

## NORS MATRIX (Minimum Training Durations) v19.0520

Below is the NORS Minimum Training Durations Matrix. If training does not meet these durations and has not been prior agreed by RTITB, the training may not be registered through NORS.

Please note we update the matrix from time to time and we will email you a new matrix when updates are made and update the version found at the following link: <https://www.rtitb.co.uk/nors-forms>. We do not take responsibility for any training that does not meet the requirements of any updates.

The reductions below are calculated on the maximum course ratio (3.1.1) and should the course ratio be less, please visit the above link and under the 'NORS Restrictions - Course Timing Reductions for Other Ratios' header you will find a file that details the 2:1:1, 1:1:1 etc reductions. For any further queries please contact the Standards Team ([standards@rtitb.co.uk](mailto:standards@rtitb.co.uk)) who will advise on the duration of the reduction.

**Important: Please note the durations listed are the minimum total training and testing times and are not the total time the candidate(s) spend at the venue (breaks, lunch for example are not included in these durations)**

Description	Status	Ratios & Hours			Reductions per Course (Hours)													
		3:1	2:1	1:1	1	2	3	4	5	6	7	8	9	10	11	12	13	
E-TRUCK Counterbalance Lift Truck (LTG 1) ABA Groups B1, B2, B4	Novice	25.00	19.00	14.00	1.00	3.00	3.00	1.50	1.50	1.50	0.75		1.00	0.75				
	Existing	14.00	10.50	8.50	0.50	1.50	1.50	0.75	0.50	0.50	0.50		0.75	0.50				
	Refresher	5.00	4.00	3.00														
	Conversion to	10.50	8.00	6.00	0.50	2.50	1.25	0.75	0.50	0.50	0.25		0.75	0.25				
Counterbalance Lift Truck (LTG 1) ABA Groups B1, B2, B4	Novice	32.50	26.00	19.50	1.00	3.00	3.00	1.50	1.50	1.50	0.75		1.00	0.75				
	Existing	19.50	16.25	13.00	0.50	1.50	1.50	0.75	0.50	0.50	0.50		0.75	0.50				
	Refresher	6.50	5.50	4.50														
	Conversion to	13.00	9.75	6.50	0.50	2.50	1.25	0.75	0.50	0.50	0.25		0.75	0.25				
	Conv B/B from reach to c/b	9.75	6.50	5.00	0.50	2.50	1.25	0.75	0.50	0.50	0.25		0.75	0.25				
Only where organisations are specifically accredited & only for truck type specified. Back to back conversion must take place within one month of Reach course																		
Reach Truck (LTG 2) ABA Groups D1, D2, D3	Novice	32.50	26.00	19.50	1.00	3.25	3.00	1.50	1.50	1.75	0.75				0.75			
	Existing	19.50	16.25	13.00	0.50	1.75	1.50	0.75	0.50	0.75	0.50				0.50			
	Refresher	6.50	5.50	4.50														
	Conversion to	13.00	9.75	6.50	0.50	2.75	1.25	0.75	0.50	0.75	0.75				0.25			
	Conv B/B from c/b to reach	9.75	6.50	5.00	0.50	2.75	1.25	0.75	0.50	0.75	0.75				0.25			
Only where organisations are specifically accredited & only for truck type specified. Back to back conversion must take place within one month of Counterbalance course																		
Pedestrian Pallet Truck Low Level (LTG 4) ABA Group A1	Novice	9.00	7.50	6.00	0.50	0.50					0.25				0.50			
	Existing	6.50	5.50	4.50	0.25	0.50					0.25				0.25			
	Refresher	4.00	3.50	2.50														
	Conversion to	5.50	4.50	3.50	0.25	0.25						0.25						
Rider Pallet Truck Low Level (LTG 4) ABA Groups A2	Novice	9.00	7.50	6.00	0.50	0.50					0.25				0.50			
	Existing	6.50	5.50	4.50	0.25	0.50					0.25				0.25			
	Refresher	4.00	3.50	2.50														
	Conversion to	5.50	4.50	3.50	0.25	0.25						0.25						

