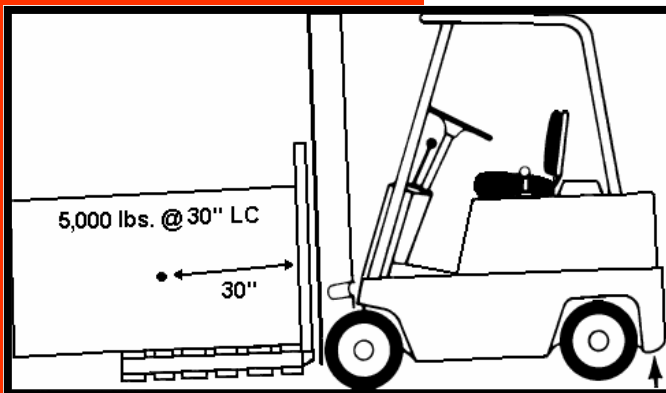
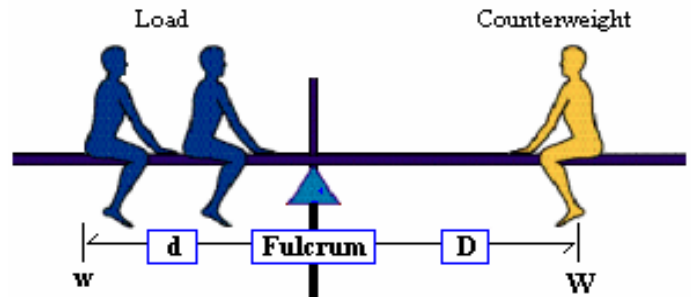


# Longshore Safety Tip

No. July 2004

## POWERED INDUSTRIAL TRUCK OPERATORS # 3 Center of Gravity and Stability

The most serious forklift and top pick injuries result from tipping over - either to the front or to the side.



- A forklift is like a sea saw.
- The front wheels are the pivot point or fulcrum.
- Pick up too much weight or carry it too high and it is going to tip forward.

If the load is too far forward OR too heavy for the forklift. The rear wheels lift off the ground. Don't try to exceed the capacity of your forklift!



Top Picks tip over forward because the load is held too high and the mast is tipped forward. Always lower the load and tip the mast back before traveling. Then travel slowly.

**ALWAYS USE YOUR SEAT BELT!**

**If the Top Pick tips over.  
STAY BELTED IN TILL HELP  
ARRIVES!!!**



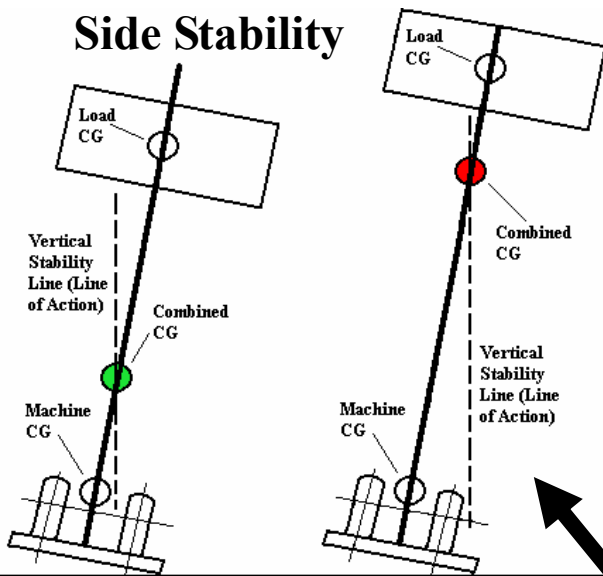
ILWU/PMA  
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"Dedicated to Safety"



# SAFETY TIPS FOR POWERED INDUSTRIAL TRUCK OPERATORS

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## Side Stability



A Side Tip-over occurs when a turn is made with a weight lifted high in the air.

**DANGER: PAPER LIFTS can easily tip over! Rolls of paper are very heavy and must be slowly and carefully lifted when placing them on top of the pile.**

A Side Tip-over is very dangerous in a small forklift because the driver gets crushed by the roll over cage if not belted in! Even if you are not killed you may lose an arm or a leg.

**Wear Your Seat Belt!**



Top Picks and Side picks will tip over sideways if you are driving too fast and make a sharp turn.

**Remember you are steering with the rear wheels!**

*You have to understand the movement in the center of gravity and “feel” it too as you drive. If the machine “feels” like it’s going to tip, it probably is. Lower the load and drive slowly and cautiously.*

**....PLAY IT SAFE .... FOLLOW THE RULES**