



EMPODERA

Training Academy

2026

A professional portrait of a young woman with curly brown hair, wearing a dark blue polo shirt, a high-visibility vest with orange and grey stripes, and a dark blue baseball cap. She is standing with her arms crossed, looking directly at the camera with a slight smile. The background is blurred, showing what appears to be a warehouse or industrial setting with pallets and shelving.

Freight Handler

NQF Level 3 | SAQA ID 96396 | 122 Credits



EMPODERA
Training Academy

Empowering Skills, Driving Growth

Empodera Training Academy is a forward-thinking skills development and training provider specializing in accredited learnerships, customised corporate solutions, and workforce development. We partner with leading South African organisations to deliver training that drives transformation, enhances workforce readiness, and ensures a measurable ROI.

Accreditations and Alignment





Course Overview

This qualification prepares learners to safely and efficiently handle freight across warehouse and transport operations. It covers the movement, storage, packing, securing, and documentation of cargo across courier, logistics, and freight industries. Safety and compliance form the core of this qualification.



Learning Outcomes

Learners will be able to:

- Handle, move, and secure freight
- Follow health, safety, and environmental procedures
- Use Material Handling Equipment (MHE)
- Assist with warehouse receiving, dispatching, and storage
- Process freight labels and documentation

A Qualified Learner Will Be Able To:

- Prepare, pack, and secure loads
- Operate MHE safely
- Conduct stock counts and cycle counts
- Work within logistics teams
- Maintain accurate cargo records



Entry Requirements

Republic of South Africa

- NQF Level 1 or RPL

International Comparability

- UK: Warehouse Operative Certificates
- Australia: Certificate II/III in Warehousing
- NZ: Level 3 Logistics Certificates

Duration
12 Months



Certification

Occupational Certificate: Freight Handler (NQF 3)



Career Opportunities

- Freight Handler
- Warehouse Assistant
- Dispatch/Receiving Clerk
- Courier Operations Assistant



Learning Options

Classroom • Practical warehouse training • EISA



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**Let's build the
future together**

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