



## COMPANY PROFILE



Contact us today by  
telephone on **01536 201871** or  
mobile **07816 772540** or by email at  
**info@cbtraining.biz**

[www.forklifttrainingonline.co.uk](http://www.forklifttrainingonline.co.uk)



## COMPANY INFORMATION



**Chris Brailey**  
Managing Director,  
Training Tutor

CB Training believe that quality training comes from the trainers' delivery, information and practical abilities that's why we have an employment process and ongoing personal development plan that more than excels the industry standards.

We can accommodate clients at our modern training centre or alternatively, we can train on-site at your place of work.

### Memberships and Accreditations



NN coNnect



UK Register Learning Providers: 10039260 • ICO Data protection: Z2412844

CB Training (UK) Ltd Registration: 7578441 • VAT Registration: 110 164 181

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- **Development, Testimonials and References**

Committed to our customers, we are always offering new courses so if one isn't listed, please ask.

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## MANAGERS / SUPERVISORS MHE AWARENESS COURSE

### General course information

This is a MHE safety course for managers / supervisors and those personnel who have responsibility for managing MHE operators and equipment. PUWER 1998 requires that "Every employer should ensure that any of his employees who supervise or manages the use of work equipment has received adequate training for the purposes of Health & Safety".

### Course content

- The need for training
- Employers and employees duties
- Health & safety publications
- Trucks in industry today
- Operating safety code
- Stability of MHE
- Knowledge of load handling
- Daily operational safety checks
- Authorisation to operate
- Recognition of certification

### Experience required

No prior knowledge of topic required

### Course Duration

4 - 5 hours

### Number of Delegates

1 - 8

### Facilities / requirements

A training room suitable for the number of delegates and facilities to set up or use a projector.

### Availability

On-site and Training Centre

### Certification

Competency

### Certification renewal

Recommended every 3 years however this may depend on the company's risk assessments and internal policies.

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## LIFT TRUCK TRAINING

### General course information

CB Training offer a wide range of lift truck training courses from pallet trucks to 30 ton forklift trucks. The courses are tailored for the level of experience of the delegates ranging from novice to refreshers and conversion courses. Most of our courses cover the following information:

### Course content

- Health & Safety at Work Act
- PUWER, LOLER, L117 legislation
- Operators safety codes
- Lift truck stability
- Load weight distribution
- Rated capacity plates
- Load handling techniques
- Vehicle loading / un-loading
- Hydraulic systems
- Pre-operational safety checks

### Experience required

No experience to refresher courses

### Course Duration

1 - 5 day courses

### Number of Delegates

1 - 3

### Facilities / requirements

A training room suitable for the number of delegates will be required. Sufficient practical training space will be required to carry out assessments and testing. Delegates will require PPE as per the company's internal risk assessments.

### Availability

On-site & Training Centre

### Certification

ITSSAR & In-house available

### Certification renewal

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## TRAIN THE TRAINER (Forklift)

### General course information

This course is designed for in-house trainers who wish to gain instructional techniques on work equipment. On completion of the course delegates will be issued with an in-house qualification which is nontransferable.

### Course content

- Practical skills test
- Advanced operator knowledge
- Health & Safety regulations
- Instructional techniques
- Selection and use of visual aids
- Question and answer techniques
- Classroom lessons
- Practical lessons
- Report writing

### Experience required

At least 12 months experience and have the ability to adapt their approach to suit the needs of different trainees, be able to communicate effectively and be able to lead and control a group. This course is highly participative; delegates will be expected to take part in all activities as the award of qualification is based mainly on assessed performance.

### Course Duration

5 day

### Number of Delegates

1 - 3

### Facilities / requirements

A training room suitable for the number of delegates will be required and equipped with a projector. Sufficient practical area for conducting practical lessons and the relevant MHE available throughout the 5 days.

### Availability

On-site and Training Centre

### Certification

In-house only

### Certification renewal

Recommended every 3 years however this may depend on the company's risk assessments and internal policies.

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## ITSSAR FORKLIFT INSTRUCTOR TRAINING

### General course information

This course is designed to train instructors in the delivery of the skill requirements and associated job knowledge of basic lift truck operators. This is to the nationally recognized levels of skill, ability and safety as laid down by the Approved Code of Practice L117. Delegates will be assessed on the following elements throughout the 10 days.

### Course content

- Practical test to instructor standards
- Conduct a practical demonstration
- Theory examination on health & safety
- Theory examination on recommendations of training
- Theory examination on instructional techniques
- Conduct a practical lesson
- Conduct a classroom lesson
- Report writing
- Practical skills testing

### Experience required

At least 12 months operating experience and a refresher within 6 months prior to attending the instructor's course. Delegates must have the ability to adapt their approach to suit the needs of different trainees, be able to communicate effectively and be able to lead and control a group. This course is highly participative; delegates will be expected to take part in all activities as the award of qualification is based mainly on assessed performance.