Description	Status	Ratios & Hours			Reductions per Course (Hours)												
		3:1	2:1	1:1	1	2	3	4	5	6	7	8	9	10	11	12	13
Pedestrian Counterbalance Truck High Level (LTG 4) ABA Groups A3	Novice	18.00	15.00	12.00	0.50	2.50	0.50		1.00	1.00	0.25			0.50			
	Existing	10.00	8.50	7.00	0.25	1.50	0.25		0.50	0.50	0.25			0.25			
	Refresher	6.50	5.00	4.00													
	Conversion to	7.50	6.00	5.00	0.25	1.25	0.25		0.50	0.25	0.25						
Pedestrian Counterbalance Truck Eye Level (LTG 4) ABA Groups A3	Novice	12.25	10.00	7.75	0.50	1.50	0.50		1.00		0.25			0.50			
	Existing	8.00	6.50	5.50	0.25	1.00	0.25		0.50		0.25			0.25			
	Refresher	5.50	4.25	3.25													
	Conversion to	7.00	5.50	4.00	0.25	1.00	0.25		0.50		0.25						
Pedestrian Counterbalance Truck Low Level (LTG 4) ABA Groups A3	Novice	9.00	7.50	6.00	0.50	0.50	0.50				0.25			0.50			
	Existing	6.50	5.50	4.50	0.25	0.50	0.25				0.25			0.25			
	Refresher	4.00	3.50	2.50													
	Conversion to	5.50	4.50	3.50	0.25	0.25	0.25				0.25						
Rider Stacker Truck High Level (LTG 4) ABA Groups A4	Novice	18.00	15.00	12.00	0.50	2.50	0.50		1.00	1.00	0.25			0.50			
	Existing	10.00	8.50	7.00	0.25	1.50	0.25		0.50	0.50	0.25			0.25			
	Refresher	6.50	5.00	4.00													
	Conversion to	7.50	6.00	5.00	0.25	1.25	0.25		0.50	0.25	0.25						
Rider Stacker Truck Eye Level (LTG 4) ABA Groups A4	Novice	12.25	10.00	7.75	0.50	1.50	0.50		1.00		0.25			0.50			
	Existing	8.00	6.50	5.50	0.25	1.00	0.25		0.50		0.25			0.25			
	Refresher	5.50	4.25	3.25													
	Conversion to	7.00	5.50	4.00	0.25	1.00	0.25		0.50		0.25						
Rider Stacker Truck Low Level (LTG 4) ABA Groups A4	Novice	9.00	7.50	6.00	0.50	0.50	0.50				0.25			0.50			
	Existing	6.50	5.50	4.50	0.25	0.50	0.25				0.25			0.25			
	Refresher	4.00	3.50	2.50													
	Conversion to	5.50	4.50	3.50	0.25	0.25	0.25				0.25						
Pedestrian Stacker Truck High Level (LTG 4) ABA Groups A5	Novice	18.00	15.00	12.00	0.50	2.50	0.50		1.00	1.00	0.25			0.50			
	Existing	10.00	8.50	7.00	0.25	1.50	0.25		0.50	0.50	0.25			0.25			
	Refresher	6.50	5.00	4.00													
	Conversion to	7.50	6.00	5.00	0.25	1.25	0.25		0.50	0.25	0.25						
Pedestrian Stacker Truck Eye Level (LTG 4) ABA Groups A5	Novice	12.25	10.00	7.75	0.50	1.50	0.50		1.00		0.25			0.50			
	Existing	8.00	6.50	5.50	0.25	1.00	0.25		0.50		0.25			0.25			
	Refresher	5.50	4.25	3.25													
	Conversion to	7.00	5.50	4.00	0.25	1.00	0.25		0.50		0.25						
Pedestrian Stacker Truck Low Level (LTG 4) ABA Groups A5	Novice	9.00	7.50	6.00	0.50	0.50	0.50				0.25			0.50			
	Existing	6.50	5.50	4.50	0.25	0.50	0.25				0.25			0.25			
	Refresher	4.00	3.50	2.50													
	Conversion to	5.50	4.50	3.50	0.25	0.25	0.25				0.25						
Pedestrian Straddle Truck High Level (LTG 4) ABA Groups A6	Novice	18.00	15.00	12.00	0.50	2.50	0.50		1.00	1.00	0.25			0.50			
	Existing	10.00	8.50	7.00	0.25	1.50	0.25		0.50	0.50	0.25			0.25			
	Refresher	6.50	5.00	4.00													
	Conversion to	7.50	6.00	5.00	0.25	1.25	0.25		0.50	0.25	0.25						
Pedestrian Straddle Truck Eye Level (LTG 4) ABA Groups A6	Novice	12.25	10.00	7.75	0.50	1.50	0.50		1.00		0.25			0.50			
	Existing	8.00	6.50	5.50	0.25	1.00	0.25		0.50		0.25			0.25			
	Refresher	5.50	4.25	3.25													
	Conversion to	7.00	5.50	4.00	0.25	1.00	0.25		0.50		0.25						
Pedestrian Straddle Truck Low Level (LTG 4) ABA Groups A6	Novice	9.00	7.50	6.00	0.50	0.50	0.50				0.25			0.50			
	Existing	6.50	5.50	4.50	0.25	0.50	0.25				0.25			0.25			
	Refresher	4.00	3.50	2.50													
	Conversion to	5.50	4.50	3.50	0.25	0.25	0.25				0.25						

