7Y TRAINING
TRAINING THAT BUILDS CONFIDENCE
Keep Stepping Up.

Rough Terrain
MASTED LIFT TRUCK (J1)

Practical training. Build confidence. Operate safely.

Practical, accredited operator training designed to develop the knowledge, skills and confidence required to operate a Rough Terrain Masted Lift Truck safely and competently.

DURATION
1–5 Days
Depending on experience

DELIVERY
Leominster or suitable locations across the UK

SUITABLE FOR
Novice • Experienced • Refresher

CERTIFICATION
ITSSAR • Lantra Awards • Bespoke in-house

About This Course

Rough Terrain Masted Lift Truck training is designed for anyone who operates or will be required to operate a masted lift truck on rough terrain.

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

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 Rough Terrain Masted Lift Truck safely and competently.

✓ Operator safety & observation
✓ Pre-use checks & manufacturer's instructions
✓ Controls & hydraulic functions
✓ Load weight, load centres & rated capacity
✓ Safe travelling & manoeuvring
✓ Correct fork positioning & load handling
✓ Stacking & de-stacking
✓ Rough terrain operating techniques
✓ Safe use of attachments, where applicable
✓ Operating safely on slopes & inclines
✓ Safe route selection & crossing obstacles
✓ Correct parking & shutdown procedures

WHO IS THIS COURSE FOR?

Rough Terrain Masted Lift 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 both theory and practical assessments to demonstrate their knowledge and operating competence.

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

Refresher Training
Refresher training is recommended every 5 years to help maintain safe operating skills and competence.

PREPARING FOR YOUR COURSE

Please come prepared to take part in practical activities.

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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