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Extended Russian Power

1RM		Smallest increment	5
Squat	500		
Bench	350		
Deadlift	450		

Monday			Wednesday		
Week 1	Squat	6x2x400	Week 1	Deadlift	6x3x360
	Bench	6x3x280			
Week 2	Squat	6x2x400	Week 2	Deadlift	6x4x360
	Bench	6x4x280			
Week 3	Squat	6x2x400	Week 3	Deadlift	6x5x360
	Bench	6x5x280			
Week 4	Squat	6x2x400	Week 4	Deadlift	6x6x360
	Bench	6x6x280			
Week 5	Squat	6x2x400	Week 5	Deadlift	5x5x385
	Bench	5x5x300			
Week 6	Squat	6x2x400	Week 6	Deadlift	4x4x405
	Bench	4x4x315			
Week 7	Squat	6x2x400	Week 7	Deadlift	3x3x430
	Bench	3x3x335			
Week 8	Squat	6x2x400	Week 8	Deadlift	2x2x450
	Bench	2x2x350			
Week 9	Squat	6x2x400	Week 9	Deadlift	1x1x475
	Bench	1x1x370			

Tips: I don't do much of assistance work, but if you have the energy after training, throw in some assistance work (lats, dips, shoulder presses etc)


If you are a sumo deadlifter, start the cycle with traditional d
At fifth week replace traditional deadlift with sumo deadlift.



Washington State Department of
Labor & Industries

Safe Operation of Forklifts

and other powered industrial trucks (PITs)



Developed by the Division of Occupational Safety & Health (DOSH)
for employee training

May, 2010

Safe Operation of Forklifts and Other Powered Industrial Trucks

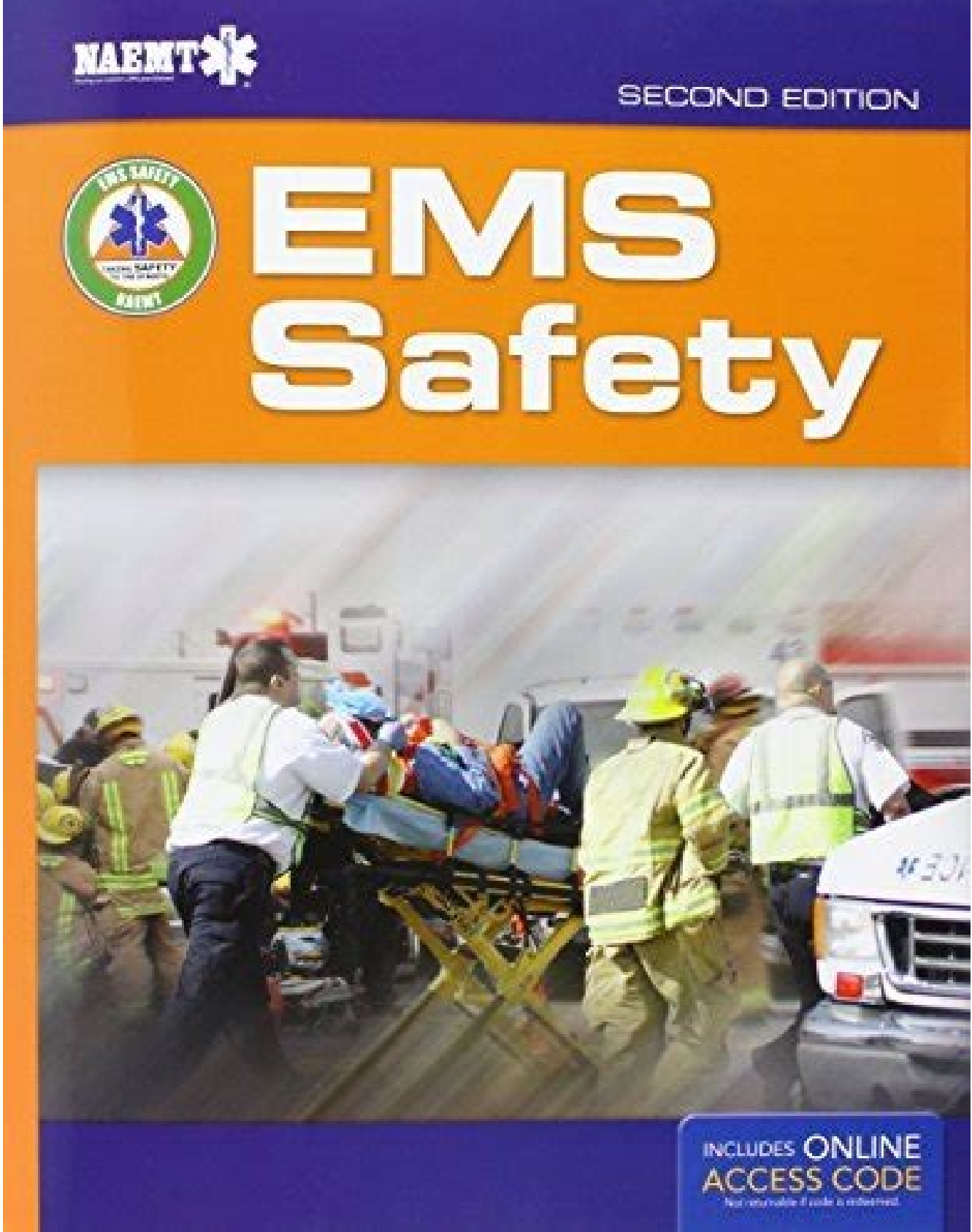
The following topics will be covered:

- Forklift-related fatalities and injuries
- Types of forklifts
- How a forklift operates
- Hazards of forklift operation
- How to use forklifts safely



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Forklift book pdf. Forklift training booklet. Forklift training book. Forklift training book pdf.