### Course Duration

10 day course, 5 day direct entry, 4 day re-reg

### Number of Delegates

1 - 6

### Facilities / requirements

These courses would normally be conducted at our training center however our office will advise on the facilities required should you wish to receive on-site training.

### Availability

On-site and Training Centre

### Certification

ITSSAR standards

### Certification renewal

Every 5 years

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## MANAGERS/SUPERVISORS MEWPS AWARENESS COURSE

### General course information

This is a MEWP's safety course for managers / supervisors and those personnel who have responsibility for managing MEWP operators and equipment. PUWER 1998 requires that "Every employer should ensure that any of his employees who supervise or manages the use of work equipment has received adequate training for the purposes of Health & Safety".

### Course content

- Risks associated with MEWPs
- Health & Safety at work
- Health & Safety publications / legislation
- Types of MEWPs
- MEWP selection
- Personal Protective Equipment (PPE)
- Harnesses and risk assessments
- Suspension trauma
- MEWP safety code
- Wind speeds
- Operator inspections
- Work place hazards & precautions
- Theory test

### Experience required

No prior knowledge of topic required

### Course Duration

4-5 hrs

### Number of Delegates

1 - 8

### Facilities / requirements

A training room suitable for the number of delegates and facilities to set up or use a projector.

### Availability

On-site and Training Centre

### Certification

Competency

### Certification renewal

Recommended every 3 years however this may depend on the company's risk assessments and internal policies.

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## MOBILE ELEVATED WORK PLATFORMS (MEWPs)

### General course information

This course is designed to provide compliance with the HASAWA regulations. The working at height regulations, provision and use of work equipment regulations (PUWER) and the lifting operations and lifting equipment regulations (LOLER). Instructing delegates in all aspects of the safe and correct use of the equipment.

### Course content

- Working at height regulations
- The duties and responsibilities of a user
- Work planning
- Safe operating techniques
- PPE when using MEWPs
- Inspection and use of harnesses
- Understand the requirements of the relevant legislation
- Parking and securing MEWPs
- Suspension trauma
- Pre-operational safety checks

### Experience required

No prior knowledge of topic required

### Course Duration

1 day course

### Number of Delegates

1 - 4

### Facilities / requirements

A training room suitable for the number of delegates will be required. Sufficient practical training space will be required to carry out assessments and testing. Delegates will require PPE as per the company's internal risk assessments.

### Availability

On-site and Training Centre

### Certification

ITSSAR and In-house available

### Certification renewal

Recommended every 3 years however this may depend on the company's risk assessments and internal policies.

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## MANUAL HANDLING AWARENESS COURSE

### General course information

The course is for any personnel involved in lifting and moving work related equipment. The course is designed to raise awareness and specific handling techniques in line with the Manual Handling Regulations, which require employers to provide training in handling, injury risks and prevention.

### Course content

- Establish the weight and dimensions of loads
- Understand the requirements of the relevant legislation
- Carry out manual lifting using the kinetic method
- Confirm the factors to be considered when planning a lift
- Decide when a group/team lifting is required
- Appreciate when mechanical aids are required
- Carry out typical lifts in a safe and proper manner
- Select the correct PPE
- Assess working areas and walk ways
- Principles of safe handling

### Experience required

No prior knowledge of topic required

### Course Duration

4 hr course

### Number of Delegates

1 - 10

### Facilities / requirements

A training room suitable for the number of delegates and facilities to set up or use a projector.

### Availability

On-site and Training Centre

### Certification

ITSSAR & In-house available

### Certification renewal

Recommended every 3 years however this may depend on the company's risk assessments and internal policies.

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## FIRE AWARENESS (Level 1) WARDEN/MARSHAL (Level 2)

### General course information

The person responsible for the day to day running of premises is legally obliged to nominate competent persons to take charge in a fire emergency (Fire wardens / Marshals). Delegates will learn about fire, the way in which fire spreads and the way to fight fire.

### Course content

- Legislation
- Fire procedures
- Fire extinguishers theory
- Principles of combustion
- Arson and fire prevention
- Fire prevention practical walk-about
- Role of the fire warden
- Evacuation procedures
- Fire spread (level 2)
- Fire drills / evacuation (level 2)
- Live practical fire training (level 2)
- FSRA – Basic fire safety risk assessment (Level 2)

### Experience required

No prior knowledge of topic required

### Course Duration

Level 1 (3-4 hrs)

Level 2 (4-5 hrs)

### Number of Delegates

1 - 10

1 - 10

### Facilities / requirements

A training room suitable for the number of delegates will be required and facilities to set up or use a projector. 10 metre clear outdoor space for setting up the live fire training equipment (Level 2). Delegates will require PPE as required.

