



STORAGE · TRANSPORT · CONSULTING



www.freightfs.com



Freight Forward (Pty) Ltd is a 135% BEE enterprise that pride ourselves by providing exclusive warehouse facilities , inventory management and distribution solutions.



Our facility is a best-in-class distribution centres situated in the zone 1 heart of Durban offering storage facilities with our in-house managed fleet of 60 vehicles



FFS offers a full turn key solution on consulting , storage and transportation offering you the best services at the best prices!



WHY FFS?

We specialise in the following:

Loading, unloading, and moving freight between delivery and storage areas as instructed.

Coordinating the movement of freight with other workers via our call centre facilities

Preventing damage to transported freight by using protective devices such as padding and straps.

Stacking freight at specified locations using boards or pallets.

Moving freight manually or with specialized machinery, such as electric forklifts and pallet jacks.

Scanning and documenting freight, as well as marking items with identifying information.

Adhering to weight restrictions, as well as stabilizing and guiding lifted freight with slings and hooks.

Maintaining records of the number of units handled per day, as well as their location and condition.

Performing prescribed safety checks on freight handling equipment and adhering to safety regulations.

Logistics – Coordinating transfers and all transportation requirements at the most competitive rates

24-hour armed security at our facilities and biometric systems





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We abide by all health and safety protocol

Staff members have a minimum of 5 years of experience as a freight handler in a similar industry.

Proficiency in Warehouse Management Software (solutions)

Our Team has Extensive experience in coordinating the movement of freight throughout a storage facility.

Experience in maintaining accurate freight records and tracking freight locations.

Advanced ability to operate specialized freight moving equipment and to prevent damage.

Working knowledge of office software, including Microsoft Word, Excel, and Outlook Express.

Ability to adhere to safety regulations and promote a safe work environment.

Excellent organizational and communication skills.

Warehouse & Storage Safety

HEALTH & SAFETY WAREHOUSE MANAGEMENT

The Law

The Workplace (Health, Safety and Welfare) Regulations 1992 place duties on employers to ensure that the workplace is safe and maintained in good order.

The importance of health & safety management in the warehouse:

- + The Workplace (Health, Safety and Welfare) Regulations 1992 place duties on employers to ensure that the workplace is safe and maintained in good order, including providing the workforce with sufficient Health & Safety training.
- + Warehousing is a complex industry that can expose workers to a number of risks.
- + Health & Safety must be proactively managed.
- + Effective health and safety management involves the employer identifying the risks that arise in the workplace.
- + Adopting reasonable health and safety measures to control the risks that may arise.



CONDUCTING A RISK ASSESSMENT

A risk assessment is a careful examination of what in the work could cause harm to people, so that it can be evaluated whether enough precautions have been taken or should more be done to prevent harm.

Risk assessment can be summarised into 5 steps:

01. Identifying the hazards.
02. Deciding who might be harmed and how.
03. Evaluating the risks and deciding on precautions.
04. Recording your findings and implementing them.
05. Reviewing your risk assessment and updating procedures if necessary.



CAUSES OF INJURY

There are many potential causes of injury in a warehouse. The most common causes of injury include:

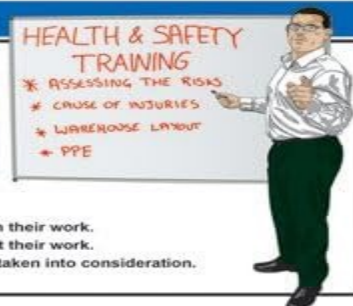
- + Slips, trips and falls.
- + Impact with objects and structures.
- + Being hit by moving or falling objects.
- + Falls from height.
- + Incorrect manual handling.



TRAINING

Providing employees with sufficient training is vital in the prevention of accidents in warehouses.

- + All employees should be provided with basic health & safety training during their induction.
- + Employees should also be provided with specific training related to their work, this includes:
 - + The hazards associated with their work.
 - + Equipment used to carry out their work.
 - + Precautions that should be taken into consideration.



WAREHOUSE DESIGN & LAYOUT

It is important to provide a safe and healthy environment for your employees and visitors.

- + Warehouses should be designed and laid out to allow for the safe movement of goods, materials and people.
- + Good design and layout can help reduce accidents, including vehicles and people slipping and tripping.
- + It is important to have a safe system of traffic movement.
- + Methods and procedures for arrival, reception, unloading, loading and movement of vehicles within the premises should all be taken into consideration.
- + People and vehicles should be segregated as far as is reasonably practicable.

When thinking about design and layout the following areas should be taken into consideration:

- + Storage areas, aisles and gangways.
- + Designated pedestrian traffic routes.
- + Staircases and ramps.
- + Emergency escape routes.



PALLET STORAGE

- + Pallets should be of sound construction, suitable for the goods and the conditions under which they are used.
- + Where pallet loads are stacked tier on tier, the heaviest items should be stacked at the bottom to allow support to the weight above.
- + Pallets should be loaded correctly to ensure load stability; shrink or stretch wrap can help with this. Avoid stack heights to ensure contents do not collapse.
- + Inspect pallets each time before use to make sure that they are in a safe condition.
- + Items that can cause damage to materials should either be taken out of use until repaired, or be destroyed.
- + When using pallet racking in the warehouse, take into account the pallets used are suitable for the type of racking available.
- + Pallets can be stacked / stored by block stacking or using stacking frames, single-depth pallet racks, double-depth pallet racks, drive-in racks, pallet flow racks and push back racks.



RACKING INSPECTIONS

Inspect racking regularly to make sure it is prepared and maintained properly and is safe.

There are 3 types of inspections:

01. Immediate reporting of damage and defects.
02. Visual inspections at regular intervals.
03. 'Expert' inspections carried out at intervals by a competent person.

What to check?

- + Are the racks plumb and level?
- + Is there rust or corrosion on any metal component?
- + Is the rack overloaded?
- + Uprights - Are they bent or damaged? How bad is the damage?
- + Checking the load beams for damages and deflection.
- + Are the beams properly attached to the uprights?
- + Are the clips, bolts, or safety pins, or beam attachment pins missing or damaged?
- + Keep a record of inspections, damages and repairs, e.g. in a logbook. It will help track the regularity and thoroughness of the inspection process in the event of any future issue.





Warehousing is a key offering within FFS, and with years of experience, we have gained the knowledge and expertise that allows us to effectively accommodate and execute exceptional warehousing.



Through innovative technology, failsafe systems and a flexible approach, our team of experts go above and beyond to ensure that the day-to-day needs of our clients are met.



We offer our clients an uncomplicated service taking care of their all round logistics requirements, giving them the freedom to focus on other core aspects of their business.



We pride ourselves on our excellent customer track record and flexibility with the services we offer our clients.





STORAGE - TRANSPORT - CONSULTING

- **FFS OPERATING HOURS**

- Mon: 7:00am – 5:00pm
Tue: 7:00am – 5:00pm
Wed: 7:00am – 5:00pm
Thu: 7:00am – 5:00pm
Fri: 7:00am – 5:00pm
- WEEKENDS – On Request

- **FFS WAREHOUSE FACILITIES**

- 24A Edwin Swales Drive Rossburgh Durban 4000M2
- 24B Edwin swales Drive Rossburgh Durban 2500M2
- 66 Edwin Swales Drive Rossburgh Durban 5500M2

- **FFS TRANSPORT DIVISION HQ**

- 1 Langerberg road Bayhead Durban

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