7Y TRAINING
TRAINING THAT BUILDS CONFIDENCE
Keep Stepping Up.

COUNTERBALANCE FORKLIFT TRUCK

Practical, accredited training for the safe and confident operation of Counterbalance Forklift Trucks.

DURATION
1–5 Days
Depending on experience

DELIVERY
Leominster or suitable locations across the UK

SUITABLE FOR
Novice • Experienced • Refresher

CERTIFICATION
ITSSAR • Lantra Awards

About This Course

Counterbalance Forklift Truck training is designed for anyone who operates or will be required to operate a Counterbalance Lift Truck in the workplace.

Training combines theory and practical instruction, helping learners develop the knowledge, skills and confidence required to operate the truck safely and efficiently.

Why Choose 7Y Training?

✓ Experienced, qualified instructors

✓ Practical, engaging training

✓ Accredited qualifications

✓ Training available across the UK

✓ Friendly, personal service

Talk to Paula today

📞 07808 670110
✉️ paula@7ytraining.co.uk

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WHAT YOU'LL LEARN

By the end of the course, learners will have developed the knowledge and practical skills required to operate a Counterbalance Lift Truck safely and competently.

✓ Operator safety & site awareness
✓ Lift truck components, controls & gauges
✓ Manufacturer's instructions & capacity plates
✓ Pre-use & running checks
✓ Safe travelling & manoeuvring
✓ Operating with and without loads
✓ Load integrity & security
✓ Safe lifting & transporting of loads
✓ Accurate placement & retrieval of loads
✓ Operating safely in confined areas
✓ Safe working parameters
✓ Correct parking & post-operational checks

WHO IS THIS COURSE FOR?

Counterbalance Forklift Truck training is suitable for:

✓ Novice operators requiring full training

✓ Experienced operators requiring formal training and assessment

✓ Existing operators requiring refresher training

Course duration will depend on previous experience and training requirements.

ASSESSMENT & CERTIFICATION

Assessment

Learners complete knowledge/theory and practical assessment to demonstrate their knowledge and operating competence. Lantra's assessment explicitly uses knowledge-based and practical assessment.

Certification

Successful learners will receive an accredited ITSSAR, LANTRA or In-House certification.

Refresher Training

Refresher training is recommended to help operators maintain safe working practices and demonstrate continued competence.

PREPARING FOR YOUR COURSE

Counterbalance Forklift Truck training includes both theory and practical activities. Please come prepared to take part in practical truck-operating exercises.

Safety Footwear

must be worn for the practical elements.

Photo ID

Please bring photo ID with you for registration

Suitable Clothing

Wear comfortable, clothing suitable for operating machinery

Medication

Bring any personal medication you may need during the day.

Lunch

Please bring a packed lunch.

IIMPORTANT!

Steel toe-capped safety footwear must be worn for the practical elements of the course. If you arrive without suitable safety footwear, you may be unable to take part in the practical training.

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