

FORKLIFT OPERATOR REFRESHER TRAINING (FORT) CASE STUDIES-LEANER'S GUIDE





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WHERE THE JOURNEY BEGINS



FORKLIFT OPERATOR REFRESHER TRAINING (FORT)

COURSE OVERVIEW

The Forklift Operator Refresher Training Course aims for Forklift Operator to complete mandatory refresher training in compliance with the WSH Act Section 31(4), MOM will require all forklift operators to attend a refresher course at least once every three years.

The course will provide forklift operators with the essential skills through both theory and practical training. It will cover key safety concepts, industry guidelines, learning from past incidents and hands-on practice. Participants will refresh their knowledge on practical forklift operation skills, and learn to recognize and manage potential risks, equipping them for everyday operational challenges. This will strengthen the safety awareness of forklift operators and reinforce compliance with safety regulations

COURSE REQUIREMENTS

To register for this course, learners must be above 18 years of age and are assumed to:

- 1. Valid Forklift License
- 2. Be able to interpret work instructions and technical information
- Be able to listen speak, read and write English at a proficiency level equivalent to the Employability Skills (ES) Level 3
- 4. Be able to process numbers at a proficiency level equivalent to the (ES) Level 3

COURSE DETAILS

Duration: 4 Hours asynchronous e-learning and 8 hours class & assessment

ATTENDANCE REQUIREMENTS

100% for asynchronous learning and practical training cum assessment

COURSE OUTLINE

- 1. Relevant WSH Legislations / SS573 for forklift operation
- 2. Refresh on the correct interpretation of the Load Chart
- 3. Forklift stability
- 4. Pre-Operational & Post Checks on a Forklift Machine
- 5. Techniques and requirements for safe operations
- 6. Highlights on the common safety lapses by forklift operators and the consequences
- 7. Safety Rules (Do's and Don't s)
- 8. Carry out forklift operations (Practical)

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Workshop (In person training)

- 1. 4 case studies
- Forklift Practical inclusive of 15 min practical assessment

4 case studies:

- 2 cases on identification of hazards related to forklift operation and its consequences and the safety precautionary measures required (1 hour per case)
- 2 accident cases involving forklift operation and discuss the likely causes and safety precautions required to prevent such an accident (1 hour per case).

Practical Assessment

Practical assessment: 15 mins, as stated below:

- Inspect forklift machine (2 mins)
- Carry out forklift operations (11 mins)
 - Parking (in & out of parking lot) (2mins)
 - ii. Maneuvering (S and L shape) with and without load (3 mins)
 - Loading and Unloading (6 mins) iii.
- Reinstate and handover forklift (2 mins)

Practical: 1: 1 (Trainee: Trainer, Practical session)

[Group of 5 trainees to 1 Forklift/Trainer (or Assessor]

Written Test

Forklift Operator Refresher Training (Asynchronous training):

E-assessment: 30 Formative MCQs for 45 mins

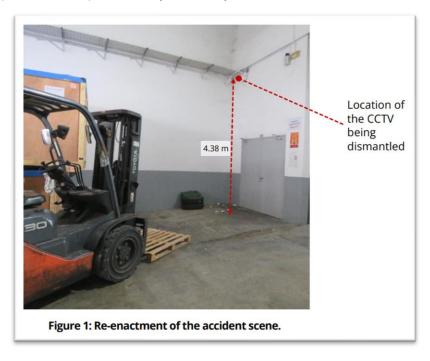
During the administration of the written assessment, there shall be an assessor to ensure the integrity of the assessment process. The trainer for the course is not permitted to be the assessor for the same course during the assessment. An invigilator can be appointed in place of the assessor, but the trainer for the course must be on standby to make clarification on the questions where needed.

