



OSHA Powered Industrial Truck (29 CFR 1910.178)

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Practice Questions

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1. Under OSHA, what is the correct term for the equipment commonly called a forklift?

- A. A material lifter
- B. A powered industrial truck
- C. A warehouse crane
- D. A pallet conveyor

2. The 'stability triangle' of a counterbalanced forklift is formed by:

- A. The two forks and the mast
- B. The two front wheels and the centre of the steer (rear) axle
- C. The seat, mast and counterweight
- D. The overhead guard corners

3. Before lifting any load, the operator must first:

- A. Sound the horn
- B. Know the load's weight and confirm it is within the truck's rated capacity
- C. Tilt the mast forward
- D. Remove the seatbelt

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4. How often does OSHA require a powered industrial truck to be examined?

- A. Once a month
- B. Before each shift it is used (at least daily)
- C. Once a year
- D. Only after a breakdown



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5. When travelling up a ramp or grade with a load, the operator should drive:

- A. In reverse
- B. Sideways
- C. Forward, with the load pointing upgrade
- D. With the load tilted forward

6. When a pedestrian is in the path of a forklift, the operator must:

- A. Yield the right of way to the pedestrian
- B. Expect the pedestrian to move
- C. Speed up to pass first
- D. Sound the horn and keep going

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7. Before refuelling or recharging a forklift, the operator must:

- A. Keep the engine running
- B. Turn off the engine and avoid open flames or sparks
- C. Smoke to pass the time
- D. Leave the load raised

8. Under OSHA, who is permitted to operate a powered industrial truck?

- A. Anyone over 16
- B. Only operators who are trained, evaluated and authorised by the employer
- C. Any employee in a hurry
- D. Visitors with a licence

9. For safety reasons, you should:

- A. Accelerate faster only when able to
- B. Keep a safe distance
- C. Obey the speed limit only if someone is around
- D. Have a forklift race

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10. What does the truck's nameplate (data plate) class designation, such as a 'G' marking, indicate?

- A. The truck's top speed
- B. The type of fuel and the hazardous locations it is approved for
- C. The year it was built
- D. The operator's training level

11. A forklift stays stable as long as the combined centre of gravity remains:

- A. Inside the stability triangle
- B. Above the mast
- C. Behind the counterweight
- D. On the right front wheel

12. The forklift data (capacity) plate must be:

- A. Legible and in place on the truck
- B. Removed to save weight
- C. Replaced with the operator's name
- D. Painted over

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13. Part of the inspection should be done with the engine off and part with it running because:

- A. Some items (fluids, tyres, forks) are checked cold; others (brakes, horn, lights) need the truck running
- B. It saves fuel
- C. OSHA forbids running checks
- D. The battery lasts longer

14. When travelling down a ramp with a load, the operator should:

- A. Drive forward fast
- B. Drive in reverse so the load faces uphill
- C. Coast in neutral
- D. Tilt the load forward



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15. Making eye contact with pedestrians and workers is recommended because it:

- A. Is polite
- B. Wastes time
- C. Confirms they have seen the truck before you pass
- D. Replaces the horn

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16. Charging a lead-acid battery releases hydrogen gas, which is:

- A. Flammable and explosive, requiring good ventilation and no sparks
- B. Harmless
- C. Heavier than air
- D. A coolant

17. Forklift operator training must include:

- A. Only a video
- B. Only a written test
- C. Formal instruction, practical (hands-on) training, and an evaluation of performance
- D. On-the-job guessing

18. What does the overhead guard do?

- A. To protect the operator from falling items
- B. To prevent the operator from a serious accident
- C. To protect the load
- D. All of the above

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19. An electric forklift is generally preferred over an internal-combustion (IC) model indoors mainly because it:

- A. Lifts heavier loads
- B. Produces no engine exhaust
- C. Travels faster
- D. Needs no inspection



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20. Raising a load high on the mast affects stability by:

- A. Lowering the centre of gravity
- B. Having no effect
- C. Raising the combined centre of gravity and reducing side-to-side stability
- D. Increasing rated capacity

21. Rated capacity on the data plate assumes a load that is:

- A. Any size
- B. Always on a pallet
- C. Of uniform shape with its centre of gravity at the stated load centre
- D. Frozen

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22. If the pre-shift inspection finds a safety defect, the operator must:

- A. Use the truck gently
- B. Note it and keep working
- C. Take the truck out of service and report it
- D. Fix it while operating

23. An unloaded forklift on a ramp should travel with the forks pointing:

- A. Downgrade (downhill)
- B. Upgrade (uphill)
- C. Sideways
- D. Straight up

24. OSHA requires the operator to sound the horn:

- A. Constantly while driving
- B. At intersections and other locations where vision is obstructed
- C. Only when angry
- D. Never, to reduce noise

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25. PPE for handling battery electrolyte (acid) includes:

- A. Sunglasses only
- B. Cotton gloves
- C. Eye protection, face shield, apron and acid-resistant gloves
- D. No PPE needed

26. How often must each forklift operator's performance be re-evaluated?

- A. At least once every three years
- B. Once every ten years
- C. Only when hired
- D. Never after the first training

