



CONSTRUCTION

Accredited Short-Course



**REACH LIFT TRUCK F5
DRIVER**

220307



010 085 0918



www.zoneups.com



405 Cliff Ave, Waterkloofridge, Pretoria



BOOK NOW



25 Day Course



Classroom



NQF Level 3 CREDITS (20)

ABOUT THIS COURSE

This course is designed for learners who need to operate a Reach Lift Truck F5 safely in workplaces where goods and materials are stored, moved, stacked or retrieved.

Learners will be introduced to the correct procedures for preparing the work area, inspecting the reach lift truck, checking loads, operating safely in narrow aisles and following proper shutdown procedures.

The course focuses on safe driving, reach truck stability, load recognition, communication, housekeeping, PPE, fault reporting and responsible operator behaviour.

By completing this course, learners should be able to operate a Reach Lift Truck F5 with greater confidence while helping to reduce accidents, product damage and unsafe storage practices.



Target Audience

- Drivers
- Operators
- Storemen
- Pickers
- Packers
- Loaders
- Dispatchers
- Assistants
- Workers
-

PRICE

ONLINE:(Price on Request)

CLASSROOM: (Price on request)
(Includes snacks and beverages
– only applicable to classroom
bookings)

KNOWLEDGE MODULES

SMART ZONE

First Aid Awareness

- Learners will understand the basic principles of first aid in the workplace.
- This topic explains why it is important to check the area for danger before helping someone, call for assistance, keep the injured person calm and avoid moving them unnecessarily.
- Learners will also understand the importance of reporting injuries and following company emergency procedures.

Contagious Diseases

- Learners will be introduced to basic awareness of contagious diseases in the workplace.
- This includes understanding how infections may spread through contact, poor hygiene or unsafe workplace practices.
- Learners will also understand the importance of hand hygiene, clean work areas, responsible behaviour and following workplace health procedures.

Firefighting Principles

- Learners will gain basic awareness of fire risks in material handling environments.
- This topic may include causes of fire, fire prevention, fire classes, the fire triangle and the correct use of basic firefighting equipment.
- Learners will understand why fire hazards must be reported and why emergency exits and firefighting equipment must remain accessible.

PRATICAL SKILLS

SMART ZONE

Tools, Equipment and Maintenance

- Learners will be introduced to the tools, equipment and maintenance requirements linked to Counterbalanced Lift Truck F3 operations.
- This topic explains why lift trucks must be checked, maintained and used according to company procedures and manufacturer instructions. Proper care helps prevent breakdowns, unsafe operation and damage to equipment.

Lift Truck Components

- Learners will gain an understanding of the main parts of a Counterbalanced Lift Truck F3.
- This may include the forks, mast, tyres, steering system, brakes, controls, gauges, sirens, lifting mechanisms, attachments and safety features.
- Knowing the main components helps learners complete inspections and understand how the lift truck operates.

Attachments and Safe Use

- Learners will learn about lift truck attachments and why they must be used correctly.
- Attachments must be suitable for the task, fitted properly, inspected before use and used according to manufacturer specifications. Learners will understand that incorrect attachments can affect load balance, lifting capacity and overall safety.

WORK BASED AREAS

SMART ZONE

- Warehouses
- Factories
- Distribution centres
- Dispatch areas
- Receiving areas
- Loading bays
- Offloading zones
- Storage areas
- Logistics centres
- Transport depots
- Retail warehouses
- Wholesale stores
- Manufacturing plants
- Production areas
- Packaging areas
- Cold storage facilities
- Construction supply yards

KEY

SMART ZONE

FEATURES

- Focuses on Counterbalanced Lift Truck F3 operation
- NQF Level 3 skills programme
- 20-credit course structure
- Includes knowledge and practical training
- Covers hazard identification and risk control
- Includes PPE and workplace signage awareness
- Covers lift truck components and attachments

BENEFITS OF THIS LEARNERSHIP

- Builds safe forklift operating confidence
- Helps reduce workplace incidents
- Improves load handling accuracy
- Supports safer stacking and storage
- Helps prevent damage to goods
- Improves awareness of lift truck limits
- Helps learners identify hazards before work starts





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



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