

# SYNERGY

## TRAINING SOLUTIONS

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### **Rough Terrain Forklift Training Course – 1 Day**

#### **AIM OF THE COURSE:**

This course is designed to provide experienced operators with relevant knowledge and understanding of practical use of the Rough Terrain Forklift Trucks.

#### **COURSE OBJECTIVES:**

To update their basic knowledge of Health and Safety awareness, work at significantly lower risk to themselves and others and to understand safe work practices.

#### **COURSE REQUIREMENTS:**

Candidates will require previous experience and must be able to certify that they are physically fit and have no medical conditions that might prevent them from attending this course. Delegates should be able to write and speak in English. Safety equipment will be supplied by your trainer.

#### **COURSE SUMMARY:**

Candidates will participate in theory lessons and practical demonstrations / exercises, all of which are highlighted by the use of Video Presentations covering:

- The Health and Safety at Work Act 1974
- Provision and Use of Work Equipment Regulations
- Lifting operations
- Other current regulations
- Operation of plant to minimum standards
- Checking the plant / pre-shifts checks
- Preparing machine for travelling on site or roads
- Loading at height
- Routine maintenance
- Practical use of plant

#### **CERTIFICATION:**

Card & Certificate of Competence, valid for 3 years before renewal.

or

NPORS (N001) Industrial Counterbalance Lift Truck