27. OSHA requires certain items to be included in training, which includes:

- A. How to operate the forklift
- B. The capacity of the forklift
- C. The process of inspecting the forklift
- D. All of the above

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28. The overhead guard on a forklift is designed primarily to:

- A. Block sunlight
- B. Hold extra tools
- C. Protect the operator from falling objects
- D. Increase lifting capacity

29. The standard load centre used on most data plates is measured at:

- A. 12 inches
- B. 24 inches
- C. 36 inches
- D. 48 inches

30. When inserting the forks, the operator should:

- A. Insert only the tips
- B. Square up and drive the forks fully under the load
- C. Approach from the side
- D. Lift before fully inserting



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Answer Key & Explanations

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1. B — A powered industrial truck

OSHA standard 29 CFR 1910.178 covers these machines under the term 'powered industrial truck' (PIT), which includes forklifts, order pickers and similar trucks.

2. B — The two front wheels and the centre of the steer (rear) axle

The triangle connects the two front wheel contact points and the pivot/centre of the rear steer axle. The combined centre of gravity must stay inside it.

3. B — Know the load's weight and confirm it is within the truck's rated capacity

You must verify the load weight against the data plate. Lifting beyond rated capacity can cause a forward tip-over or structural failure.

4. B — Before each shift it is used (at least daily)

29 CFR 1910.178(q)(7) requires examination at least daily, or after each shift when used around the clock, before being placed in service.

5. C — Forward, with the load pointing upgrade

Loaded, travel forward up the incline (load upgrade). Going down a loaded grade, travel in reverse so the load points uphill and cannot slide off.

6. A — Yield the right of way to the pedestrian

Pedestrians always have the right of way. Stop or yield and make sure they are clear before proceeding.

7. B — Turn off the engine and avoid open flames or sparks

Shut off the engine and prohibit smoking, flames and sparks during refuelling or battery charging, in a designated area.

8. B — Only operators who are trained, evaluated and authorised by the employer

29 CFR 1910.178(l) allows only personnel who have been trained and evaluated as competent, and who are authorised by the employer, to operate.

9. B — Keep a safe distance

10. C — The year it was built

The designation marks the power source and the classification of hazardous (combustible/flammable) locations in which the truck may be used.

11. A — Inside the stability triangle

If the combined centre of gravity (truck + load) moves outside the stability triangle in any direction, the truck can tip over.

12. A — Legible and in place on the truck

OSHA requires the manufacturer's nameplate and markings to be in place and maintained legible; it lists rated



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capacity, load centre and lift height.

13. A — Some items (fluids, tyres, forks) are checked cold; others (brakes, horn, lights) need the truck running

A complete pre-use check includes a visual, key-off walkaround and an operational, key-on check of brakes, steering, horn, lights and hydraulics.

14. B — Drive in reverse so the load faces uphill

Descending with a load, drive in reverse (load pointing upgrade) to keep the load stable and maintain control of the truck.

15. C — Confirms they have seen the truck before you pass

Eye contact confirms a pedestrian is aware of the truck; never assume someone has seen or heard you.

16. A — Flammable and explosive, requiring good ventilation and no sparks

Hydrogen given off during charging is highly flammable; charge in a well-ventilated area away from sparks, flames and smoking.

17. C — Formal instruction, practical (hands-on) training, and an evaluation of performance

Training combines formal instruction, practical hands-on training, and an evaluation of the operator's performance in the workplace.

18. A — To protect the operator from falling items

19. B — Produces no engine exhaust

Electric trucks emit no combustion exhaust, avoiding carbon monoxide build-up in enclosed spaces. IC trucks require adequate ventilation indoors.

20. C — Raising the combined centre of gravity and reducing side-to-side stability

Elevating a load raises the combined centre of gravity, making the truck more prone to tipping sideways, especially when turning.

21. C — Of uniform shape with its centre of gravity at the stated load centre

Stated capacity applies to a uniform load at the rated load centre and lift height. Oddly shaped or off-centre loads reduce safe capacity.

22. C — Take the truck out of service and report it

Any condition affecting safety means the truck must be removed from service and reported; it returns only after repair to safe condition.

23. A — Downgrade (downhill)

Empty, the heavy (counterweight) end should be uphill, so the forks point downhill: drive forward down the ramp and in reverse up it.

24. B — At intersections and other locations where vision is obstructed

The horn must be used at cross aisles, intersections and other blind locations to warn pedestrians and other operators.

25. C — Eye protection, face shield, apron and acid-resistant gloves

Battery acid causes severe burns; wear eye/face protection, an apron and acid-resistant gloves, and know where the eyewash station is.



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26. A — At least once every three years

OSHA requires an evaluation of each operator at least once every three years, plus refresher training when needed.

27. D — All of the above

28. C — Protect the operator from falling objects

The overhead guard protects the operator from small falling objects. It is not designed to withstand the full impact of a falling capacity load.

29. B — 24 inches

Rated capacity is usually given at a 24-inch (610 mm) load centre. A load whose centre of gravity is farther out reduces the safe capacity.

30. B — Square up and drive the forks fully under the load

Approach squarely and insert the forks all the way under the load so it rests against the backrest; partial insertion can drop or tip the load.



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