

Fork Lift Trucks for New Drivers

Duration:

8 hours theory plus 4 hours practical

Aim:

This course is specific to the counterbalance forklift and its aim is to teach participants how to safely operate a forklift truck. Based on the RTITB theory training, the course is designed to increase participants' knowledge and skills through classroom instruction and hands-on exercises.

Objectives

By the end of the course, delegates should be able to;

- Identify the working parts of a counterbalance forklift truck (CFT)
- Understand how a CFT operates and its limitations
- Recognise the safety features on a standard CFT
- Carry out daily safety checks on a CFT before use
- Load a CFT safely, carry the load safely, and remove and replace loads in a stack using a CFT
- Be aware of the effects on safety of pedestrians and others working in the area, and how to deal with these risks.

Content;

Theory:

- Operators safety code (included free)
- Daily inspections
- Hydraulic systems
- Operating practices
- Video on safe fork lift operation
- Feedback

Practical:

- Introduction to the Fork-Lift Truck
- Controls and instruments / Interpreting Capacity Plates
- Daily inspection, take over and maintenance
- Reinforcing observation and eliminating bad habits
- Simple corners and maneuvering
- Handling pallets
- Maneuvering in confined space/ skills test

Certification

Institute of Health and Safety