Description	Status	Ratios & Hours			Reductions per Course (Hours)													
		3:1	2:1	1:1	1	2	3	4	5	6	7	8	9	10	11	12	13	
Pedestrian Reach Truck High Level (LTG 4) ABA Groups A7	Novice	18.00	15.00	12.00	0.50	2.50	0.50		1.00	1.00	0.25			0.50				
	Existing	10.00	8.50	7.00	0.25	1.50	0.25		0.50	0.50	0.25			0.25				
	Refresher	6.50	5.00	4.00														
	Conversion to	7.50	6.00	5.00	0.25	1.25	0.25		0.50	0.25	0.25							
Pedestrian Reach Truck Eye Level (LTG 4) ABA Groups A7	Novice	12.25	10.00	7.75	0.50	1.50	0.50		1.00		0.25			0.50				
	Existing	8.00	6.50	5.50	0.25	1.00	0.25		0.50		0.25			0.25				
	Refresher	5.50	4.25	3.25														
	Conversion to	7.00	5.50	4.00	0.25	1.00	0.25		0.50		0.25							
Pedestrian Reach Truck Low Level (LTG 4) ABA Groups A7	Novice	9.00	7.50	6.00	0.50	0.50	0.50				0.25			0.50				
	Existing	6.50	5.50	4.50	0.25	0.50	0.25				0.25			0.25				
	Refresher	4.00	3.50	2.50														
	Conversion to	5.50	4.50	3.50	0.25	0.25	0.25				0.25							
Rough Terrain Masted Lift Truck (LTG 5) ABA Groups J1	Novice	37.50	30.00	22.00	1.00		6.00	1.00	4.00	2.00	2.00	8.00	0.33					
	Existing	20.00	16.50	13.00	1.00		3.00	1.00	3.00	1.50	1.50	6.00	0.33					
	Refresher	7.50	6.25	4.50														
	Conversion to	15.00	11.25	7.50	1.00		3.00	1.00	2.00	1.00	1.00	4.00	0.25					
Rough Terrain Telescopic Handler (LTG 6) ABA Groups J2, J3	Novice	37.50	30.00	22.00	1.00		6.00	1.00	4.00	2.00	2.00	8.00	0.33					
	Existing	20.00	16.50	13.00	1.00		3.00	1.00	3.00	1.50	1.50	6.00	0.33					
	Refresher	7.50	6.25	4.50														
	Conversion to	15.00	11.25	7.50	1.00		3.00	1.00	2.00	1.00	1.00	4.00	0.25					
Industrial Telescopic Handler (LTG 7) ABA Groups J4, J5	Novice	37.50	30.00	22.00	1.00	6.00	6.00	1.00	4.00	2.00	2.00		0.33					
	Existing	20.00	16.50	13.00	1.00	3.00	3.00	1.00	3.00	1.50	1.50		0.33					
	Refresher	7.50	6.25	4.50														
	Conversion to	15.00	11.25	7.50	1.00	3.00	3.00	1.00	2.00	1.00	1.00		0.25					
Pivot Steer Lift Truck (LTG 8) ABA Groups P1	Novice	37.50	30.00	22.00	1.00	6.00	6.00	1.00	4.00	2.00	2.00		0.75	0.50				
	Existing	20.00	16.50	13.00	1.00	3.00	3.00	1.00	3.00	1.50	1.50		0.33	0.25				
	Refresher	7.50	6.25	4.50														
	Conversion to	15.00	11.25	7.50	1.00	3.00	3.00	1.00	2.00	1.00	1.00		0.25	0.25				
Electric Tow Tractor (LTG 9) ABA Groups H1, H2	Novice	7.50	5.50	3.50										0.50				
	Existing	6.75	5.00	3.25										0.50				
	Refresher	5.75	4.25	3.00														
	Conversion to	6.75	5.00	3.25										0.50				
Vehicle Mounted Lift Truck (LTG 10) ABA Groups TD1	Novice	37.50	30.00	22.00	1.00		6.00	1.00	4.00	2.00	2.00	8.00	0.33				4.25	
	Existing	20.00	16.50	13.00	1.00		3.00	1.00	2.00	1.50	1.50	6.00	0.33				2.25	
	Refresher	7.50	6.25	4.50														
	Conversion to	15.00	11.25	7.50	1.00		3.00	1.00	2.00	1.00	1.00	4.00	0.25					
Multi Directional Lift Truck (LTG 11) ABA Groups M1, M2, M3	Novice	37.50	30.00	22.00	1.00	6.00	6.00	1.00	4.00	2.00	2.00		0.33	0.50				
	Existing	20.00	16.50	13.00	1.00	3.00	3.00	1.00	3.00	1.50	1.50		0.33	0.25				
	Refresher	7.50	6.25	4.50														
	Conversion to	15.00	11.25	7.50	1.00	3.00	3.00	1.00	2.00	1.00	1.00		0.25	0.25				
Narrow Aisle Man Up Lift Truck (LTG 12) ABA Groups F1	Novice	37.50	30.00	22.00					4.00	2.00				0.50				
	Existing	20.00	16.50	13.00					3.00	1.50				0.25				
	Refresher	7.50	6.25	4.50														
	Conversion to	15.00	11.25	7.50					2.00	1.00				0.25				

