

## Ramp Stenjoh 3.5T 2 Post

### Annual Refresher Training Document

#### Introduction

Welcome to your **Ramp Stenjoh 3.5T 2 Post Annual Refresher Training**. This document has been designed to reinforce your knowledge of the proper and safe use of the Ramp Stenjoh 3.5T 2 Post Lift. This equipment is critical in many workplaces, and understanding how to use it safely is essential for maintaining a secure work environment.

Before proceeding with this document, please ensure that you have watched the **supplied training video**. The video contains important visual demonstrations of the safe operation, inspection, and maintenance of the 2 Post lift. This video must be watched prior to reviewing the content in this document, as it provides essential visual context and instructions.

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#### Training Objectives

After completing this refresher training, you should be able to:

1. Identify and understand the key components of the Ramp Stenjoh 3.5T 2 Post lift.
  2. Operate the lift safely and efficiently.
  3. Conduct routine inspections and maintenance to ensure safe functionality.
  4. Recognize common hazards and know how to avoid them.
  5. Respond appropriately in emergency situations.
  6. Complete required documentation related to the lift's maintenance and safety checks.
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#### 1. Overview of the Ramp Stenjoh 3.5T 2 Post Lift

The **Ramp Stenjoh 3.5T 2 Post Lift** is an essential piece of equipment for lifting vehicles to a height for inspection, repair, and maintenance. This lift has a weight capacity of 3.5 tons and uses two vertical posts, lifting arms, and a hydraulic power unit to raise and lower vehicles.

#### Key Components

1. **Lifting Arms:** Adjustable arms used to support the vehicle during lifting.
  2. **Post Columns:** Vertical supports that hold the lifting arms in place.
  3. **Lift Control Panel:** The system used to control the operation of the lift.
  4. **Hydraulic Power Unit:** The power source for lifting the vehicle.
  5. **Safety Locks:** Engage when the vehicle is raised to prevent accidental lowering.
  6. **Base Plate and Ramp:** The surface on which the vehicle is driven onto the lift.
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## 2. Safe Operating Procedures

In the **supplied training video**, the safe operation of the Ramp Stenjoh 3.5T 2 Post Lift was demonstrated. Following these steps is crucial for ensuring the lift's safe operation.

### A. Pre-Use Inspection

Before using the lift, ensure that you inspect the equipment carefully to identify any potential issues. This inspection should be performed **daily** before each use and include the following checks:

- **Visual inspection of lifting arms:** Look for wear, damage, or misalignment.
- **Inspect hydraulic hoses:** Ensure there are no leaks, cracks, or fraying.
- **Check power unit:** Verify that the hydraulic power unit is functioning correctly and that there are no fluid leaks.
- **Inspect post columns:** Ensure the posts are stable and properly anchored.
- **Test the lift control panel:** Ensure all buttons and levers are functioning correctly.

### B. Positioning the Vehicle

- **Align the vehicle correctly:** Make sure the vehicle is centered on the ramp and the lifting arms are positioned under the vehicle's lifting points.
- **Check the weight:** Verify that the vehicle does not exceed the 3.5T weight limit of the lift.

### C. Lifting the Vehicle

- **Engage the safety locks:** Ensure that the lift's safety locks are disengaged before lifting the vehicle.
- **Slowly raise the vehicle:** Use the control panel to raise the lift in a smooth, controlled manner. Always monitor the vehicle to ensure it is lifting evenly.
- **Ensure stability:** Once the vehicle reaches the desired height, ensure that it is stable and securely positioned.

### D. Lowering the Vehicle

- **Check the area for clearance:** Before lowering the vehicle, make sure there is enough space around the lift.
  - **Lower the vehicle slowly:** Gradually lower the vehicle, keeping control at all times.
  - **Re-engage the safety locks:** Once the vehicle is back on the ground, re-engage the safety locks to secure the lift in its lowered position.
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### 3. Inspection and Maintenance

Routine maintenance and regular inspections are key to ensuring the safe and reliable operation of the Ramp Stenjoh 3.5T 2 Post Lift. The video covered essential maintenance procedures.

#### A. Daily Inspections

- **Visual checks for wear and tear:** Always perform a quick visual inspection of the lift, checking for any damage or malfunction.
- **Check for hydraulic leaks:** Look for any signs of fluid leakage around hoses, the power unit, or the lifting arms.
- **Verify the proper function of safety locks:** Ensure that the safety locks engage properly to prevent accidental lowering.
- **Test control functionality:** Check that all buttons, switches, and levers on the lift control panel are in working condition.

#### B. Periodic Maintenance

- **Lubricate moving parts:** Regularly lubricate all moving components to ensure smooth operation and reduce wear and tear.
- **Hydraulic fluid maintenance:** Check and top up hydraulic fluid as necessary to maintain proper lift functionality.
- **Inspect cables and pulleys:** Periodically inspect cables, pulleys, and other mechanical components for signs of damage or wear.
- **Check foundation stability:** Ensure the base plates and post columns are stable and securely anchored to the floor.

#### C. Reporting Issues

If any issues or malfunctions are identified, report them immediately to your supervisor or maintenance team. Do not use the lift if it is unsafe, and ensure that all required repairs are made by a qualified technician.

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### 4. Emergency Procedures

In case of an emergency, it is crucial to know how to respond to ensure safety. The video demonstrated key emergency procedures for the Ramp Stenjoh 3.5T 2 Post Lift.

#### A. Power Failure

- **Emergency lowering system:** If the lift stops working due to a power failure, use the manual lowering system to safely lower the vehicle to the ground.

#### B. Vehicle Stability Issues

- **Stop immediately:** If you notice the vehicle becoming unstable while on the lift, stop the operation and secure the area. Do not attempt to continue lifting or lowering until the issue is addressed.

- **Reposition the vehicle:** If necessary, reposition the vehicle to ensure it is centered and securely supported by the lift arms.

### C. Hydraulic System Failure

- **Shut off the power:** If a hydraulic failure is suspected, immediately shut off the power to the lift and report the issue.
  - **Do not use the lift:** Do not attempt to use the lift until the hydraulic system has been inspected and repaired by a qualified technician.
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## 5. Documentation and Reporting

After each use, complete the necessary documentation for inspections, maintenance, and any incidents involving the Ramp Stenjoh 3.5T 2 Post Lift.

### A. Inspection Logs

- **Record daily inspections:** Log all inspections and any issues identified during the inspection.
- **Maintenance records:** Keep a record of any maintenance tasks performed, including lubricating components or replacing parts.

### B. Incident Reporting

- **Report accidents or issues immediately:** If an incident occurs involving the lift, document the situation thoroughly and report it to your supervisor.
  - **Complete the incident report:** Ensure that all relevant information, such as the nature of the issue and any corrective actions taken, is recorded.
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## Conclusion

Thank you for completing your **Annual Refresher Training** for the Ramp Stenjoh 3.5T 2 Post Lift. By adhering to the safe operating practices, performing regular inspections and maintenance, and knowing how to respond to emergencies, you contribute to the safe and effective use of this critical equipment.

If you have any further questions or require clarification, please contact your supervisor or the Training Coordinator.

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Employee Name: \_\_\_\_\_ Date: \_\_\_\_\_

Supervisor Signature: \_\_\_\_\_