



FORKLIFT . OPERATIONAL . SAFETY . TRAINING

Company Profile and Learning Programme Portfolio

FOST Training

Contact Details

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Vision

To make a contribution to training and development in South Africa.
This will contribute to the creation of an informed and skilled workforce for the health and social development of all South Africans

Mission

By making professional training and development available to learners and making a contribution to skills development and an empowered workforce in South Africa

Quality Commitment

FOST
defines quality as “Consistently meeting or exceeding the needs and expectations of customers, learners, staff members and stakeholders”

FOST
is committed to the establishment, implementation and maintenance of a formally documented Quality Management System, which includes visible and auditable Policies, Standard Operating Procedures and Review Mechanisms, based on the defined scope of the company.

The standard of quality expected in the company is defined and documented in this QMS.

By establishing a flexible and coherent Quality Management System, the company is confident that it will be able to assure the consistent high quality of products and services and achieve its vision of contributing to the Skills Development in South Africa

BACKGROUND

- FOST has been established to provide the quality of training and assessment, to empower the workforce to the highest level. Our training is unit standard. Whereby improving the health and safety of the employee, employer and the company. We are a BEE training provider. Our offices are situated in Greenvale Road Germiston.
- FOST has been providing training to industry since 2014.
- Our learning programmes are developed and updated regularly assuring that the learning programmes is up to date and in line with latest requirements from the occupational health and Safety Act and TETA.
- FOST is accredited by the Transport Education Training Authority (TETA) in terms of the South African Occupational Health and Safety Act 85 of 1993, Driven machinery Regulation 18(II) and the National Code of Practice for the training providers of Lifting Machine Operators (NCOP) with Accreditation no: 14-496.

VALUE PROPOSITION

Our goal is to provide more than just safety and operator training. We strive to reduce the risks associated with operational activities in the workplace. As the health and safety of operators is of paramount importance. Prevention is better than cure.

VISION

We know in real time how millions of lifting devices and machine tolls perform. We use this knowledge around the clock to make our customers operations safer and more productive

MISSION

We are not just lifting things, but business

WE PROVIDE THE FOLLOWING LEARNING PROGRAMMES AND SERVICES:

Counter balance Forklift Truck Operator

Learning Programme Name:

Operate Counter Balance Lift Truck

Unit Standard: **242974**

Certificate valid for two years

Learning Programme duration:

- Novice 5 days training

- recertification 1 day training

4 persons session

Notes:

Basic training- one attachment e.g forks, additional

Attachments will increase duration.

Additional persons allowed, duration will increase accordingly

National Code of Practice



F1 up to 3ton

F2 up to 7ton

F3 up to 15ton

F4 up to 15ton

After completion of this learning programme the learner will be able to:

- **Apply the recognised methods for inspecting and recording the operational fitness of all components of the lift truck with reference to safety procedures in the workplace**
- **Identify and classify freight/ loads taking into account documentation, packaging and labelling associated with the specific freight.**
- **Handle load, and store freight in accordance with industry standards environmental requirements, and with due consideration to inter alia the commodities and their properties, storage area and placement of load.**
- **Achieve maximum work performance of lifting equipment and attachment, by applying knowledge of equipment dimensions, controls, principles of operation and capacities, manufacturing specifications and circumstances in the working environment.**
- **Operate equipment in accordance with laid down organisational and legislative standards and procedures as well as manufacture's guidelines.**
- **Access available emergency support system and services in case of incidents and accidents.**

Defined Purpose Forklift Truck Operator

Learning Programme Name:

Operate Defined Purpose Lift Truck

Unit Standard: **242981**

Certificate valid for two years

National Code of Practice Code

F6, Pedestrian Controlled below capacity of 2000kg

F7, Pedestrian controlled above capacity of 2000kg

F12, Powered Pallet Lift truck

Learning Programme duration:

- Novice 5 days training

-Recertification 1 day training

4 persons session

Notes:

Additional persons allowed, duration will increase accordingly



After completion of this learning programme the Learner will be able to:

- **Inspect and record the operational fitness of battery powered lift trucks.**
- **Identify and classify freight/ loads**
- **Handle, load and store freight**
- **Achieve maximum work performance of battery powered lifting equipment and attachments.**

- Operate freight equipment.
- Access available emergency support systems and services.

