

NPORS N001

Industrial Counterbalanced Lift Truck Training



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NPORS (N001) Industrial Counterbalanced Lift Truck Training

Introduction

The NPORS N001 Industrial Counterbalanced Lift Truck course equips operators with the statutory knowledge, safety awareness, and practical skills required to safely operate industrial counterbalanced lift trucks (Forklift) in compliance with safety regulations.

Designed for all experience levels, it covers essential pre-operational inspections, stability principles, safe load handling, and practical maneuverability tests.

Learning outcomes

By the end of the course, delegates will be able to:

- Have a basic understanding of the industry, the dangers of working in the industry and their responsibilities as a plant operator
- Have a working knowledge of the manufacturer's handbook for the particular machine to be used
- Be able to locate and identify the major components of the machine and explain their functions
- Be able to locate and identify steering, driving and braking controls and explain their functions
- Conduct all pre-operational checks in accordance with manufacturers and legislative requirements
- Safely mount and dismount the machine
- Start and stop the engine and safely move the machine off and stop it safely
- Configure the machine for travel and manoeuvre it safely laden and unladen, in open and confined areas
- Conduct all necessary safety checks at the work area
- Manoeuvre the machine to the work area and correctly configure in readiness to carry out lifting and load handling tasks

- Carry out lifting and load handling tasks
- Lift and transfer loads accurately and safely at different locations
- Load and unload external transport safely
- Fit, adjust and or remove attachments
- Demonstrate knowledge and understanding of loading and unloading procedures for machine transportation
- Carry out all end of shift and shut down procedures

Course content

Theory

The theoretical module covers regulations, safety codes, machine mechanics, and load handling principles:

- Legislation & Safety: Health and Safety at Work Act 1974 (HASAWA), PUWER Regulations, LOLER L117 Regulations, Operator's Safety Code, and HSE Guidance Notes.
- Machine Components & Mechanics: Power units, hydraulic systems, stability principles (lateral and longitudinal), counterweights, wheel/tyre specifications, and attachment de-rating.
- Documentation & Specs: Manufacturer's handbook, rated capacity plate, decals, and work area safety assessments (e.g., ground conditions, SEMA code for racking, overhead hazards, and load center calculations).
- Operational Procedures: Pre-use inspection sequences, defect reporting, safe mounting/dismounting, battery care/charging or gas/engine starting procedures, and transport/loading/unloading safety protocols.

Practical

The practical component covers maneuvers, stacking, and machine handling across specified scenarios:

- Pre-Operational & Startup Checks in line with pre-use inspection checklist
- Maneuvering & Steering in tight spaces and narrow aisles both unladen and laden.
- Stacking & Load Handling Tasks at different positions and different height levels as per NPORS guidelines.
- Shutdown & Securing Procedures.

Training Methodology

This course uses a blend of theoretical and practical learning methods to ensure knowledge retention and hands-on skill development.

Training delivery includes:

- Interactive classroom presentations and discussions
- Real-life case studies and examples
- Demonstrations of equipment and operational techniques
- Supervised practical exercises
- Group activities to enhance communication and coordination
- Instructor feedback and coaching throughout the course

Assessment

- Practical assessment industrial counterbalanced lift tuck operational tasks. Observation and performance evaluation by certified NPORS instructor as per the NPORS practical test sheet
- Written examination (Combination of subjective and objective questions) to test theoretical knowledge

Certification

Candidates who successfully complete the course and pass the assessment will receive:

- NPORS Operator Card valid for 3 years, subject to refresher training and reassessment

Entry Requirements

Participants must meet the following criteria to enroll in the course:

- Be at least 18 years of age
- Be medically fit to perform industrial counterbalanced lift tuck operational duties
- Have a basic understanding of English (for verbal and written communication)
- Ideally, have some prior experience in industrial counterbalanced lift tuck operations (recommended but not mandatory)

About Al Mashreq Training

Al Mashreq training Vision is to be the first choice for training in the Gulf. To support this vision, we carefully select highly specialized trainers and competent staff so that the training is delivered to exceed the learners expectation. We have internationally accredited courses that bring value added to clients and learners. Al Mashreq Training will continuously monitor the performance of trainers and learners and will provide the necessary support to enable learners to achieve their qualifications. We will provide all relevant information to learners and clients and answer their queries in a timely manner.

I welcome you once again to Al Mashreq Training and wish you an enjoyable journey throughout your program and success in your training.

Accreditation



Partners



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