



FORKLIFT, CRANE & HEALTH & SAFETY TRAINING SPECIALISTS



ALLIED TRAINING SERVICES
IS A TRADING NAME OF ALLIED STEVEDORES LTD



FORKLIFT, CRANE & HEALTH & SAFETY TRAINING SPECIALISTS

We specialise in course development and developing policy procedures:

- Managing Safety
- Accident Investigation
- Awareness Raising
- Training of Trainers
- Introduction into the Law
- Introduction into Employment Law
- Organising for Health and Safety
- Promoting positive Health and Safety Culture
- Developing Behavioural Safety
- Movement of Vehicles
- Stress at Work
- Overhead Gantry Crane Handling
- Manual handling
- Abrasive Wheels
- Safety Leadership
- Risk Assessments
- Awareness Training lifting Operations
- Project Management
- Commercial Skills
- Forklift Awareness (supervisors)
- Forklift Counterbalance – up to 10 tonne
- Forklift Side Loader
- Risk Assessment Assessors
- Risk Assessment Awareness
- L.O.L.E.R Regulations
- P.U.W.E.R Regulations
- C.O.S.H.H. Regulations
- Lifting Operations Awareness (Supervisors/Managers)
- Controlling and Lifting Operations (Work Area)
- Safety Representatives Course



IOSH Accredited



Training Services

Unit 12

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£300.00 per person



FORKLIFT TRAINING (COUNTERBALANCE/REACH TRUCK) 5 Day Novice Operator

Course Description

This course is designed with the novice operator in mind gradually teaching the candidates to the required national standards.

Course Structure

The course consists of various classroom theory sessions including a (Power Point presentation, forklift operational safety films, visual aids and also a theory test.

Confidence building practical sessions on the forklifts, statutory (pre-use) inspection Battery maintenance and a practical skills test on the last day.

Course Syllabus

- Various classroom sessions
- Introduction to the forklift truck
- Controls and instruments
- Starting, moving and stopping the truck
- Steering
- Hydraulic system
- Lift truck stability
- Pre-use inspection
- Weight assessment
- Handling laden and unladen pallets
- Driving on and off ramps
- Vehicle loading and unloading
- Operators safety code

For further details contact Danny Lonie

£ POA



FORKLIFT TRAINING (COUNTERBALANCE/ REACH TRUCK) 3 Day experienced Operator

This course is designed for the experienced operator who has perhaps not been on a forklift over the last two years taking the candidates back to the required national standards.

Course Structure

The course consists of various classroom theory sessions including a (Power Point presentation, forklift operational safety films, visual aids and also an associated knowledge test.

Confidence building practical sessions on the forklifts, statutory (pre-use) inspection Battery maintenance and a practical skills test on the last day.

Course Syllabus

- Various classroom sessions
- Introduction to the forklift truck
- Controls and instruments
- Starting, moving and stopping the truck
- Steering
- Hydraulic system
- Lift truck stability
- Pre-use inspection
- Weight assessment
- Handling laden and unladen pallets
- Driving on and off ramps
- Vehicle loading and unloading
- Operators safety code

For further details contact Danny Lonie

£ POA



FORKLIFT TRAINING (COUNTERBALANCE/REACH TRUCK) 1 Day Refresher

Course description:

This course is designed to provide effective basic operator refresher training for those operator's who have earlier been given adequate formal basic operator training and who have appropriate certification.

Course structure:

The course consists of a short classroom session updating knowledge of regulations and procedures, Power Point presentation, safety film and associated knowledge test, manoeuvring, stacking, de-stacking, previously declared and identified remedial tuition, practice and practical test

Course Syllabus

- Course outline
- Operators safety code
- Safety film
- Regulations update
- Associated knowledge examination
- Introduction to the truck controls and instruments
- Pre-use inspection
- Operator assessment
- Remedial/refresher training
- Operators practical skills test

For further details contact Danny Lonie



RIGGING AND LIFTING

2½ Day Course

Course description:

This course is designed to give delegates theoretical and practical experience in Rigging and lifting Operations and an awareness of lifting equipment, its safe and correct use.

Course structure:

The course consists of 1 day theoretical (including PowerPoint presentation slinging safely Film and associated knowledge test paper followed by 1 1/2 days practical. Skills training (continuous assessment)

Course Syllabus:

- Responsibilities at work
- Current LOLER legislation and requirements
- Definition and principles of lifting equipment
- HSE guidance
- Examination of equipment/accessories
- Safe approach to lifting operations
- Safe use of lifting equipment/accessories
- Safety advice
- Lifting plans
- General applications

Items required

Full PPE (safety boots, overalls, gloves and safety glasses)

Lunch, tea/coffee included

For further details contact Danny Lonie



LIFTING OPERATIONS

1 Day

Course description:

The course is designed to give candidates an awareness of the current L.O.L.E.R. requirements

Course structure:

The course consists of 1 day classroom theory including a PowerPoint presentation and a associated knowledge test paper

Course Syllabus:

- History of the regulations
- Equipment covered by LOLER
- Activities covered by LOLER
- Stability of equipment
- Means of access
- Equipment for lifting persons/installing/marking
- Organisation of lifting operations
- Attaching/detaching and securing loads
- Pre-use check
- Thorough examination and inspection
- Keeping of information

For further details contact Danny Lonie



ABRASIVE WHEELS

1 Day

Course description:

The course is designed to advise on precautions for the prevention of accidents in the use of Abrasive Wheels

Course structure:

The course consists of classroom theory including a PowerPoint presentation, safety film, an associated knowledge test paper and practical demonstration and practice

Course Syllabus:

- Approved advisory literature to the mounting of abrasive wheels
- The regulations concerning abrasive wheels
- Appointment of persons to mount abrasive wheels
- Characteristics of an abrasive wheel
- Hazards arising from the use of abrasive wheels and precautions
- Methods of marking abrasive wheels i.e. type and speed
- Methods of storing, handling and transporting abrasive wheels
- Methods of inspecting and testing abrasive wheels
- The functions of all components, disassembling/assembling
- The proper method of dressing an abrasive wheel
- Adjusting the tool rest of an abrasive wheel

For further details contact Danny Lonie



MANUAL HANDLING

1 Day

Course description:

The course is designed to help the candidate to manual handle loads more safely and to lessen the risk of manual handling injury

Course structure:

The course consists of classroom theory including a PowerPoint presentation, safety film, an associated knowledge test paper and practical demonstration and practice

Course Syllabus:

- Types of accidents
- Assessing risks
- Manual handling techniques
- Types of injuries
- Numerical guidelines
- Safe manual handling
- Manual Handling Regulations 1998, management of Health and Safety at Work Regulations 1992
- Basic rules to avoid injury

For further details contact Danny Lonie



COSHH AWARENESS

1 Day

Course description:

The course is designed to give candidates an awareness of the COSHH regulations

Course structure:

The course consists of classroom theory including a PowerPoint presentation, a safety film and an associated knowledge test paper

Course Syllabus:

- The regulations
- Hazardous substances
- Substances not covered by the Control of Substances Hazardous to Health Regulations
- The area covered by the regulations
- The main duties imposed by the regulations on the employer, employee and self-employed.
- The main duties imposed on the employer by the COSHH regulations
- Regulations 6 – 9
- Regulations 10 & 11
- An Employer
- Duties imposed on the self employed
- Duties imposed on the employee
- The employers assessment duty
- Hazard and risk

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- Delegation of responsibility
- Delegation of assessment tasks
- Assessment skills
- Key facts
- A suitable and sufficient assessment
- Steps in making an assessment
- The use of measurement in assessment
- The steps in making an assessment
- Hierarchy of control measures
- Situations where the use of PPE may be necessary
- Measures for preventing and controlling exposure
- Personal Protective Equipment
- Respiratory Protective Equipment
- The employers duties Regulation 8(1)
- The employers duties Regulation 8(2)
- The employers duties- use of control measures Regulations 8(2)
- Key facts
- Record of thorough examination and testing of RPE
- Information, instruction and training
- Monitoring exposure in the workplace
- Definition of monitoring
- The circumstances where monitoring is requisite
- Procedures for monitoring
- Monitoring records

For further details contact Danny Lonie



SAFETY REPRESENTATIVE COURSE (INCORPORATING RISK ASSESSMENT) 2½ Days

Course description:

The course is designed to give delegates theoretical and practical knowledge of the role of a safety representative

Course structure:

The course consists of classroom theory including a PowerPoint presentation, a related safety film, an associated knowledge test paper and practical exercises in the workplace

Course Syllabus:

- Training of Safety Representatives
- Constituencies
- Elections
- Functions of a Safety Representative
- Regulations (6 pack)
- Consultations between employers, employees/Safety representatives
- Accident investigation
- Actual cause analysis
- Interviewing witnesses
- Risk assessment (as for 1 day course)
- Safety training exercise
- Accident investigation tasks

For further details contact Danny Lonie



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Movement of Vehicles

Course Contents

- Moving Vehicles injuring you
- Key workplace precautions
- Pedestrian Routes
- Riding passenger accommodation
- Loading and Unloading Vehicles
- Appropriate Workplace precautions
- Refuelling and recharging (who's responsible)
- HSE Vehicle Accident video examples
- Hazard and risk tasks
- Competent person
- Candidate assessment (test of Knowledge and understanding)
- Allied training services Certificate of awareness of Movement of Vehicles

Details

This is a half-day course and can either be delivered at client's premises or at our own training centre. The cost for this course is £90.00 per person please note we require a minimum of 4 candidates we also offer a discount of 10% with 6 or more delegates

Allied Training Services is a Trading name of Allied Stevedores Ltd