Looking for how to get forklift certification? We provide everything you need to make compliance with OSHA training laws convenient and easy, in addition to a forklift license study guide that helps you be the best possible operator. Are the required lift truck operating rules posted and enforced? Get Started With Your Forklift Safety Training Kit

Forklift training is the first essential step to operating a forklift safely and efficiently. "Use this forklift safety self inspection checklist to document your site specific hazards, leveraging the internet for classroom training and testing." If you're considering forgoing the expense and headache of in person training, you'll really appreciate this forklift certification study guide which gives an honest look at the two options. Is substantial overhead protective equipment provided on high lift rider equipment? The forklift training guide for this course includes instruction in hazard recognition and requirements for OSHA safety compliance. To those learning how to operate this vehicle, it offers tips for protecting themselves and others who may work near the truck. It will also help you avoid costly OSHA fines, legalities, and serious accidents that come with multiple consequences. Are motorized hand and hand/rider trucks designed so that the brakes are applied and power to the drive motor shuts off when the operator releases his or her grip on the device that controls the truck's travel? Are industrial trucks with internal combustion engines that are operated in buildings or enclosed areas carefully checked to ensure that such operations do not cause harmful concentrations of dangerous gases or fumes? Certification training could require instructor certification, or "training of the trainer" before any program could proceed, diverting attention from business and production demands. In only about one hour, your operators can complete one of these forklift classes to receive their forklift license: Warehouse Forklifts, Classes 1, 4, 5 Pallet Jacks and Order Pickers, Classes 2, 3 Rough Terrain Forklifts, Class 7 Each of these classes provide a forklift certification study guide and all forklift training manuals free. It is free to download.Download the forklift operator training manualForklift Training manual from San Jose State UniversityForklift Training Manual from SJSUThis forklift training publication was published by San Jose State University is design for its own forklift operators, however there is plenty of excellent material in that can be used to put together your own training manual. OSHA rules demand that all forklift drivers be properly trained and licensed. Wouldn't it be great if employers could train and certify employees onsite and at their convenience? Training materials are available in both English and Spanish. This handbook is truly an invaluable resource and teaches small businesses the essential components that make up safe forklift operation and how employers can avoid unsafe situations and costly fines. Once they've finished the online modules, they'll receive a forklift test study guide to use for the written test and the in person evaluation. Download It

