



Counterbalance FLT

Refresher Course

1 day - up to 3 Operators

Objective

This course is for operators who already hold certification on the machine, but are due there recommended refresher. The HSE recommends that the qualification is refresher between 3 to 5 years.

The course is provided by an accredited instructor and meets the requirements of the HSE's L117 approved code of practice for Lift Truck. Operators will be given an recap of what can cause instability, and give the operator a reminder of the best practice driving techniques, battery maintenance or other fuel relevant training applicable to the truck. The course also refreshes operators on how to stack and de-stack into racking and unload from vehicles if applicable.

Elements Covered

- The importance of training
- Health and Safety at Work Act 1974
- Provision and use of Work Equipment Regulation 1998
- Lifting Operations and Lifting Equipment Regulations 1998
- Management of Health and Safety at Work Regulations 1999
- Personal Protective Equipment at Work Regulations 1992
- Accidents and associated risks
- Equipment instruction
- Understanding hydraulics
- Rated capacity and load centres
- Stability and instability factors
- Driving on inclines
- Pallet and load assessments
- Attachments
- Vehicle loading and unloading – Theory and Practical (where applicable)
- Battery care and maintenance or refuelling
- Use of seatbelts
- Pre-use checks and defect reporting
- Full practical training
- Theory, pre-use checks and practical testing on the equipment

Requirements for training to commence

- Classroom for theory with table chairs and an electrical socket
- Appropriate lift truck in sound mechanical condition
- In-date LOLER certificate or inspection documents
- A safe area of work for training to take place
- Safe practical training area with racking if used on site
- Suitable loads to use during training