Advanced Defined Purpose Forklift truck Operator

Learning Programme Name:

Operate Advanced Defined Purpose Lift Truck

Unit Standard: 242972

Certificate valid for two years

National Code of Practice Code

F5 Reach Lift Truck

F8 Order Picker Lift Truck for first & second level racking (NAIWA)

F9 Order Picker lift truck for all racking levels including high-rise (NAIWA)

F13 Very narrow Aisle lift truck, non-elevating cab, to service all levels

F14 Very narrow Aisle lift truck, elevating cab, to service all levels



Learning Programme duration:

- Novice 5 days training

- Recertification 1 day training

4 persons session

Notes:

Additional persons allowed, duration will increase accordingly

After completion of this learning programme the Learner will be able to:

- Access available emergency support systems and services in case of incidents and accidents.
- Identify and classify freight/loads.
- Handle, load, and store freight
- Achieve maximum work performance of battery powered lifting equipment and attachments
- Operate equipment

Mobile Crane Operator Above 50 ton

Learning Programme Name:

Operate heavy crane

Unit Standard: **242982**

Certificate valid for two years

Learning Programme duration:

- Novice 7 days

- Recertification 1 day

4 persons session

Notes:

Basic training- main boom, boom extensions, main hook and auxiliary Hook. Additional attachments and crane options will increase duration.

Driver's License/ site driving permit for truck required

Additional persons allowed, duration will increase accordingly

National code of Practice Code

C35

Lattice Boom Mobile Truck Crane to the rated Capacity of above 50 000 kg and as specified On the crane certification

C36

Hydraulic Mobile Crane to the rated capacity of above 50 000 kg and as specified on the certificate

C36

hydraulic Mobile Crane to the rated of above 50 000 kg and as specified on the certificate

C39

Hydraulic Boom Mobile Truck Crane to The rated capacity of above 50 000 kg as specified on the certificate

C40

Lattice Boom Mobile Crawler Crane to the rated capacity of above 50 000 kg as specified on the certificate

after completion of this learning programme the Learner will be able to:

- Identify the safety and suitability of crane type prior to utilisation thereof, giving consideration to freight characteristics , equipment manufactures requirements and environmental conditions
- Apply the recognised methods for inspecting and recording the operational fitness of all components of the crane with reference

to safety procedures in the workplace

- Operate the heavy crane in a safe and competent manner
- Access available support and emergency services in the case of incidents



Mobile Crane Operator Up to 50 ton

Learning Programme Name:

Operate a mobile crane

Unit standard: **116254**

Certificate valid for two years

Learning Programme duration:

-Novice 7 days training

-Recertification 1 day training

4 persons session

Notes:

Basic training- main boom, boom extensions, main hook and or Auxiliary hook. Additional attachments and crane options will increase duration. Driver's License/site driving permit for truck Required. Additional persons allowed, duration will increase accordingly

National Code of Practice Code

C33. Hydraulic Mobile Crane up to rated capacity of 50 000kg

C34. Hydraulic Crane Pick Up and Carry up to a rated capacity of 50 000kg

C34. Hydraulic Crane Pick up and Carry up to a rated capacity of 50 000kg

C43. Hydraulic Mobile Crane up to rated capacity of 15 000kg

C37. lattice Boom Mobile Truck Crane up to rated capacity of 50 000kg

C38. Lattice Boom Mobile Crawler up to rated capacity of 50 000kg

After completion of this learning programme the Learner will be able to demonstrate an integrated practical and theoretical grounding in crane operations according to safe handling and maintenance practices in compliance with crane manufacture's legislated standards.