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CASE STUDY 01: COMPANY DIRECTOR FELL FROM FORKLIFT PALLET

On 25 July 2023, a company director and his co-worker were dismantling Closed-Circuit Televisions (CCTV) at a warehouse. To reach the CCTV, they used a nearby forklift belonging to another company. The ignition key was left within the switch of the forklift. The director stepped onto a pallet placed on the forks while the co-worker operated the forklift and raised the director to access the CCTV. While working on the raised pallet, the director lost his balance and fell to the ground. He was sent to the hospital where he passed away on 31 July.



CASE STUDY 02: WORKER PINNED UNDER TOPPLED FORKLIFT LOAD

On 18 September 2023, a team of workers was using a plate-rolling machine to fabricate steel pipes. During the fabrication process, a forklift was used to lift a set of steel moulds, each weighing about 200kg, to press down on each newly rolled plate and hold it in place for welding works. When the forklift operator dismounted and moved to the rolling machine, the steel moulds suddenly toppled on him as the moulds were not secured. The forklift operator was sent to the hospital where he died from his injuries.



FORKLIFT OPERATOR REFRESHER TRAINING (FORT)

CASE STUDIES_LEARNERS GUIDE

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What companies should do

Forklifts are designed for loading and unloading of goods. Companies need to ensure that they have proper control and procedures to ensure the safe use of forklifts

Competent forklift operator:

Deploy only forklift operators who have completed the Workforce Skills Qualification (WSQ) Operate Forklift Course and are authorised to operate the forklift. Provide forklift operators with refresher training at least once every three years. Additional model-specific training with support from the forklift's manufacturer is strongly recommended.

Safe use of forklift:

Use the forklifts for its intended purpose to lift items or carry pallets on which the goods are placed.-Forklifts must not be used to carry or transport persons on a pallet;- The raised items/goods should not be used as "weights" to facilitate manufacturing; - If extension arms are used, ensure that they are properly design for the forklift.

Stability of Goods:

Check and ensure that the goods/items are stable to prevent unintended toppling. If the goods/items are suspended on the forks or extension arms, ensure that they do not sway excessively during movement as there is a risk of overturning the forklift.

Safe Work Procedure (SWP):

Develop a SWP for the specific work activity covering the use of the correct equipment, tools and work method. Consult the equipment's manufacturer or supplier for advice where necessary. Communicate the SWP to workers and provide supervision to ensure the SWP is closely followed.

Controlled key access:

Restrict access of forklift keys to only authorised operators. The forklift ignition key should never be left in the ignition switch unattended.

Seat belts:

Ensure that the operator puts on his seat belt while operating the forklift. In the event that the forklift overturns, the seat belt will protect the operator from being crushed by the forklift or the goods.

WHERE THE JOURNEY BEGINS



<u>Case Studies: 1&2 Identification of Hazards, Consequences, and Safety Precautionary</u> <u>Measures in Forklift Operations.</u>

CASE 1: COMPANY DIRECTOR FELL FROM FORKLIFT PALLET

Hazard Identification:

1. Unsafe Use of Forklift:

Forklift was used to lift a person on a pallet, which is not its intended purpose.

2. Unsecured Pallet:

The pallet was not designed or secured to safely carry a person.

3. Unattended Forklift Key:

The ignition key was left in the forklift, allowing unauthorized use.

4. Lack of Fall Protection:

No safety harness or fall protection was used while working at height.

Consequences:

- The company director lost his balance and fell from the raised pallet.
- He sustained fatal injuries and passed away in the hospital.
- The company faced legal repercussions under the WSH Act, including potential fines and reputational damage.

Safety Precautionary Measures:

1. Proper Use of Forklifts:

- Forklifts should only be used for their intended purpose (lifting goods, not people).
- Never allow workers to stand on pallets or forks to access heights.

2. Fall Protection:

 If working at height is necessary, use proper equipment such as scaffolding, mobile elevated work platforms (MEWPs), or ladders with fall protection.

3. Controlled Key Access:

- Forklift keys should only be accessible to authorized operators.
- Never leave the ignition key in the forklift when unattended.

4. Training and Supervision:

- Ensure all workers are trained on the correct and safe use of forklifts.
- Supervisors should monitor work activities to ensure compliance with safety procedures.

