

## Health & Safety

### Road Transport Industry Training Board (RTITB)

#### Fork Lift Truck – Counterbalance Basic

**A two and a half day course for delegates who must have some previous experience of operating Fork Lift Trucks, possibly self-taught. Delegates must be over 18 years of age, be physically and mentally fit and have an aptitude to learn skills and gain qualifications. This course can be delivered either at company premises or at our FLT Training Centre based in Aldridge, West Midlands**

**Aim:** This course is designed to give theoretical and practical understanding of skill requirements, job safety and knowledge necessary for the safe operation of Fork Lift Trucks

**Benefits:** Participants will be able to:

- ◆ Understand their legal responsibilities
- ◆ Apply safe and efficient operation of Fork Lift Trucks
- ◆ RTITB Certification

**Programme:**

- ◆ Welcome and Introduction to the course
- ◆ Aims and Objectives
- ◆ Health and Safety at Work Act
- ◆ Accident and Ill Health
- ◆ Workplace Safety
- ◆ Occupational Health
- ◆ Practical Test
- ◆ Programme Review and Evaluation

**Approach:** This programme uses a mixture of individual practical exercises and input discussions to fully involve participants. This course is limited to a maximum three delegates

(HS-10 HS10-1)