Telescopic Boom Handler Operator

Learning Programme Name:

Operate a telescopic boom handler

Unit Standard:**260781**

Certificate valid for two years

Learning Programme duration:

- Novice 5 days training

- Recertification 1 day

4 persons session

Notes:

Basic training – Boom with fork attachment or load handling attachment
Additional attachment will increase duration (bucket, platform, hook, Winch etc)

National Code of Practice Code





C46

After completion of this learning programme the Learner will be able to:



- Discuss and apply the regulatory framework for operating Telescopic boom handlers.
- Describe the telescopic boom handler to be operated.
- Demonstrate mechanical awareness of the Telescopic Boom handler.
- Inspect the telescopic boom handler.
- Handle loads with a telescopic boom handler.
- Operate the telescopic boom handler.



Mobile Elevating Work Platform/ MEWP Operator

<p>Learning Programme Name: Operate a Mobile Elevating work platform Unit Standards: 243272 Certificate valid for two- years Lifting equipment (Rigging)</p>	<p>Learning Programme duration: - Novice 5 days -Recertification 1day 4 persons session Notes: Training on one machine type per session Additional machine types will increase duration.</p>
<p>After completion of this learning programme the learner will be able to:</p> <ul style="list-style-type: none"> • Identify applications to decide on the appropriate Mobile elevating work Platform to be used. • Assess risks in the work environment to prevent and eliminate safety hazards. • Conduct pre-operation inspection of Mobile Elevating Platform. • Make use of safe operating procedures and practices for a Mobile Elevating Work Platform. • Place people, tools and equipment correctly and safely on Mobile Elevating Work Platform. • Conduct shut-down procedures and stow mobile elevating work Platform safely. 	
 <p>Articulated boom Self-Propelled</p>	 <p>scissor Lift Self-Propelled</p>
 <p>trailer Lifts</p>	 <p>Vehicle mounted Articulating Self propelled</p>

Rigging Training

<p>Learning Programme Name: Lift and Move a load using manual lifting equipment (Rigging) Unit Standard: 253582 Certificate valid for two years</p>	<p>learning Programme duration : -Novice 5 days session -Recertification 1 day session Additional persons allowed, duration will increase Accordingly.</p>
<p>After completion of this learning programme the learner will be able to:</p> <ul style="list-style-type: none"> • Identify and explain the application of lifting equipment. • Plan and prepare to lift and move the load. • Use lifting equipment to lift and move the load. • Maintain, care and store equipment. 	
	

First Aid Training

<p>Learning Training programme: Carry out basic first aid treatment in the workplace Level 1 Unit Standard: 116534 Certificate valid for two years People credited for this unit standard are able to:</p>	<p>learning Programme duration -1 days session Maximum 8 persons session Additional persons allowed, duration will increase accordingly.</p>
<ul style="list-style-type: none"> • Demonstrate an understanding of emergency scene management • Demonstrate an understanding of elementary anatomy and physiology 	

- Assess an emergency situation
- Apply First Aid procedures to the life-threatening situation
- Treat common injuries



Basic Fire Fighting Training

Learning Programme:
Perform basic Fire Fighting
Unit Standard: **12484**
Certificate valid for two years

Learning Programme duration :
-1 day training
Maximum 8 persons training
Additional persons allowed, duration will increase accordingly

The qualifying learner qualifying learners can select and use the appropriate firefighting equipment to extinguish or control fires in the workplace.



HOW WE CAN ASSIST YOU IN ASSESSING YOUR OPERATORS

The quality of your operator is critical to the success and sustainability of the business.

Medicals

A medical is used to determine whether an operator is fit for work, and if the working environment will affect them negatively.

We offer the following medicals:

Full Medical Examination

Physical Examination
Key Stone vision screening test
Height & Weight
Body Mass Index
Blood Pressure
Pulse
Urine Screening
Blood Glucose
Lung Function Test
Audiometric Screening

Medical examination

Medical examination excluding Lung function test
Medical examination excluding Audio test

Mining Medicals

Mine Medical – Red ticket medical

Stand Alone Tests

Audiometric Screening - Baseline
Audiometric Screening – Periodic & Exit

Lung Function Test
Key Stone Eye Test
Glucose Test
Blood Pressure
Urine Screening
ECG
HIV 1 & 2 blood



CONVEY DANGEROUS GOODS

The National Road Traffic Act states that training is provided to ensure that all employees who load/unload or transport dangerous goods and substances in excess of the quantities exempted. To reduce the dangers involved, all employees involved in the handling of dangerous materials need the required knowledge of the materials they are to handle.



