wear CSA approved safety glasses with lateral protection.	<input type="checkbox"/>					
Risk Factor: Access To Moving Parts (Lift Mast, Engine)						
● Stop engine before routine inspections.	<input type="checkbox"/>					
● Never place hands or arms near the lifting mast moving parts.	<input type="checkbox"/>					
Risk Factor: Falling, Slipping While Mounting or Dismounting A Lift Truck						
● Use the three-point support technique (one hand on the steering wheel, one on the truck frame and one foot on the foot hold). Never jump off a truck.	<input type="checkbox"/>					
▶ Apply non-slip material to the foothold.	<input type="checkbox"/>					
● Wear safety shoes with anti-slip soles.	<input type="checkbox"/>					

Ergonomic Hazards

Most likely injuries: Musculo skeletal disorders, backaches, fractures, sprains.

Preventative measures	Applicable <input checked="" type="checkbox"/>	Not applicable <input type="checkbox"/>	Notes	Desig.	Sched.	Prior.
Risk Factor: Driving Shocks And Jarring						
▶ Repair and level traffic areas; uneven surfaces, holes, railway crossing bridge, etc.	<input type="checkbox"/>					
▶ Install a seat with suspension that absorbs shocks and vibration.	<input type="checkbox"/>					
Risk Factor: Heavy And Bulky Objects						
▶ Supply equipment for carrying and lifting liquefied propane gas (LPG) cylinders.	<input type="checkbox"/>					
▶ Install a battery extractor.	<input type="checkbox"/>					
● Ask for help from a co-worker.	<input type="checkbox"/>					

Notes:

[illegible]

Chemical Hazards

Most likely injuries: Burns, frostbite, intoxication, asphyxia, headaches, nausea.

Preventative measures	Applicable <input checked="" type="checkbox"/>	Not applicable <input type="checkbox"/>	Notes	Desig.	Sched.	Prior.
Risk Factor: Spillage, Splatter Or Contact With A Dangerous Substance						
● Consult MSDS documentation.	<input type="checkbox"/>					
● Wear personal safety equipment as prescribed.	<input type="checkbox"/>					
● Use handling equipment appropriate to the weight and shape of pieces and their packaging.	<input type="checkbox"/>					
● Close the supply valve and let the engine run until the supply line has depleted all its fuel, before replacing an LPG cylinder.	<input type="checkbox"/>					
▶ Keep battery charging stations and truck re-supply stations away from sources of ignition, due to the production of hydrogen gas and other flammable products.	<input type="checkbox"/>					
▶ Implement emergency procedures in case of accidental spillage.	<input type="checkbox"/>					
▶ Install an emergency shower and an eye wash station.	<input type="checkbox"/>					
Risk Factor: Exposure To Carbon Monoxide						
▶ Sample the air to evaluate carbon monoxide (CO) concentrations.	<input type="checkbox"/>					
▶ Vent the workplace according to required air exchange standards.	<input type="checkbox"/>					
▶ Periodically adjust the fuel-air mixture and ignition timing using an exhaust gas analyser.	<input type="checkbox"/>					
▶ Supply an electric lift truck.	<input type="checkbox"/>					

Notes:

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Physical Hazards

Most likely injury: Hearing loss, successive glare, flash blindness, and heat stroke.

Preventative measures	Applicable <input checked="" type="checkbox"/>	Not applicable <input type="checkbox"/>	Notes	Desig.	Sched.	Prior.
Risk Factor: Noisy Workplace Environment						
► Identify the sources of noise and implement measures to reduce noise at the source, whenever possible.	<input type="checkbox"/>					
► Install a soundproof operator's cabin.	<input type="checkbox"/>					
● Wear earplugs or earmuffs.	<input type="checkbox"/>					
Risk Factor: Exhaust Noise						
► Install a muffler.	<input type="checkbox"/>					
Risk Factor: Flash From Welding						
► Install screens in lift truck traffic areas where there is risk of exposure to welding flashes.	<input type="checkbox"/>					
● Wear CSA approved safety glasses with lateral protection.	<input type="checkbox"/>					
Risk Factor: Exposure To Extreme Temperatures Or Large Variations Of Temperature						
► Install an enclosed cabin to allow climate control.	<input type="checkbox"/>					
► Install weather-damping devices around shipping and receiving doorways.	<input type="checkbox"/>					
► Supply warm clothes, winter insulated boots and gloves.	<input type="checkbox"/>					
► Install ventilators to force heated air inside trailers for the winter and cooled air for the summer.	<input type="checkbox"/>					

Electrical Hazards

Most likely injuries: Electrocutation.

Preventative measures	Applicable <input checked="" type="checkbox"/>	Not applicable <input type="checkbox"/>	Notes	Desig.	Sched.	Prior.
Risk Factor: Contact With Parts Normally Or Accidentally Energized						
● Apply battery-charging procedures.	<input type="checkbox"/>					
● Check battery supply cable insulation.	<input type="checkbox"/>					
● Wear insulating gloves.	<input type="checkbox"/>					
● Use insulated tools.	<input type="checkbox"/>					

Completed By: