



OCCUPATIONAL HEALTH & SAFETY – SAIOSH

Accredited Short Course



Reach Truck 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 Reach Lift Truck F5 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, operate the Reach Lift Truck F5, 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

- Lift truck legislation, regulations and codes
- Driven Machinery Regulations
- National Code of Practice
- Registration with Department of Labour
- Occupational Health and Safety Act
- Road Traffic Act where applicable

First Aid, Firefighting and Wellness

- Potential hazards around injured persons
- Emergency documentation procedures
- Types of injuries
- Visible vital signs and signs of shock
- Basic first aid principles
- CPR awareness
- Serious bleeding control
- Fire triangle and causes of fire

Equipment, Materials, Maintenance and Techniques

- Sectors using lifting machines
- Role-players in the lifting machine environment
- Code of conduct for lifting machine operations
- Characteristics and uses of different materials
- Handling and storage methods for materials

Basic Rigging, Slings and Freight Handling

- Inspection and recording of lifting tackle fitness
- Slings methods and applications
- Care and safe storage of rigging equipment
- Certification of rigging and slinging equipment
- Safe working load of slings

TOPICS COVERED

SMART ZONE

Principles of Lifting Machine Operations

- Different lifting machine environments
- Safe use and storage of lifting machine attachments
- Manufacturer instructions
- Standard operating procedures
- Documentation required for lifting machines
- Types and classifications of lifting machines

Pre-Start, Start-Up and Operational Checks

- Inspect the work area
- Identify risks and hazards in the work environment
- Assess and document risks and hazards
- Use applicable PPE and site-specific procedures
- Identify crane components and their functions

Set-Up and Lifting Preparation

- Conduct set-up checks
- Check ground conditions
- Identify obstructions
- Identify risks such as power lines, excavations and embankments

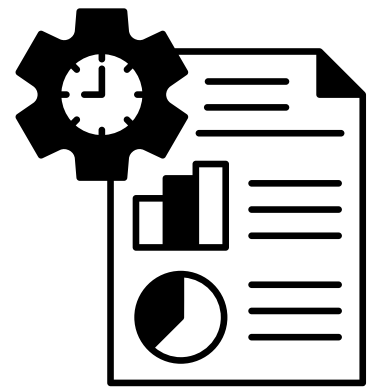
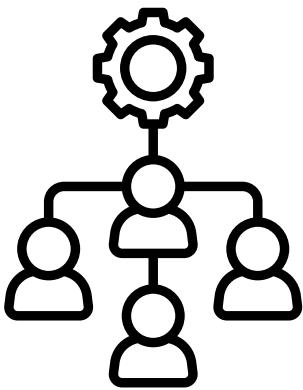
Operating, Securing and Shutdown

- Hoist, slew, move and lower loads
- Ensure slings are secure
- Lift load slightly to confirm correct slinging and centre of gravity
- Verify load indicator with load charts
- Handle controls smoothly
- Maintain load stability

KEY FEATURES

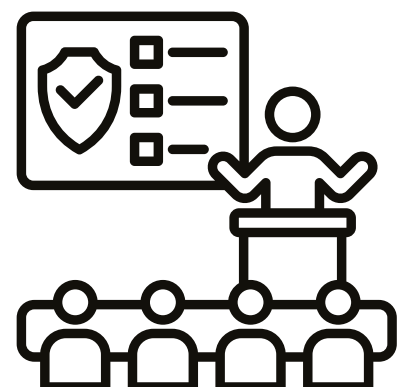
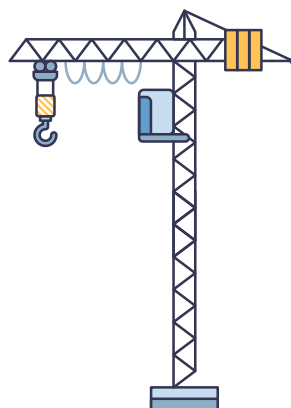
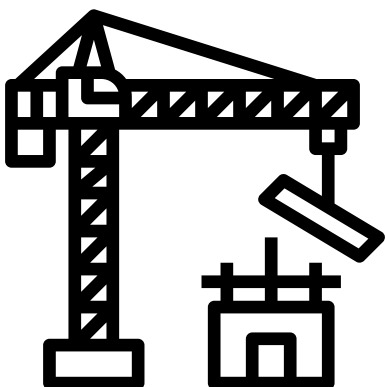
SMART ZONE

- QCTO accredited skills programme
- Quality Partner: TETA
- NQF Level 3
- 40 credits
- Includes 12 knowledge credits and 28 practical credits
- Includes safety, health, environmental, risk and quality requirements



BENEFITS OF THIS COURSE

- Builds safe and confident overhead crane operating skills
- Improves understanding of lifting machine safety requirements
- Teaches correct work area inspection and hazard identification
- Improves ability to complete pre-start and operational checks





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



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