



OCCUPATIONAL HEALTH &
SAFETY – SAIOSH

Accredited Short Course



Counterbalanced
Lift Truck F3 Driver

SAIOSH



010 085 0918



www.zoneups.com



405 Cliff Ave, Waterkloofridge, Pretoria



BOOK NOW



5 Day Course



Classroom



NQF 7 CPD Points 5

ABOUT THIS COURSE

This skills programme prepares learners to operate a Counterbalanced Lift Truck F3 safely and correctly in the workplace. The programme focuses on lifting, moving and positioning loads or materials up to a rated capacity of 3000kg.

Learners will gain knowledge of health and safety, legislation, risk control, environmental responsibility, lift truck components, maintenance, load recognition, communication and safe operating procedures.

The practical component gives learners the opportunity to inspect the work area, select and use PPE, conduct pre-start and operational checks, move and position loads, refuel or energise the lift truck, and park, secure and shut down the machine safely.



Target Audience

- Workers
- Employees
- Supervisors
- Managers
- Officers
- Responders
- Staff/Personnel
- Trainees

PRICE

CLASSROOM: R3500

(Includes snacks and beverages – only applicable to classroom bookings)

COVERED

Health, Safety, Risk and Legislation

- Relevant legislation, regulations and codes
- Driven Machinery Regulations
- National Code of Practice
- Occupational Health and Safety Act
- Workplace safety and risk control
- Hazards and emergency situations
- Safety signage

Environment, Energy, Efficiency and Ethics

- Environmental sustainability requirements
- Pollution types and environmental impact
- Energy efficiency practices
- Managing water, fuel, energy, waste and resources
- Ethical behaviour in the workplace
- Employer and employee rights

Tools, Equipment and Maintenance

- Lift truck components and attachments
- Maintenance schedules
- Mechanical appreciation
- Inspection methods
- Limitations of lift truck use

Principles of Lift Truck Operations

- Safe use and storage of lift trucks and attachments
- Manufacturer instructions
- Company operating procedures
- Statutory documentation and record books
- Planning the load route
- Safe positioning of loads

TOPICS COVERED

SMART ZONE

Load Recognition and Storage

- Identify different load types and categories
- Recognise signs and symbols linked to different loads
- Understand load properties such as steel, granite, hazardous cargo, liquids, oils, paper reels and containers
- Handle and store loads safely
- Measure, estimate and calculate loads

Practical Lift Truck Operation

- Drive the Counterbalanced Lift Truck F3 forward and backward
- Drive through a chicane safely
- Raise, lower and tilt forks
- Operate attachments where applicable
- Follow hand signals, work instructions and manufacturer specifications
- Identify the shortest and safest route

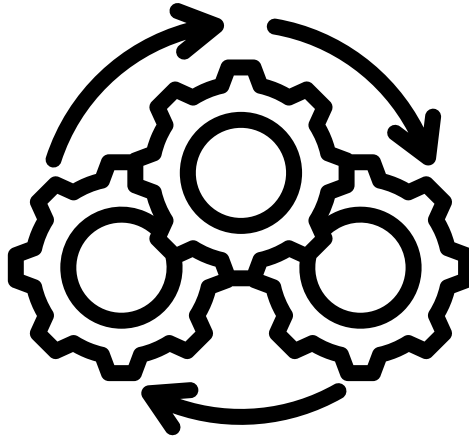
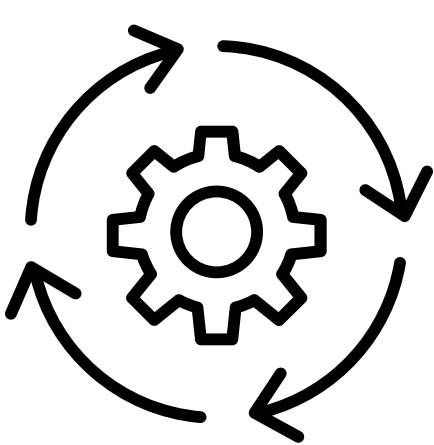
Stacking, Moving and Positioning Loads

- De-stack and stack loads safely
- Handle loads according to freight characteristics
- Store loads according to company and statutory procedures
- Maintain the centre of gravity
- Keep the load stable during movement
- Rate the load capacity according to manufacturer specifications

KEY FEATURES

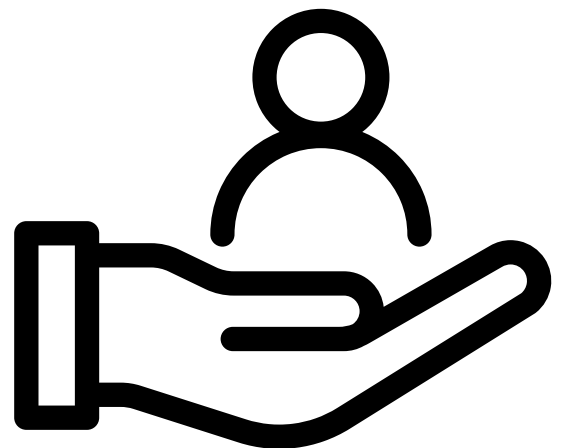
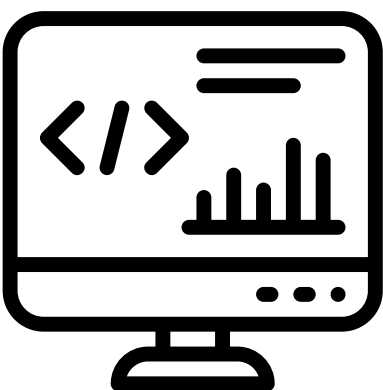
SMART ZONE

- QCTO accredited skills programme
- Quality Partner: TETA
- Counterbalanced Lift Truck F3 Driver training
- NQF Level 3
- 20 credits
- Covers both theory and practical skills
- Focuses on safe lift truck operation up to 3000kg rated capacity
- Includes pre-start and operational checks



BENEFITS OF THIS COURSE

- Builds safe and confident lift truck operating skills
- Improves workplace safety and risk awareness
- Supports legal and regulatory compliance
- Helps learners identify hazards before operating
- Improves correct use of PPE and safety procedures
- Develops practical load handling and stacking ability





SIGN UP NOW

SIGN UP NOW AND SECURE YOUR PLACE

1. Register Online- www.zoneups.com
2. Select the training you prefer and the date you would like to attend.
3. Fill in the registration form.
4. Choose your payment method and finalize the booking.

Request a Quotation

Accreditation



*South African
Institute Of
Occupational Safety
And Health*



Services SETA



Make the future count

Fasset



ETDP-SETA



QCTO



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