

# Forklift / OSHA-10 Training



## Become Forklift Certified for the Manufacturing, Transportation and Warehouse Industry

Classes run Monday through Friday from 8:30 a.m. - 3:30 p.m. Goodwill's forklift/OSHA training program is a one-week course that assists individuals with entry-level employment into the manufacturing, transportation and warehouse industries. The classes at Goodwill, taught by National Safety Council of North Carolina certified instructors, also include an OSHA-10 safety class.

The program provides an overview of OSHA and NIOSH and hands-on instruction in lift truck design, vehicle safety inspection, moving with and without a load, and picking up and stacking a load. Special conditions involving trailers, ramps, elevators, and pedestrian safety are also addressed.

The course utilizes training videos, participant workbooks, and standardized testing for the classroom instruction and a final driving test. Successful class completion results in a three-year renewable N.C. General Industry Forklift certification and OSHA-10 safety card.

### PROGRAM BENEFITS

- Course takes only one week
- OSHA-10 hour card
- Delivered by Safety and Health Council of NC certified instructor
- NC General Industry Forklift certification good for three years

### PRE-REQUISITES

- Computer Basics
- Resume Writing

**For more information, please call the Goodwill  
Job Connection in Gastonia at 704.916.1610**

Goodwill Job Connection  
116 Armstrong Street, Gastonia, NC  
704.916.1610 • goodwillsp.org

### HANDS-ON TRAINING

- Lift truck design
- Vehicle safety inspection
- First-hand driving experience
- Moving, lifting and stacking practice
- Trailer, ramp, elevator and pedestrian safety
- Non-operator safety for those who work around lift trucks
- Training setup and equipment
- OSHA-10
- Résumé development
- Professionalism development
- Interviewing techniques
- Presentation skills
- Networking and career search strategies

**Orientation:  
July 20**

**Class dates:  
July 24 – July 28**

**Goodwill**   
Industries of the Southern Piedmont

*Changing Lives Through the Power of Work!*