

To:
Instant Norge AS
E-mail: info@instantkurs.no

Date: ___ / ___ - 20___

Confirmation of practical training in the use of lifting equipment

The undersigned hereby confirms that _____ born _____
has completed practical training in the use of lifting equipment, including strapping, slinging and
signaling. The candidate has executed several satisfactory lifting operations, including symmetrical
and unsymmetrical lifting operations, with two and four parts.

Information about the person signing this confirmation:

Name: _____

Company: _____

Job title: _____

Telephone: _____

E-mail: _____

Signature: _____

A copy of the undersigned's certificate of competence must be attached to this document when
submitting.

Check the box if the instructor has a competency certificate from INSTANT (if so it
is not necessary to have a copy of the instructor's competency certificate).

Copy of undersigning's
certificate