

# FORKLIFT TRUCK COUNTERBALANCE



**MAX NO. OF DELEGATES:**  
3:1

**DURATION:**  
DEPENDANT ON EXPERIENCE

**LENGTH OF CERTIFICATION:**  
3 YEARS

**ACCREDITATION:**  
RTITB, NPORS OR COTS CERTIFICATE



## WHO SHOULD ATTEND

This programme is designed for those personnel responsible for operating Forklift trucks of various types.



## COURSE AIM

To provide delegates with a thorough understanding of the hazards associated with operating such machinery including attachments. To have a working knowledge of how the various machines operate and to identify the major components of the machine and explain their functions, including weight limits, and to carry out an effective pre-operational check.



## RATIOS

Accred	Novice	Refresher	Experienced
In-House	3:1 X 3 Days	4:1 X 1 Day	3:1 X 1 Day
RTITB	3:1 X 5 Days	3:1 X 1 Day	3:1 X 3 Days
NPORS	3:1 X 5 Days	3:1 X 1 Day	3:1 X 3 Days



## COURSE CONTENT

- Health & Safety at Work Act
- Slow moving vehicles
- Accident statistics
- Safe workplaces
- Pre Operational checks
- Operating the machine
- Vehicle movement
- Carrying out lifting and loading
- PPE
- Practical assessment



## TRAINING METHODS

A high proportion of hands-on demonstration and practical exercises, supplemented with classroom based tutorials.



## ADDITIONAL INFO

Delegates attending this course should be **16+ years** and be physically and mentally fit to withstand the rigours of training.



## LOCATIONS

Llandarcy, Client Site