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CASE 2: WORKER PINNED UNDER TOPPLED FORKLIFT LOAD

Hazard Identification:

1. Unsecured Load:

The steel moulds (200kg each) were not properly secured on the forklift.

2. Improper Load Handling:

The forklift operator dismounted while the load was still raised, leaving it unattended.

3. Lack of Stability Checks:

The stability of the load was not checked before lifting or moving.

4. Inadequate Training:

The operator may not have been adequately trained on securing heavy loads or the risks of leaving a raised load unattended.

Consequences:

- The steel moulds toppled onto the forklift operator, pinning him underneath.
- The operator sustained fatal injuries and died in the hospital.
- The company faced legal consequences, including potential fines and investigations under the WSH Act.

Safety Precautionary Measures:

1. Load Securing:

- Always ensure that loads are properly secured before lifting or moving them.
- Use appropriate restraints, such as straps or chains, to prevent loads from toppling.

2. Stability Checks:

 Conduct stability checks before lifting any load. Ensure the load is balanced and does not sway excessively during movement.

3. Operator Training:

 Provide comprehensive training to forklift operators on safe load handling, including securing heavy loads and the risks of leaving loads unattended.

4. Safe Work Procedures (SWP):

- Develop and enforce SWPs for tasks involving forklifts, especially when handling heavy or unstable loads.
- Ensure operators never leave a raised load unattended.

5. Supervision and Monitoring:

- Supervisors should regularly monitor forklift operations to ensure compliance with safety procedures.
- Conduct toolbox briefings to remind workers of the importance of load stability and securing.

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Summary of Key Safety Measures for Both Cases

Case	Hazard	Consequence	Safety Precautionary Measures
Case 1	Unsafe use of forklift to lift a person	Fatal fall from height	 Use forklifts only for their intended purpose. Provide fall protection for working at height. Restrict forklift key access.
Case 2	Unsecured heavy load on forklift	Fatal injury from toppled load	 Secure loads properly before lifting. Conduct stability checks. Train operators on safe load handling.

General Safety Precautions for Forklift Operations

1. Training and Authorization:

- Only trained and authorized operators should operate forklifts.
- Provide refresher training every three years.

2. Safe Work Procedures (SWP):

- Develop and enforce SWPs for all forklift-related tasks.
- Consult equipment manufacturers for specific safety guidelines.

3. Seatbelt Use:

 Operators must always wear seat belts to prevent being crushed in case of a forklift overturning.

4. Regular Inspections:

• Conduct regular inspections of forklifts to ensure they are in good working condition.

5. Toolbox Briefings:

Regularly remind workers of the 6 Basic WSH Rules for Safe Forklift Operation:

- 1. Report to your supervisor if you feel unwell.
- 2. Operate a forklift only if you are trained and authorized
- 3. Do not overload forklift.
- 4. Never use a forklift to carry or transport a person.
- 5. Do not speed.
- 6. Check blind spots before reversing.

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1. Report to your supervisor if you feel unwell.



2. Operate a forklift only if you are trained and authorized



3. Do not overload forklift.



4. Never use a forklift to carry or transport a person.



5. Do not speed.



6. Check blind spots before reversing.



Conclusion

- Both cases highlight the importance of **proper forklift use**, **load securing**, and **adherence** to safety procedures.
- By identifying hazards, understanding their consequences, and implementing the necessary safety measures, companies can prevent similar accidents and ensure a safer workplace.

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LEARNING ACTIVITIES FOR TRAINEES ON FORKLIFT SAFETY

To ensure that trainees fully understand the hazards, consequences, and safety measures related to forklift operations, the following learning activities can be conducted. These activities are designed to be interactive, engaging, and practical, helping trainees internalize the key safety concepts.

ACTIVITY 1: CASE STUDY ANALYSIS AND GROUP DISCUSSION



Objective:

To analyse real-life forklift accidents and identify hazards, consequences, and preventive measures.

