



OCCUPATIONAL HEALTH & SAFETY – SAIOSH

Accredited Short Course



VNA Lift Truck SAIOSH





BOOK NOW



5 Day Course



Classroom



NQF 7 CPD Points 5

ABOUT THIS COURSE

This skills programme prepares learners to operate a VNA Lift Truck F13 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 VNA Lift Truck F13, 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

Packaging, Labelling and Placarding

- Correct UN certified packaging
- Packaging, marking and labelling requirements
- Hazard class identification
- Placards, marks and labels
- UN number display requirements
- Emergency numbers

First Aid, Contagious Diseases and Firefighting

- Potential hazards and emergency situations
- Documenting emergencies
- Types of injuries
- Visible vital signs and signs of shock
- First aid principles
- Mouth-to-mouth resuscitation awareness

Environment, Energy, Efficiency and Ethics

- Environmental sustainability requirements
- National Environmental Management Act
- Environmental aspects, impacts and pollution types
- Environmental sustainability in mining, construction, warehousing, ports, agriculture and manufacturing
- Energy efficiency guidelines for lifting machine operations

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

Practical Rough Terrain Lift Truck Operation

- Inspect the work area
- Select and use appropriate PPE
- Identify risks and hazards
- Conduct pre-start and start-up checks
- Complete visual and operational checks

Set-Up and Lifting Preparation

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

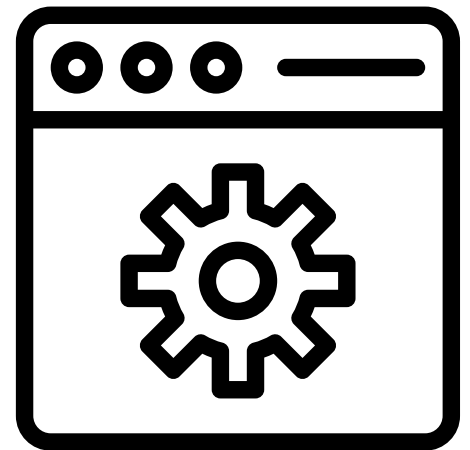
Emergency Response and Load Securement

- Execute en route load securement checks
- Inspect load stability during transport
- Adjust and reinforce load securement devices
- Check for shifting, leaks or damage during stops
- Maintain compatibility during multi-load drop-offs

KEY FEATURES

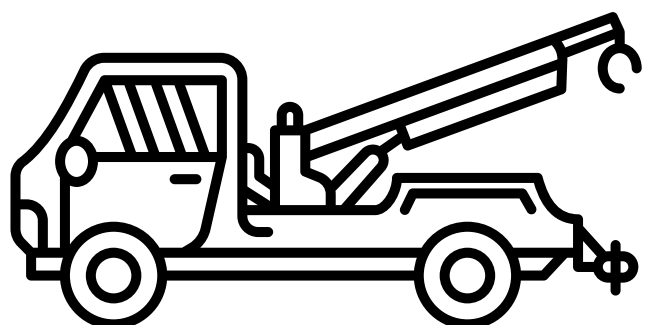
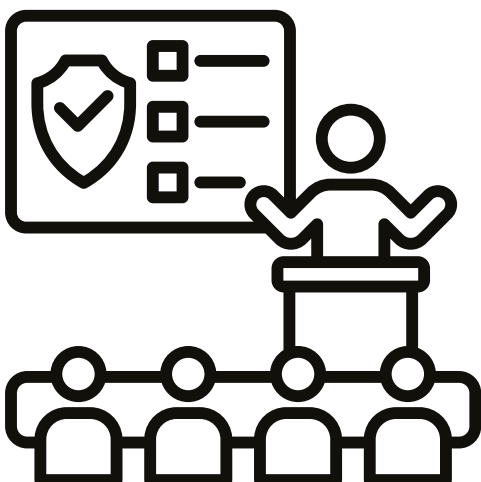
SMART ZONE

- QCTO accredited skills programme
- Quality Partner: TETA
- VNA Lift Truck F13 Driver training
- NQF Level 3
- 20 credits
- Includes 9 knowledge credits and 11 practical credits



BENEFITS OF THIS COURSE

- Builds safe and confident VNA Lift Truck F13 operating skills
- Improves workplace safety and hazard awareness
- Supports compliance with lift truck and driven machinery requirements
- Teaches correct use of PPE and safe work procedures
- Helps learners complete proper 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



Fasset

Make the future count



ETDP-SETA



QCTO



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