

Health & Safety

Road Transport Industry Training Board (RTITB)

Fork Lift Truck – Counterbalance Novice

A five day course for delegates with no previous experience of operating Fork Lift Trucks. 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 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
- ◆ Engineering Principles of the Fork Lift Truck
- ◆ Rated Capacities
- ◆ Stability and Instability
- ◆ Pre-Shift Checks
- ◆ Operating Safety Code
- ◆ Steering Techniques/90° Approaches
- ◆ Handling Loads at Low/Eye/High levels
- ◆ Maneuvering in Confined Areas
- ◆ Safety Knowledge Test
- ◆ 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-12 HS12-1)