Instructions:

- 1. Divide trainees into small groups (2-3 members per group).
- 2. Provide each group with the one case studies from the above accident case
 - Case 1: Company Director Fell from Forklift Pallet.
 - Case 2: Worker Pinned Under Toppled Forklift Load.
- 3. Ask each group to analyse the cases and answer the following questions:
 - What were the hazards in each case?
 - What were the **consequences** of these hazards?
 - What safety measures could have prevented the accidents?
- 4. Group Presentation:
 - Each group presents their findings to the class.
 - Encourage discussion and feedback from other groups.

Learning Outcome:

Trainees will understand how to identify hazards, assess risks, and propose safety measures in realworld scenarios.



ACTIVITY 2: QUIZ ON FORKLIFT SAFETY



To test trainees' knowledge of forklift safety rules and procedures.

Instructions:

1. Questions based on the **6 Basic WSH Rules for Safe Forklift Operation** and other key safety points from the training.

Multiple-Choice Questions

- 1. What should you do if you feel unwell while operating a forklift?
 - A. Continue working and ignore the feeling.
 - B. Take a short break and then continue working.
 - C. Report to your supervisor immediately.
 - D. Ask a co-worker to take over without informing the supervisor.

Correct Answer: C. Report to your supervisor immediately.

- 2. Who is allowed to operate a forklift?
 - A. Anyone who has driven a car before.
 - B. Only trained and authorized operators.
 - C. Any worker who has been on the job for more than a year.
 - D. Workers who have watched someone else operate a forklift.

Correct Answer: B. Only trained and authorized operators.

- 3. What is the risk of overloading a forklift?
 - A. It improves the forklift's performance.
 - B. It can cause the forklift to tip over or become unstable.
 - C. It makes the forklift go faster.
 - D. It has no effect on the forklift.

Correct Answer: B. It can cause the forklift to tip over or become unstable.

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- 4. Why should you never use a forklift to carry or transport a person?
 - A. It is against company policy.
 - B. Forklifts are not designed to carry people, and it is extremely dangerous.
 - C. It slows down work progress.
 - D. It is only allowed during emergencies.

Correct Answer: B. Forklifts are not designed to carry people, and it is extremely dangerous.

- 5. What should you do before reversing a forklift?
 - A. Honk the horn and reverse quickly.
 - B. Check blind spots and ensure the area is clear.
 - C. Assume the area is clear and reverse without checking.
 - D. Ask a co-worker to guide you while reversing.

Correct Answer: B. Check blind spots and ensure the area is clear.

- 2. Conduct the quiz in a fun and interactive way or online quiz platform.
- 3. Review the answers and provide explanations for any questions that were challenging.

Learning Outcome:

Trainees will reinforce their knowledge of forklift safety rules and procedures through a fun and engaging activity.

Conclusion

These learning activities are designed to be interactive and practical, ensuring that trainees not only understand forklift safety concepts but also know how to apply them in real-world situations. By engaging in these activities, trainees will be better prepared to operate forklifts safely and prevent accidents in the workplace.

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FATAL ACCIDENT

CASE STUDY 03 WORKER THROWN OFF OVERTURNED FORKLIFT

On 23 February 2022, an operator was reversing a forklift on uneven ground within a worksite with an air compressor suspended from its fork by a sling. The forklift subsequently overturned and threw him onto the ground. There was no seat belt secured or any form of restraint. The operator was conveyed to the hospital where he succumbed to his injuries.



Recommendations:

Unsafe or incorrect use of a forklift can cause it to overturn. To prevent similar accidents, consider the following measures:

Operator competency: Allow only competent and authorised operators to operate forklifts. Ensure each forklift operator has completed certifications such as the Singapore Workforce Skills Qualifications (WSQ) **Operate Forklift Course**

Seat belt: Instruct operators to put on their seat belts once within the forklift. The seat belt prevents the operator from being thrown out of the cabin in the event of an accident. Explore the use of technology to enable the forklift to work only if the seat belt is buckled.

