

Fork Lift Truck Drivers' Refresher Course

Duration:

4 hours theory plus 4 hours practical

Aim:

This course is designed to keep Counterbalance Fork- Truck Operators up-to-date with any new legislation and developments in best practice, as well as to assess their current fork lift driving abilities.

Objectives:

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

- Understand the latest legislation and codes of practice affecting the use of counterbalance fork lift trucks
- Review their own driving performance whilst at work and maintain appropriate standards
- Refresh their current knowledge and adopt current safety practices.

Content;

Theoretical Training:

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

Practical Training:

- 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