>> "This train the trainer guide is a solid resource for getting the "buy - in" you need to implement a permanent and sustainable culture of safety in the workplace." Forklift trainers serve as the leaders for the in person training portion, and this guide can help trainers develop their own forklift license study guide for new operators. Are unauthorized employees prohibited from riding on trucks? Forklift Training Manuals Free from CertifyMe.net The online trainer program from CertifyMe.net was created to teach experienced operators and personnel how to lead the in-person portion of forklift training for operators. Are safe distances maintained from the edges of elevated ramps and platforms? Is directional lighting provided on each industrial truck that operates in an area with less than 2 foot candles per square foot of general lighting? We can train your safety officer, shop foreman, warehouse manager, supervisor, branch manager or even your company owner to fulfill the requirements of a Qualified Trainer/Evaluator. Why Should You Use CertifyMe.net for your Online Forklift Training and Certification Needs? Forklift Training Guide Information Why Should You Get Your Forklift Drivers Trained and Certified? When you're ready to benefit from our DIY training kit, contact us or place your order for forklift safety training materials through our online store. According to the Bureau of Labor Statistics, 94 forklift operators have lost their lives in on-the-job incidents. Are loads handled only within the rated capacity of the truck? Our OSHA forklift training guide and other forklift training resources, including the forklift license study guide, make this quick and simple while maintaining a high standard of training This guide provides forklift training manuals free of cost to help you determine your training needs according to your workplace and OSHA regulations. "A handy chart for comparing the various features and benefits of traditional training and certification vs. Operators complete the training at their own pace and on their own schedule. We provide both, in addition to a forklift certification study guide with all courses. A trainee can complete the formal online training and testing in about an hour. Chapters include: "What is a Forklift?-, "Differences Between Forklifts and Autos" as well as "Stability and Operation". We have more than 12 years of experience helping companies comply with OSHA regulations. Employees are required to undergo both formal as well as hands-on training. Are operators prohibited from driving up to anyone standing in front of a fixed object? It was developed by the North Carolina Department of Labor.Guide to Forklift Operator Training In the past, many employers have found that OSHA certified forklift training programs for compliance can be quite a burden. Are arms and legs kept inside the running lines of the truck? It also offers a handy forklift quiz at the end of the book that you can use or adapt. For 25 years now, we have been providing major corporations and organizations with the best available OSHA-approved forklift safety training solutions. This can take place before shift, during an extended lunch hour or while on a break. Class is always in session! Jump Right into the Forklift Training You Need with CertifyMe.net CertifyMe.net makes it easy to train and certify new hires. If you're looking for the right forklift training program for you, you'll find our forklift training guide and forklift certification study guide very helpful. With just 2 hours of classroom presentation and testing, an employer can accomplish OSHA compliance of 20 operators per kit in one concise session. Helps you develop your company forklift safety program for the training and certification of your operators." Having an official forklift safety guide will help your workplace reduce the number of accidents you experience and will improve the overall morale and atmosphere of your workplace to be safety-forward. Among the forklift certification resources we make available online include a self-inspection checklist for compliance with OSHA forklift safety, a "train-the-trainer" forklift training guide, an OSHA small business handbook, a forklift test study guide, and more. They'll also be able to help new operators prepare for their testing with a forklift test study guide. Are trucks in need of repair removed from service immediately? Your employees will have everything they need to confidently complete their training and feel prepared to operate forklifts safely and efficiently. Are the brakes on each industrial truck capable of bringing the vehicle to a complete and safe stop when fully loaded? The training program features our award-winning interactive DVD "Greater Heights in Forklift Safety" to keep students engaged and ensure that your operators return to the plant floor with the requirements and knowledge of forklift safety that can prevent workplace accidents before they happen. Of course, those third-party certifiers don't come cheap, so employers find themselves increasing expenses while decreasing productivity. That's exactly the forklift training solution we provide at forkliftsafety.com. The safety training the operators get is simply the best you can offer them. We recommend that you provide a refresher training to your employees every three years. Are only trained personnel allowed to operate industrial trucks? You found us! While being totally OSHA-compliant, our forklift training classes can be accessed from any device with an internet connection. As a result, our forklift training program is so comprehensive that there is no time-consuming OSHA requirement to "train the trainer." 2-Hour OSHA Forklift Safety Certification The training manual included in the kit makes it easy for the employer to train and OSHA-certify his employees to safely operate powered industrials machines in just 2 hours. Jump to ContentHere are several forklift training manual resources you can use for free to either adapt or develop your own.This free PDF is a forklift training manual that covers forklift basics for new operators. Does the parking brake of the industrial truck prevent the vehicle from moving when unattended? Does each industrial truck have warning horn, whistle, gong, or other device that can be clearly heard above normal noise in the areas where it is operated? Online training is fast, affordable and can be accomplished by anyone. The United States Post Office, Pepsi, Bridgestone, Walmart, Amazon and many more major corporations with forklift operators trust our do-it-yourself training program to keep their operators safe and OSHA certified. Are industrial trucks that operate where flammable gasses, vapors, combustible dust, or ignitable fibers may be present approved for such locations? Includes topics cover such as Moving Loads, Driving A Forklift, Setting Down A Load, Common Forklift Pitfalls and Forklift Hazards among other topics.Download the manualGuide to Forklift Operator TrainingThis Guide to Forklift Operator Training compiles the steps necessary for safe forklift operation. Are employees properly trained in the use of the type of industrial truck they operate? Our forklift training programs allow you to conduct training in-house and certify your employees with little time required than an extended lunch break. It allows employers to have their own in-house instructors who can train employers on the schedule that works best for them, without having to pay the price for travel to an offsite training facility with a third party training company. Our forklift training guide and our OSHA forklift training guide provide all the necessary information and are just some of the forklift training resources we make available to your employees when they are logged in to CertifyMe.net. We are here to help if you have any questions. Train the Trainer for Your Own In-House Forklift Training We also have the expertise to offer an additional level of OSHA compliance in the form of Qualified Trainer/Evaluator training and certification. Are employees prohibited from standing or passing under elevated portions of trucks, whether loaded or empty? When the new administration took office, OSHA was instructed by the Department of Labor to conduct more frequent inspections and impose heavier fines. Whether you're an operator or an employer, forklift training will help you create a safer workplace, reduce accidents, and be more productive. Explore Training Kits Third-party forklift safety certification providers can interfere with business operations when the operators are required to attend and successfully complete the course in classrooms. At Forkliftsafety.com, our customer service is second to none. Insurance companies frequently insist on safety certification for operators so the investment in time and money is unavoidable. Each kit includes all 20 operator handbooks, 20 certificates, and 20 authorization cards. We Helped OSHA Write the Book on Forklift Safety Our initial Forklift Safety Training Kit was developed and refined with field testing way back in 1993, and since then we've trained thousands of forklift operators nationwide. This takes out the need to schedule the training for all of your operators and require them to travel and take time out of their schedules and your work hours to finish their forklift training. By 1994 and 1995 we were called upon to assist OSHA in defining the elements of industrial fork truck safety, and we assisted the agency with the preparation of forklift safety and training regulations. Three-year renewals are free.

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