



# Forklift / OSHA-10 Training

## Transportation and Warehouse Industry

Classes run Monday through Friday from 8:30 a.m. - 4 p.m. Goodwill's forklift/OSHA training program is a two-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 two weeks
- 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
- 6th grade level on Test for Adult Education (TABE)

**For more information, please call the Goodwill Job Connection at (704) 916-1610**

Goodwill Job Connection  
116 Armstrong St, Gastonia, NC 28054  
(704) 916-1610 • [goodwillsp.org](http://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 CLASS BEGINS CLASS ENDS

|               |               |               |
|---------------|---------------|---------------|
| Tues., May 21 | Mon., May 27  | Fri., May 31  |
| Tues., July 9 | Mon., July 15 | Fri., July 19 |
| Tues., Nov. 5 | Mon., Nov 11  | Fri., Nov 15  |

**Goodwill**   
Industries of the Southern Piedmont

*Changing Lives Through the Power of Work!*