

**CORE COMPETENCIES  
(120 HOURS)**

<b>Unit of Competency</b>	<b>Learning Outcomes</b>	<b>Learning Activities</b>	<b>Methodologies</b>	<b>Assessment Methods</b>	<b>Nominal Duration</b>
1. Perform pre- and post-operation procedures for forklift	1.1 Perform visual check	<ul style="list-style-type: none"> <li>• Select personal protective equipment</li> <li>• Select forklift capacity</li> <li>• Identify and explain operator serviceable parts</li> <li>• Perform inspection of equipment</li> </ul>	<ul style="list-style-type: none"> <li>• Lecture</li> <li>• Practical / Demonstration</li> </ul>	<ul style="list-style-type: none"> <li>• Written examination</li> <li>• Demonstration with oral questioning</li> </ul>	16 hours
	1.2 Perform walk-around check	<ul style="list-style-type: none"> <li>• Explain and perform procedures in BLOWAF check for engine type</li> <li>• Explain and perform procedures in checking battery-operated type forklift</li> </ul>	<ul style="list-style-type: none"> <li>• Lecture</li> <li>• Practical / Demonstration</li> </ul>	<ul style="list-style-type: none"> <li>• Written examination</li> <li>• Demonstration with oral questioning</li> </ul>	
	1.3 Perform visual check for lifting attachments and power train	<ul style="list-style-type: none"> <li>• Explain procedures in visual check for lifting attachments and power train components</li> <li>• Identify abnormal conditions</li> <li>• Perform visual check for lifting attachments and power train</li> </ul>	<ul style="list-style-type: none"> <li>• Lecture</li> <li>• Practical / Demonstration</li> </ul>	<ul style="list-style-type: none"> <li>• Written examination</li> <li>• Demonstration with oral questioning</li> </ul>	
	1.4 Perform operation check	<ul style="list-style-type: none"> <li>• Explain and perform start-up and warming procedures</li> <li>• Explain procedures in conducting walk-around check while the forklift is power on</li> <li>• Perform operation of forklift components and safety devices</li> </ul>	<ul style="list-style-type: none"> <li>• Lecture</li> <li>• Practical / Demonstration</li> </ul>	<ul style="list-style-type: none"> <li>• Written examination</li> <li>• Demonstration with oral questioning</li> </ul>	

Unit of Competency	Learning Outcomes	Learning Activities	Methodologies	• Assessment Methods	Nominal Duration
	1.5 Perform post-operation procedures	<ul style="list-style-type: none"> <li>• Explain walk around procedures while engine is cooling down</li> <li>• Explain and perform parking and shut-down procedures</li> <li>• Explain how to accomplish DETR</li> </ul>	<ul style="list-style-type: none"> <li>• Lecture</li> <li>• Practical / Demonstration</li> </ul>	<ul style="list-style-type: none"> <li>• Written examination</li> <li>• Demonstration with oral questioning</li> </ul>	
2. Perform basic preventive maintenance servicing for forklift	2.1 Perform adjustment or replacement for noted defects	<ul style="list-style-type: none"> <li>• Explain procedures in performing adjustments or replacements for noted defects</li> <li>• Explain usage of basic hand tools and portable powered tools</li> <li>• Perform adjustments or replacements for minor defects</li> </ul>	<ul style="list-style-type: none"> <li>• Lecture</li> <li>• Practical / Demonstration</li> </ul>	<ul style="list-style-type: none"> <li>• Written examination</li> <li>• Demonstration with oral questioning</li> </ul>	24 hours
	2.2 Perform basic preventive maintenance servicing(PMS)	<ul style="list-style-type: none"> <li>• Explain procedures in basic preventive maintenance servicing</li> <li>• Enumerate Operator's Serviceable parts</li> <li>• Execute Basic preventive maintenance servicing (PMS)</li> </ul>	<ul style="list-style-type: none"> <li>• Lecture</li> <li>• Practical / Demonstration</li> </ul>	<ul style="list-style-type: none"> <li>• Written examination</li> <li>• Demonstration with oral questioning</li> </ul>	
	2.3 Prepare equipment reports	<ul style="list-style-type: none"> <li>• Explain procedures in accomplishing equipment reports</li> <li>• Explain how to accomplish equipment reports</li> </ul>	<ul style="list-style-type: none"> <li>• Lecture</li> <li>• Practical / Demonstration</li> </ul>	<ul style="list-style-type: none"> <li>• Written examination</li> <li>• Demonstration with oral questioning</li> </ul>	

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3. Perform productive operation for forklift	3.1 Travel the forklift	<ul style="list-style-type: none"> <li>• Enumerate different road and weather conditions</li> <li>• Identify potential hazards in work area</li> <li>• Explain procedures in responding to unexpected situations</li> <li>• Perform travel operation</li> </ul>	<ul style="list-style-type: none"> <li>• Lecture</li> <li>• Practical / Demonstration</li> </ul>	<ul style="list-style-type: none"> <li>• Written examination</li> <li>• Demonstration with oral questioning</li> </ul>	80 hours
	3.2 Load and unload forklift to low-bed trailer/truck	<ul style="list-style-type: none"> <li>• Perform loading and unloading of forklift to low-bed trailer</li> <li>• Explain and demonstrate verbal instructions and signals</li> </ul>	<ul style="list-style-type: none"> <li>• Lecture</li> <li>• Practical / Demonstration</li> </ul>	<ul style="list-style-type: none"> <li>• Written examination</li> <li>• Demonstration with oral questioning</li> </ul>	
	3.3 Interpret load chart	<ul style="list-style-type: none"> <li>• Read and interpret load chart</li> <li>• Perform load computations based on load chart</li> </ul>	<ul style="list-style-type: none"> <li>• Lecture</li> <li>• Practical / Demonstration</li> </ul>	<ul style="list-style-type: none"> <li>• Written examination</li> <li>• Demonstration with oral questioning</li> </ul>	

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	3.4 Perform lifting and handling of load	<ul style="list-style-type: none"> <li>• Understand site and weather conditions</li> <li>• Explain procedures and practices in lifting operation</li> <li>• Understand signals and signs</li> <li>• Explain procedures in responding to unexpected situations</li> <li>• Demonstrate lifting and handling of load</li> </ul>	<ul style="list-style-type: none"> <li>• Lecture</li> <li>• Practical / Demonstration</li> </ul>	<ul style="list-style-type: none"> <li>• Written examination</li> <li>• Demonstration with oral questioning</li> </ul>	