Safe handling: In general, forklifts are used for handling loads placed on top of a pallet. Do not use a forklift to hoist or suspend objects, even if within the rated load capacity unless the forklift is designed for it. Slings, cables or chains should not be attached onto the forks to hang objects without manufacturer's approval.



Safe loading: Never exceed the forklift's rated load capacity. Handle all loads according to the height and weight restrictions on its load chart. Always check the load for balance. Use ropes or bindings to secure the load onto the pallet as necessary.

Safe movement: Conduct a route risk assessment to identify site hazards (e.g. uneven ground, slopes) before using the forklift. Travel with the load tilted backwards on the pallet if possible, and keep forks as low as possible to increase forklift stability. Follow the worksite's traffic management plan

CASE 3: WORKER THROWN OFF OVERTURNED FORKLIFT (30 MINUTES) **Accident Overview:**

Date: 23 February 2022.

Incident:

An operator was reversing a forklift on uneven ground with an air compressor suspended from its fork by a sling. The forklift overturned, throwing the operator onto the ground.

Injuries:

The operator was not wearing a seat-belt and succumbed to his injuries in the hospital.

Likely Causes of the Accident

1. Unsafe Use of Forklift:

The forklift was used to suspend an air compressor using a sling, which is not its intended purpose. Forklifts are designed to carry loads on pallets, not to hoist or suspend objects.

2. Lack of Seat belt Use:

The operator was not wearing a seat belt, which could have prevented him from being thrown out of the cabin during the overturn.

3. Uneven Ground:

· The forklift was operating on uneven ground, which increases the risk of instability and overturning, especially when carrying an improperly secured load.

4. Improper Load Handling:

 The air compressor was suspended from the fork using a sling, which is not a safe or approved method of carrying loads. This likely caused the load to become unstable, contributing to the overturn.



5. Lack of Risk Assessment:

There was no evidence of a route risk assessment being conducted to identify
hazards such as uneven ground or slopes before operating the forklift.

6. Operator Competency:

• It is unclear whether the operator was **properly trained and certified** to operate the forklift, especially in challenging conditions like uneven terrain.

Safety Precautions to Prevent Similar Accidents

1. Operator Competency:

- Ensure that only competent and authorized operators operate forklifts. Operators
 must complete certifications such as the Singapore Workforce Skills
 Qualifications (WSQ) Operate Forklift Course.
- Provide refresher training to operators, especially when working in challenging environments (e.g., uneven ground, slopes).

2. Seatbelt Use:

- Mandate the use of seat-belts for all forklift operators. Seat-belts prevent operators from being thrown out of the cabin in the event of an overturn.
- Consider implementing technology that ensures the forklift can only operate if the seat-belt is buckled.

3. Safe Load Handling:

- Forklifts should only be used for their intended purpose (e.g., carrying loads on pallets). Do not use forklifts to hoist or suspend objects unless the forklift is specifically designed for such tasks.
- Avoid attaching slings, cables, or chains to the forks without the manufacturer's approval.

4. Load Capacity and Stability:

- Never exceed the forklift's rated load capacity. Always refer to the forklift's load chart for height and weight restrictions.
- Ensure that loads are balanced and stable before moving. Use ropes or bindings
 to secure the load onto the pallet if necessary.

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5. Route Risk Assessment:

- Conduct a route risk assessment before operating the forklift to identify potential hazards such as uneven ground, slopes, or obstacles.
- Plan the safest route and avoid areas with known risks.

6.Safe Movement Practices:

- Travel with the load tilted backward on the pallet to increase stability.
- Keep the forks as low as possible while moving to maintain the forklift's center of gravity.
- Follow the worksite traffic management plan to avoid collisions with other vehicles or workers.

7. Regular Inspections:

- Conduct **regular inspections** of forklifts to ensure they are in good working condition.
- Check for any mechanical issues that could affect stability, such as tire pressure or hydraulic system problems.