### Availability

On-site and Training Centre

### Certification

In-house, Qualsafe available

### Certification renewal

Guidance from the company's risk assessments and internal policies.

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## FIRST AID TRAINING (1 day EFAW)

### General course information

This first aid course is perfect for people who wish to give emergency first aid in your workplace. We cover everything you need to know so you can gain the Emergency First Aid Qualification.

### Course content

- Health & Safety (first aid) regulations
- Managing an incident
- The priorities of first aid
- Treatment of an unconscious casualty
- Resuscitation
- Shock
- Choking
- Seizures
- Bleeding
- Common workplace injuries

### Experience required

No prior knowledge of topic required

### Course Duration

1 day

### Number of Delegates

1 - 12

### Facilities / requirements

A training room suitable for the number of delegates will be required including floor space for Annie and the family! Facilities to set up or use a projector.

### Availability

On-site and Training Centre

### Certification

Qualsafe registered and In-house available

### Certification renewal

The certification is valid for 3 years however Qualsafe recommend a 3 hour annual update followed by a 1 day EFAW course after 3 years.

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## FIRST AID TRAINING (3 DAY FIRST AID AT WORK)

### General course information

This first aid course is perfect for people who wish to give first aid in your workplace. We cover everything you need to know so you can gain the First Aid at Work Qualification.

### Course content

- Accidents and illness
- Simple record keeping
- Heart attacks
- Shock
- Bleeding
- Poisoning
- Seizures
- Severe allergic reaction
- Low blood sugar
- Using a first aid kit
- Treatment of an unconscious casualty
- Resuscitation
- Choking
- Burns and scalds
- Fractures
- Asthma
- Eye injuries
- Fainting

### Experience required

No prior knowledge of topic required

### Course Duration

3 days

### Number of Delegates

1 - 12

### Facilities / requirements

A training room suitable for the number of delegates will be required including floor space for Annie and the family and facilities to set up or use a projector.

### Availability

On-site and Training Centre

### Certification

Qualsafe registered & In-house available

### Certification renewal

The certification is valid for 3 years however Qualsafe recommend a 3 hour annual update followed by a 2 day requalification after 3 years.

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## VEHICLE MOUNTED CRANE (Hi-ab)

### General course information

Lorry mounted cranes are popular with manufacturers of building products and builders merchants who are regularly delivering to construction or residential sites.

Courses are available on: Lifting Hook, Clamshell Bucket, and Hydraulic Clamp.

### Course content

- Health & Safety at Work Act
- Personal protective equipment
- Capacities
- Safety checks
- Operations and controls
- Alpha checks
- Area
- Load
- Personnel
- Height
- Angles

### Experience required

No experience for novice courses / prior experience and certification for refreshers

### Course Duration

Refresher - 1 day

Novice - 2 days

### Number of Delegates

1 - 3

1 - 3

### Facilities / requirements

A training room suitable for the number of delegates will be required. Sufficient practical training area and the vehicle mounted crane (Hi-ab) will be required to carry out assessments and testing. Delegates will require PPE as per the company's internal risk assessments.

### Availability

On-site

### Certification

ITSSAR National Standards

### Certification renewal

Recommended every 3 years however this may depend on the company's risk assessments and internal policies.

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## DRIVER PERIODIC CPC COURSES

### General course information

CB Training offer a solution to the driver CPC training by offering a variety of useful courses coupled with extra driver qualifications.

### Course content

- DE 11 – Mechanical Handling Equipment Training Course.
- DE 13 – Emergency First Aid at Work Course.
- DE 14 – Health & Safety, Speed Limits, Seat Belts, Manual Handling, Aggressive Driving.
- DE 15 – Vehicle Banks-man, Driver Observations, Driver Tiredness, Bridge Strikes.

### Experience required

Current PCV / LGV Licence

### Course Duration

8 hr course

### Number of Delegates

Various group sizes

### Facilities / requirements

A training room suitable for the number of delegates and facilities to set up or use a projector. All drivers will need to have both parts of their drivers licence.

### Availability

On-site and Training Centre

### Certification

Jaupt Approved Qualification

### Certification renewal

Drivers will need to complete 35 hours of CPC Periodic training every 5 years.

***Are you on route to your next Driver CPC qualification?***

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## ABRASIVE WHEELS

### General course information

This course is designed to train delegates in methods of fitting, testing and using abrasive wheels within their working environment in respect of PUWER regulations as applied to abrasive wheels. The course delivery covers hand held angle grinders and bench mounted machines.