Description	Status	Ratios & Hours			Reductions per Course (Hours)												
		3:1	2:1	1:1	1	2	3	4	5	6	7	8	9	10	11	12	13
Narrow Aisle Man Down Lift Truck (LTG 12) ABA Groups F2	Novice	37.50	30.00	22.00					4.00	2.00				0.50			
	Existing	20.00	16.50	13.00					3.00	1.50				0.25			
	Refresher	7.50	6.25	4.50													
	Conversion to	15.00	11.25	7.50					2.00	1.00				0.25			
Order Picker - High Level (LTG 13) ABA Groups E2	Novice	37.50	29.00	20.50					4.00	2.00				0.50	0.75		
	Existing	22.50	18.75	15.00					3.00	1.50				0.25	0.75		
	Refresher	7.50	6.25	4.50													
	Conversion to	15.00	11.25	7.50					2.00	1.00				0.25			
Order Picker - Medium Level (LTG 13) ABA Groups E1	Novice	32.75	27.75	20.25					2.00					0.50	0.75		
	Existing	21.00	18.00	13.50					1.50					0.25	0.75		
	Refresher	7.50	6.25	4.50													
	Conversion to	15.00	11.25	7.50					1.00					0.25			
Order Picker - Low Level (LTG 13) ABA Groups A2	Novice	11.75	8.50	5.50										0.50			
	Existing	9.75	7.25	4.50										0.25			
	Refresher	5.75	4.50	3.00													
	Conversion to	6.75	5.00	3.25										0.25			
Sideloader (LTG 14) ABA Groups C1, C2	Novice	37.50	30.00	22.00	1.00	6.00	6.00	3.00	4.00	2.00	2.00			0.33	0.33		
	Existing	20.00	16.50	13.00	1.00	3.00	3.00	1.00	3.00	1.50	1.50			0.33	0.33		
	Refresher	7.50	6.25	4.50													
	Conversion to	15.00	11.25	7.50	1.00	3.00	3.00	1.00	2.00	1.00	1.00			0.25	0.25		
Large Counterbalance Lift Truck (LTG 15) ABA Groups B2, B3	Novice	32.50	26.00	19.50	1.00	3.00	3.00	1.50	1.50	1.50	0.75			1.00	0.75		
	Existing	19.50	16.25	13.00	0.50	1.50	1.50	0.75	0.50	0.50	0.50			0.75	0.50		
	Refresher	6.50	5.50	4.50													
	Conversion to	13.00	9.75	6.50	0.50	2.50	1.25	0.75	0.50	0.50	0.25			0.75	0.25		
Large Counterbalance Container Handling Truck (LTG 15) ABA Groups G2	Novice	32.50	26.00	19.50	1.00	3.00	3.00	1.50	1.50	1.50	0.75			1.00	0.75		
	Existing	19.50	16.25	13.00	0.50	1.50	1.50	0.75	0.50	0.50	0.50			0.75	0.50		
	Refresher	6.50	5.50	4.50													
	Conversion to	13.00	9.75	6.50	0.50	2.50	1.25	0.75	0.50	0.50	0.25			0.75	0.25		
Mobile Elevating Work Platform Static Vertical (LTG 16) ABA Group 1A	Novice	6.75	5.75	4.75										0.50	0.50		
	Existing	5.75	4.75	4.00										0.25	0.25		
	Refresher	5.00	4.00	3.00													
	Refresher B/B	3.75	2.75	1.75													
	Conversion to	6.25	5.25	4.25										0.25	0.25		
	Conv B/B	5.25	4.25	3.25										0.25	0.25		
Mobile Elevating Work Platform Static Boom (LTG 16) ABA Group 1B	Novice	7.00	5.75	4.75										0.50	0.50		
	Existing	6.00	5.00	4.00										0.25	0.25		
	Refresher	5.00	4.00	3.00													
	Refresher B/B	3.75	2.75	1.75													
	Conversion to	6.50	5.50	4.50										0.25	0.25		
	Conv B/B	5.50	4.50	3.50										0.25	0.25		
Mobile Elevating Work Platform Mobile Vertical (LTG 16) ABA Groups 3A	Novice	7.25	6.25	5.00										0.50	0.50		
	Existing	6.25	5.25	4.25										0.25	0.25		
	Refresher	5.00	4.00	3.00													
	Refresher B/B	3.75	2.75	1.75													
	Conversion to	6.25	5.25	4.25										0.25	0.25		
	Conv B/B	5.25	4.25	3.25										0.25	0.25		