8. Supervision and Monitoring:

- Supervisors should monitor forklift operations to ensure compliance with safety procedures.
- Conduct toolbox briefings to remind workers of the importance of safe forklift operation and load handling.

Conclusion

This accident highlights the importance of **proper forklift use**, **operator training**, and **adherence to safety procedures**. By implementing the recommended safety precautions, companies can prevent similar accidents and ensure a safer workplace for all workers.



CLASSROOM ACTIVITIES FOR FORKLIFT SAFETY TRAINING

ACTIVITY 3: TOOLBOX BRIEFING SIMULATION



Objective: To practice conducting toolbox briefings on forklift safety.

Instructions:

- 1. Divide trainees into small groups.
- 2. Assign each group a topic related to forklift safety, such as:
 - Proper use of forklifts.
 - · Load securing and stability checks.
 - Importance of seat belts.
 - · Controlled key access.
 - Safe work procedures (SWPs).
- 3. Each group prepares a **5-minute toolbox** briefing on their assigned topic.
- 4. Groups present their toolbox briefings to the class.
- 5. **Feedback Session:** After each presentation, provide feedback on clarity, accuracy, and engagement.

Learning Outcome:

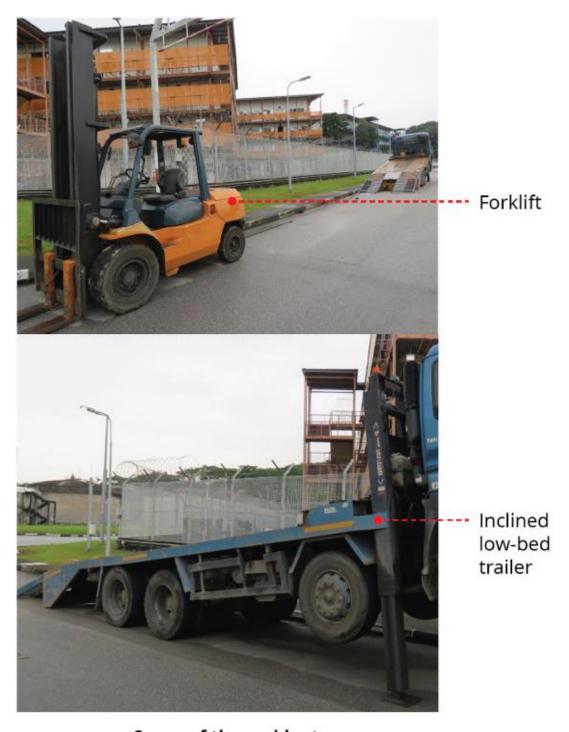
Trainees will learn how to effectively communicate safety information to their peers, reinforcing their understanding of forklift safety.



CASE STUDY 04: WORKER RUN OVER BY FORKLIFT

On 25 August 2022, a worker reversed a forklift up onto an inclined low-bed trailer. The worker then got out of the forklift and moved to its front when it suddenly rolled forward and ran over him. The worker was sent to the hospital where he passed away

Preliminary investigations revealed that the forklift's handbrake was not engaged at the time of accident.



Scene of the accident.



Recommendations:

This case shows the danger of parking heavy machines or vehicles on slopes. To prevent similar accidents, consider the following measures

Safe work method: A safer method would be to load the vehicle onto the low-bed trailer using the trailer's winch mechanism.

Secure the vehicle: Engage the vehicle's parking brake once it is in place. Level the trailer bed, apply wheel chocks and secure the vehicle with lashing or chain slings to prevent movement.

Safe work position: Instruct workers never to stand down slope of a vehicle unless it has been properly secured (e.g. with parking brake), as the vehicle could roll downwards

Use of technology: Consider equipping the trailer bed with a remote-operated winch so that the loading can be carried out from a safe work position

Authorised forklift operator: Ensure only trained and authorised persons are allowed to move forklifts. Prevent unauthorised forklift use through the implementation of a strict key management system.

