



COUNTERBALANCE FORKLIFT TRUCK TRAINING

Ratio: 1 Machine: 3 Trainees: 1 Instructor

Duration: Refresher Course - 1 day
3 Experienced Operators – 3 days
2 Experienced Operators – 2 days
3 Novice Operators – 5 days
2 Novice Operators – 4 days
1 Novice Operator – 3 days

Definition: Experienced = Operators with approx.. 6 months experience but no certificate

1. Aim

To provide the theoretical and practical knowledge to safely operate a lift truck.

2. Elements

To provide the theoretical and practical knowledge to safely operate a lift truck.

- 2.1 Responsibilities under the Health and Safety at Work Act, 1974 PUWER 98 & LOLER 98
- 2.2 Operators Safety Code
- 2.3 Battery maintenance and charging procedures
- 2.4 Pre-use checks
- 2.5 Factors affecting stability
- 2.6 Motive controls
- 2.7 Hydraulic controls
- 2.8 Manoeuvring in open and confined areas
- 2.9 Stacking at different levels
- 2.10 De-stacking with laden and unladen pallets
- 2.11 Lorry loading and unloading

3. Knowledge

On completion of training candidates will have a theoretical understanding of the following:-

- 3.1 Responsibilities under the Health and Safety at Work Act, 1974 PUWER 98 & LOLER 98
- 3.2 Operators safety code
- 3.3 Battery maintenance and charging procedures
- 3.4 Pre-use checks
- 3.5 Factors affecting stability
- 3.6 Stacking and de-stacking in open and confined areas
- 3.7 Lorry loading and unloading

4. Skills

On completion of training the candidate will be able to:-

- 4.1 Drive and operate the lift truck safely and efficiently
- 4.2 Stack and de-stack at various levels in a safe and competent manner
- 4.3 Carry out pre-use checks to ensure the equipment is in a safe condition
- 4.4 Carry out battery maintenance and charging procedures
- 4.5 Load and unload vehicles