Description	Status	Ratios & Hours			Reductions per Course (Hours)												
		3:1	2:1	1:1	1	2	3	4	5	6	7	8	9	10	11	12	13
Mobile Elevating Work Platform Mobile Boom (LTG 16) ABA Groups 3B	Novice	7.50	6.25	5.00									0.50	0.50			
	Existing	6.25	5.25	4.25									0.25	0.25			
	Refresher	5.00	4.00	3.00													
	Refresher B/B	3.75	2.75	1.75													
	Conversion to	6.50	5.50	4.25									0.25	0.25			
	Conv B/B	5.50	4.50	3.25								0.25	0.25				
Yardshunter (LTG 41)	Novice	21.25	16.25	13.50													
	Existing	17.25	13.25	11.50													
	Refresher	7.50	6.25	4.50													
	Conversion to	10.00	7.25	6.00													
Vehicle Mounted Hydraulic Loader (LTG 1701)	Novice	22.50	18.75	15.00									0.25				
	Existing	15.00	11.25	7.50									0.25				
	Refresher	7.50	6.25	4.50													
Vehicle-mounted Hydraulic Lorry Loader NEW GUIDE (LTG 1701)	Novice	14.00	10.50	7.00													
	Existing	11.50	7.50	5.25													
	Refresher	6.50	5.00	4.50													
	Conversion to	7.50	6.50	5.50													

