ABC KURSCENTER AB

COURSE SYLLABUS

Lift Training

Mobile elevating work platforms (MEWP) – categories 1A, 1B, 3A and 3B

Training in accordance with SS-ISO 18878:2025

The course gives you the theoretical and practical knowledge you need to operate scissor lifts, boom lifts and mast lifts safely. It ends with a written theory test and a practical test.

Duration	1 day, at least 8 hours (theory approx. 4 h, practical approx. 4 h)
Participants	Maximum 15 per instructor
Prerequisites	None. Refresher: a valid training certificate.
Language	Swedish, English, Polish or Romanian
Tests	Written theory test and individual practical test
Certificate	Training certificate and plastic card
Validity	5 years. Refresher training is taken before the certificate expires.

After the course you can

- choose the right lift for the task
- carry out the daily inspection and decide when a lift must not be used
- assess risks at the work site: ground, slopes, obstacles, power lines and weather
- drive the lift and position the platform safely and precisely
- use fall protection in the platform when required
- handle emergency stop, emergency lowering and rescue from the ground

Course content

Theory

- Rules and responsibilities (Swedish regulation AFS 2023:11)
- MEWP categories and choosing a lift
- Design and safety systems
- Daily inspection and periodic inspection
- Risk assessment and planning
- Stability, load and wind
- Safe operation
- Fall protection in the platform
- Emergencies

Practical training

- Safety briefing and daily inspection
- Controls and emergency functions
- Set-up, outriggers and driving
- Positioning the platform near obstacles
- Practical test

MEWP categories

1A and 1B can only be moved with the platform lowered to the stowed position, for example push-around mast lifts (1A) and trailer-mounted and truck-mounted boom lifts (1B). **3A and 3B** can travel with the platform raised, for example self-propelled scissor lifts and boom lifts. **A** = the platform moves vertically. **B** = the platform can reach out beyond the chassis. Categories 2A and 2B are not included.

Certificate and next steps

Participants who pass receive a training certificate and a plastic card for categories 1A, 1B, 3A and 3B, valid for 5 years. The certificate is personal.

Before operating a model you have not used before, you must be given a familiarisation on that model. Your employer issues a written operating authorisation.

What to bring

Safety shoes and clothing suitable for the weather. We provide helmets and harnesses for the boom lift exercises.