### Course content

- Health & Safety at Work Act
- Regulations and legal obligations
- Accident and prevention
- Machine selection and use
- Examination of abrasive wheels
- Handling abrasive wheels machines
- Storage of abrasive wheels machines and equipment
- Fitting & testing of wheels
- Record keeping
- Knowledge & practical examinations

### Experience required

No prior knowledge of topic required

### Course Duration

4 hrs

### Number of Delegates

1 - 6

### Facilities / requirements

A training room suitable for the number of delegates and facilities to set up or use a projector. The abrasive wheels that training is required for, PPE – safety footwear, ear defenders, eye protection, other ppe as required.

### Availability

On-site & Training Centre

### Certification

ITSSAR & In-house available

### Certification renewal

Recommended every 3 years however this may depend on the company's risk assessments and internal policies.

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# CRANE HOIST SLINGING

## General course information

This course is designed to train delegates in methods of using Gantry Cranes / Hoists within their working environment in respect of PUWER and LOLER regulations. This course also includes the basic techniques of slinging and signaling loads and movements within the work place.

## Course content

- Health & Safety at Work Act
- PUWER & LOLER Regulations
- Selecting & Inspecting the lifting equipment
- Selection & Inspection of lifting tackle
- Controls and movement of the crane / hoist
- PPE requirements / care / maintenance & use
- Methods of slinging loads
- Using specific attachments
- Load weight distribution
- Knowledge & practical examinations

## Experience required

No prior knowledge of topic required

## Course Duration

1,2,3 day courses available

## Number of Delegates

1 - 4

## Facilities / requirements

A training room suitable for the number of delegates will be required.  
Sufficient practical training and practice area for the crane / hoist and relevant loads.  
Delegates will require PPE as required.

## Availability

On-site

## Certification

ITSSAR & In-house available

## Certification renewal

Recommended every 3 years however this may depend on the company's risk assessments and internal policies.

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## VEHICLE BANKSMAN COURSE

### General course information

The vehicle banksman training course ensures that any organisation that has to supervise or assist in the movement of vehicles can meet its legal requirements and reduce the risks that can occur when carrying out even the simplest activities.

### Course content

- Accidents – causes and prevention
- Acts and regulations
- Understanding the limitations or otherwise of equipment available
- Understand the correct procedures in manoeuvring vehicles
- Banksman responsibilities
- Personal protective equipment
- Safe systems of work
- Recognised signals
- Risk assessing the manoeuvre
- Recognise signals

### Experience required

No prior knowledge of topic required

### Course Duration

5 hr course

### Number of Delegates

1 - 6

### Facilities / requirements

A training room suitable for the number of delegates and facilities to set up or use a projector. Courses are tailored to the working environment therefore a suitable vehicle and driver will be required for the practical element of the course along with access to the main vehicle moving area.

### Availability

On-site and Training Centre

### Certification

ITSSAR & In-house available

### Certification renewal

Recommended every 3 years however this may depend on the company's risk assessments and internal policies.

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## DEVELOPMENT, TESTIMONIALS AND REFERENCES

### CB Training's Training Development



"CB Training were utilised at RS components Nuneaton to deliver a large number of basic & refresher forklift truck training. We found CB Training to be professional in their approach and facilitated our requests with regards to periods of training and also course content.

CB Training has also trained a small number of our employees to be in house Instructors. Again the feedback from those that attended the course was very positive. They found the course to be well balanced, informative with plenty of help from the tutor".

RS Components

"We have used CB Training for various aspects concerning MHE training since 2009. The training given has been of high standard and professional. Also the approachable nature of the company has been valuable, providing additional guidance and support in queries we may raise, resulting in improvements to our own internal training standards".

Great Bear Distribution

"Mr Brailey is a 1st class Instructor and Tutor and I have no doubt in my mind that any training conducted by CB Training (UK) Ltd will be of the highest standards.

CB Training is constantly monitored by ITSSAR Training Standards Advisors and has always reached very high standards on every occasion.

Mr Brailey is always enthusiastic and a willing participant on the ITSSAR Tutor Forum working towards improving standards".

Lynda Dopson  
Managing Director (ITSSAR)

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## COMPANY MESSAGE



### **What Training we do:**

#### **Industrial Training Solutions**

### **How we do it:**

- Training on customer sites throughout the UK
- Fully equipped purpose designed training centre
- Providing training courses 7 days a week available 24hrs
- Ongoing trainer personal development

### **CB Training's edge:**

- Male and female instructors
- Providing a one stop shop for industrial training requirements
- Strategic costing structure

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