

# Rough Terrain Forklift

## The Aim of the Course is to:

Provide the candidate with the basic knowledge and practical skills involved in operating the Forklift safely.

## The Objectives of the Course are to enable delegates to:

- Be able to operate the machine safely and correctly in accordance with manufacturers' instructions and accepted good practice.
- Carry out a pre-shift inspection.
- Be able to load and unload vehicles and static racking.
- Understand the causes of instability of the truck and loads.
- Have sufficient knowledge and practical skills to successfully complete the CPCS Technical Test.

## Who Should Attend The Course?

All personnel required to operate a Forklift Truck.

## Course Summary

Candidates will participate in theory lessons and practical demonstrations / exercises, all of which are highlighted by the use of OHP & Videos covering;

- An Introduction to the Construction Industry
- Current relevant regulations
- Introduction to machine
- Pre – shift inspections
- Controls and instruments
- Components and main types of lift trucks
- Re-fuelling systems
- Coolant, fuel and lubrication systems
  - Emergency controls
- Manoeuvring over uneven ground
- Operators safety code
- Handling loaded / unloaded pallets and difficult shaped loads
- Loading and Unloading flat bed lorries and at various heights
- CPCS Technical Test Theory Element

## Course Duration

This depends on the experience and number of candidates, the ratio of candidates / machines per Instructor.

## Health & Safety Training / Testing

It is recommended that all candidates attend a 1 Day CPCS specific Health and Safety Course.

The CSCS Operatives Health and Safety Test must be successfully completed prior to taking the CPCS Technical Test.

## Testing / Certification

All candidates will complete the Full (Theory & Practical) CPCS Technical Test and on successful completion will be issued with a CPCS Red Trained Operators Card

***Companies who are CITB Levy Payers can claim grants to cover some of the costs of the training and tests.***