



CONSTRUCTION

Accredited Short-Course



**VNA LIFT TRUCK F13
DRIVER**

220315



010 085 0918



www.zoneups.com



405 Cliff Ave, Waterkloofridge, Pretoria



BOOK NOW



2 Day Course



Classroom



Certificate of Attendance

About This Course

The VNA LIFT TRUCK F13 DRIVER course prepares learners to safely operate a VNA Lift Truck F13 in workplace environments where loads must be lifted, moved, positioned, stacked and stored. VNA means Very Narrow Aisle, which makes this course suitable for warehouse and storage environments where space is limited and accurate load movement is important.

Learners will be trained to inspect the work area, identify possible hazards, select and use the correct personal protective equipment, and complete pre-start and operational checks before operating the VNA lift truck.

The course focuses on safe movement in narrow operating spaces. Learners will understand how to follow safe routes, clear obstructions, handle loads correctly, maintain centre of gravity and keep loads stable while moving and positioning materials.



Target Audience

- Forklift drivers
- Lift truck drivers
- Counterbalanced
- Warehouse workers
- Factory workers
- Material employees
- Logistics workers
- Dispatch staff
- Storemen

PRICE

CLASSROOM: Request a Quote

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

DAY ONE

OVERVIEW

SMART ZONE

Focus: Day One focuses on the safety, legal and risk requirements needed before operating a VNA Lift Truck F13. Learners are introduced to workplace safety, legislation, hazard identification, risk control, PPE, emergency procedures, first aid, firefighting and driver fitness.

Safety and Legal Foundation

- Learners are introduced to the safety and legal requirements that apply to VNA lift truck operations.
- This section explains why operators must follow workplace procedures, legal requirements and safe operating practices when using a VNA Lift Truck F13.

Relevant Legislation

- Learners cover the laws and regulations that apply to lift truck drivers.
- This includes the Occupational Health and Safety Act, Driven Machinery Regulations, National Code of Practice requirements, Department of Labour requirements and Road Traffic Act requirements where applicable.

Operator Responsibilities

- Learners learn about the responsibilities of a VNA Lift Truck F13 driver.
- This includes inspecting the lift truck, checking the work area, wearing PPE, completing checklists, reporting hazards, reporting defects and avoiding unsafe operation.

DAY TWO

OVERVIEW

SMART ZONE

Focus: Day Two focuses on equipment knowledge, environmental responsibility, ethics, maintenance, inspection methods, load handling, route planning and communication for the VNA Lift Truck F13.

Environmental Responsibility

- Learners are introduced to environmental care in lift truck operations.
- This includes preventing spillages, reducing waste, controlling pollution and following workplace environmental procedures.

Energy Efficiency

- Learners learn about using energy, fuel and resources responsibly.
- This section helps learners understand how efficient equipment use supports safer, cleaner and more productive operations.

Ethical Workplace Behaviour

- Learners are introduced to ethical conduct in the workplace.
- This includes honesty, responsibility, respect for equipment, following company rules, reporting unsafe behaviour and making safe decisions during operations.

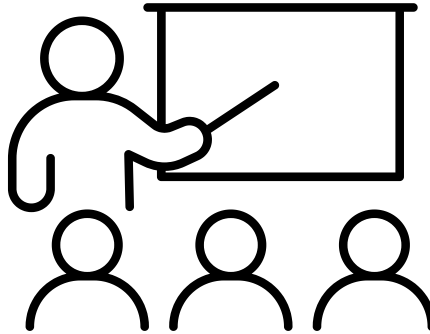
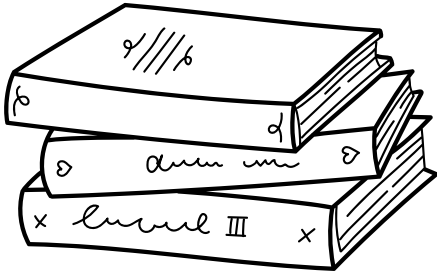
VNA Lift Truck Work Environments

- Learners are introduced to environments where VNA lift trucks are commonly used.
- These may include warehouses, storage facilities, distribution centres, dispatch areas, receiving areas, manufacturing sites and logistics operations.

FEATURES OF THIS COURSE

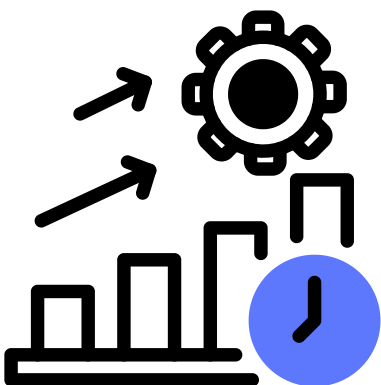
SMART ZONE

- Rough Terrain Lift Truck F11 focused training
- NQF Level 3 skills programme
- 26-credit course structure
- Includes theory and practical learning
- Covers outdoor and rough terrain operation
- Includes legal and workplace safety requirements



BENEFITS OF THIS SHORT COURSE

- Improves confidence in rough terrain operation
- Supports safer outdoor material handling
- Helps reduce incidents on uneven surfaces
- Improves awareness of site hazards
- Supports better equipment inspection habits
- Helps identify faults before operation





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.

Accreditation

Request a Quotation



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And Health*



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QCTO

Get In Touch



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