Description	Status	Ratios & Hours															
		12:1	11:1	10:1	9:1	8:1	7:1	6:1	5:1	4:1	3:1	2:1	1:1				
Managing and Supervising Material Handling Equipment Operations (LTG 31)	Novice	7.25	7.25	7.25	7.25	7.25	7.25	7.25	7.25	7.25	7.25	7.25	7.25				
	Refresher	7.25	7.25	7.25	7.25	7.25	7.25	7.25	7.25	7.25	7.25	7.25	7.25				
Manual Handling in Transport, Warehousing and Logistics (LTG 32)	Novice					7.50	7.25	6.75	6.50	6.25	5.75	5.50	5.25				
	Refresher					7.50	7.25	6.75	6.50	6.25	5.75	5.50	5.25				
Commercial Goods Vehicle Banksman (LTG 40)	Novice									5.50	4.75	4.25	3.75	3.25			
	Refresher									4.00	3.50	3.00	2.50	2.00			
Safety in Slings and Signalling (Rigging and Banksman) (LTG 1702)	Novice													21.00	18.75	16.50	14.50
	Existing													17.50	15.50	13.50	11.25
	Refresher													9.25	7.75	6.25	4.75
Overhead Gantry Crane (LTG 1704)	Novice													7.50	6.50	5.50	4.50
	Refresher													6.25	5.25	4.25	3.25

A list of restricted certificate topics can be found on the following page.

## Restrictions

Number	Restricted Certificate Topic
1	Operator has not received any instruction with regard to loading or unloading a vehicle
2	Operator has not received any instruction in the use of industrial racking systems
3	Operator has not received any instruction in the use of free standing stacks
4	Operator has not received any instruction in the use of bulk stacking
5	Operator has not received any instruction to enable them to carry out stacking or de-stacking at eye level
6	Operator has not received any instruction to enable them to carry out stacking or de-stacking at high level
7	Operator has not received any instruction to enable them to operate the machines on inclines
8	Where Rough Terrain Machines are used for operator training, operator has not received any instruction to enable them to operate the machine on rough terrain
9	Operator has not received any instruction in the refuelling /replenishment of a vehicle (LPG,CNG, Diesel)
10	Operator has not received any instruction in the care and maintenance of motive power sources (Electric trucks)
11	Operator has not received any manual handling instruction
12	Operator has not received any emergency escape (working at height) training
13	Operator has not received instruction in loading/unloading this equipment from a transportation vehicle
14	Operator has not received any instruction on accurate operation (Airside only)
15	Operator has not been trained in docking and retracting operations (Airside only)