



Industrial Counterbalanced Lift Truck

Course Details

Title: Industrial Counterbalanced Lift Truck

Type: Training Course

Duration: 1 - 5 Days

Industrial counterbalanced lift trucks are one of the workhorses of the land-based and construction industries. They are effective worksite tools, however even the most experienced operators can find themselves in potentially dangerous situations, and serious accidents can and do occur without proper training.

Our industrial counterbalanced lift truck integrated training and assessment course runs for one to five days, and will provide you with the appropriate techniques and safety guidelines to ensure that you are confident using the fork lift truck and also make you aware of the relevant health and safety guidelines ensuring that you stay protected.

Who is it for?

Our course is for anyone who uses or will be using an industrial counterbalanced lift truck in either the land-based or construction industry. The course will allow you to develop the skills and knowledge required giving you the confidence to operate the industrial counterbalanced lift truck safely and with confidence.

What will you get from it?

Identify the basic construction and components, and the purpose and use of all controls and gauges.
Identify and comply with manufacturers' instructions in accordance with the operator's handbook, other information sources such as rating plates, and applicable regulations.

Carry out all pre-use and running checks.

Configure the forklift for travel.

Manoeuvre the forklift both with and without a load.

Manoeuvre in confined areas using forward and reverse direction, both with and without a load.

Set up the forklift in order to lift various loads.

Lift various loads within the full working range of the forklift.

Ensure load integrity and security.

Transport loads.

Place and retrieve loads accurately at various places.

Place and retrieve loads from a vehicle bed or trailer.

Keep within safe working parameters.

Place the forklift in an out-of-service condition.

Explain the loading and unloading procedure on and off a transporter.

Course sessions:

Working in the construction industry

Specific legislation

Introduction to the lift truck

Working principles of lift trucks

Lift truck stability

Undercutting

Assessment of landing zone

What can go wrong

Planning the operation

Risk assessment

Using an assistant (banksman)

Daily and take-over maintenance checks

Familiarisation with instruments and controls

Starting and stopping the engine

Starting and stopping the machine



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Basic driving and manoeuvring
Operating with an empty pallet
Handling loaded pallets up to a height of 1200mm
Stacking/Destacking loaded pallets at all heights
Loading and unloading lorries and trailers
Difficult loads
Manned platforms
Road work

The things you need to know:

Duration: 1 - 5 Days

Max no of learners: 3