HEALTH AND SAFETY COURSES

We Offer the following Health and safety Courses:

- First Aid Level 1 (Novice and Refresher)
- First Aid Level 2 (Novice and Refresher)
- First Aid Level 3 (Novice and Refresher)
- Combined First Aid Level 1 & 2
- Combined First Aid Level 1, 2 & 3
- Basic CPR
- Basic Fire Fighting
- Advanced Fire Fighting
- Fire Marshall
- Occupational Health and Safety
- Health and Safety Representative
- Health and Safety (OHAS) and Compensation (COID) Act
- Accident Investigation
- Health and Safety for Supervisors
- Risk Assessment
- Health and Safety Officer
- Emergency Evacuation Procedures
- Risk Assessment
- Health and Safety Officer
- Emergency Evacuation Procedures



WORKING AT HEIGHTS

Learning Programme:

Fall Arrest

Unit Standard: **229998**

Certificate valid for three years

Learning Programme duration :

-1 day training

Minimum 6 persons training

Additional persons allowed, duration will increase accordingly

The Qualifying learner is capable of:

- Explaining the use and limitations of a limited range of fall arrest equipment and fall arrest plan.
- Inspecting, assembling and storing fall arrest equipment.
- Selecting suitable anchor points.
- Using fall arrest systems with a double lanyard.
- Using pre-installed vertical and horizontal life-lines.



CODE 10 & CODE 14 COURSES

On-Cab Assessments

With the value of the vehicles and lives involved in the transportation industry it is important that we ensure that the ones entrusted with this vital role are competent. With the On-Cab assessment we dispatch one of our driver trainers to go out on the road with the operator to be evaluated so that we can assess any problem areas. Such as abuse of the vehicle's critical components. Abuse of the regulations contained in the National Traffic Act. As well actions deemed unfit in regard to a client's company policies and procedures.

Advanced Driver Training

At FOST we believe that the better the skills the operator has at his disposal the greater their impact on the productivity, and at the end of the day, the profitability of a company. Fewer accidents equals less down time, and less avoidable costs being incurred.

A safer transport industry means a safer South Africa for all of its citizens.

Skills development is a core value at FOST and something we constantly strive to improve upon on a constant basis.



TAILGATES/TALELIFTS

Learning Programme:
Operate tailgates and tail-lifts
Unit Standard: **123260**
Certificate valid for two years

Learning Programme duration :
5 day session
Maximum 4 persons training
-Recertification 1 day session
Additional persons allowed, duration will increase accordingly

The purpose of the learning is to ensure that professional drivers who achieve this unit standard are able to operate tailgates and tail-lifts safely, and according to legal, organisational and manufacturer specifications. This will improve the learner's career flexibility, and will ensure that accidents and injuries are prevented, improving the compliance, success and profitability of road transport service delivery.



SIDE LOADER LIFT TRUCK

Learning Programme:
Operate Operate Side loader Lift truck
Unit Standard: **260797**
Certificate valid for two years

Learning Programme duration :
5 day session
Maximum 4 persons training
-Recertification 1 day session
Additional persons allowed, duration will increase accordingly

The side loader is designed for use in a variety of applications from pipe to flat sheet metal stock to lumber and more. A side loader offers the advantage of reduced aisle width, allowing for the storage of much more material in the same amount of storage space. A traditional front loading forklift requires aisle widths that not only accommodate the length of the load, but also additional width to allow the forklift to turn into the storage area, deposit or pick up the load and then manoeuvre out again. With a side loader, not only is the aisle width much lower, which increases the storage density, but the entire operation is safer.



ABOUT US

FOST is made up of a team that is committed to providing our customers with the highest level of training on the market, whereby ensuring positive and beneficial relationships.

It is with gratitude that we thank your for your interest, and we trust that together we can forge a strong partnership.