

## Fork Lift Truck Novice

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Duration: 5 days

This practical course is designed for prospective fork lift truck (FLT) operators who have little or no experience. The aim of the course is to enable participants to acquire the skills and knowledge needed to operate fork lift trucks, reach, counterbalance or pedestrian, safely and efficiently and to take the Joint Committee Industry Training Board (JCITB) Skill test.

Course includes:

- The Health and Safety at work act
- FLT Operator Safety codes
- Daily checks and maintenance
- Manoeuvring in open and confined spaces
- Stacking and De Stacking pallets of various heights
- Lorry bed loading

## Pre requisites

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There are no prerequisites for this course