CASE 04: WORKER RUN OVER BY FORKLIFT

Accident Overview:

Date: 25 August 2022.

Incident: A worker reversed a forklift onto an inclined low-bed trailer. After getting out of the forklift, the worker moved to its front when the forklift suddenly rolled forward and ran over him.

Injuries: The worker was not wearing a seat belt and succumbed to his injuries in the hospital.

Preliminary Findings: The forklift's handbrake was not engaged at the time of the accident.

Likely Causes of the Accident

1. Failure to Engage the Handbrake:

The forklift's handbrake was not engaged, allowing it to roll forward on the inclined trailer.

2. Unsafe Work Position:

The worker stood down-slope of the forklift, which is a dangerous position if the vehicle is not properly secured.

3. Lack of Proper Securing Measures:

 The forklift was not secured with wheel chocks or lashing to prevent movement on the inclined surface.



4. Inadequate Training or Authorization:

 It is unclear whether the worker was properly trained and authorized to operate the forklift, especially in challenging conditions like inclined surfaces.

5. Lack of Risk Assessment:

 There was no evidence of a risk assessment being conducted to identify the hazards of operating a forklift on an inclined trailer.

Safety Precautions to Prevent Similar Accidents

1. Safe Work Method:

 Use a safer method for loading vehicles onto low-bed trailers, such as using the trailer's winch mechanism instead of driving the forklift onto the trailer.

2. Secure the Vehicle:

- Engage the parking brake immediately after positioning the forklift.
- Level the trailer bed to reduce the risk of rolling.
- Use wheel chocks to prevent movement.
- Secure the forklift with lashing or chain slings to ensure it does not move during loading or unloading.

3. Safe Work Position:

- Instruct workers to **never stand down-slope** of a vehicle unless it has been properly secured (e.g., with a parking brake, wheel chocks, and lashing).
- Ensure workers maintain a safe distance from the forklift during loading and unloading operations.

4. Use of Technology:

- Consider equipping the trailer bed with a Remote-operated winch so that loading can be carried out from a safe distance.
- Implement safety sensors or alarms that alert workers if a vehicle is not properly secured.

5. Authorized Forklift Operator:

- Ensure that only **trained and authorized personnel** operate forklifts.
- Implement a strict key management system to prevent unauthorized use of forklifts.

6. Training and Competency:

- Provide comprehensive training to forklift operators, especially for challenging tasks like operating on inclined surfaces.
- Include refresher training to reinforce safe practices and address any gaps in knowledge.

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7. Route Risk Assessment:

- Conduct a route risk assessment before operating the forklift to identify potential hazards, such as inclined surfaces or uneven ground.
- Plan the safest route and avoid areas with known risks.

8. Supervision and Monitoring:

- Supervisors should monitor forklift operations to ensure compliance with safety procedures.
- Conduct **toolbox briefings** to remind workers of the importance of safe forklift operation, especially on inclined surfaces.

Key Points

- Always engage the handbrake when parking a forklift, especially on inclined surfaces.
- Never stand down-slope of a vehicle unless it has been properly secured.
- Use wheel chocks and lashing to prevent movement of the forklift during loading and unloading.
- Only trained and authorized personnel should operate forklifts.
- Conduct risk assessments to identify and mitigate hazards before starting work.

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CLASSROOM ACTIVITIES FOR FORKLIFT SAFETY TRAINING

Activity 4: Forklift Safety Quiz True / False



Objective:

To test trainees' knowledge of forklift safety rules and procedures in a fun and engaging way. **Instructions:**

1. **Prepare a set of quiz questions** based on the key safety points from the training.

True/False Questions

- 2. Divide trainees into teams.
- 3. Conduct the quiz in a fun and interactive way or online quiz platform.
- 4. **Review the answers** and provide explanations for any questions that were challenging.

Learning Outcome:

Trainees will reinforce their knowledge of forklift safety rules and procedures through a fun and engaging activity.