

## GWO Manual Handling Refresher

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**Duration** ½ day

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**Target group** Personnel working in the wind industry or related fields needing to refresh their GWO Manual Handling Module

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**Prerequisites** Valid GWO Manual Handling Certificate

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**Objective** This GWO Manual Handling Refresher Module shall improve and refresh delegates' awareness through theoretical and practical training to encourage positive Manual Handling behaviour and perform Manual Handling activities in a safe manner in a wind turbine industry/environment, in accordance with GWO Manual Handling. The main focus of this module is to practise the correct Manual Handling techniques and the theoretical lectures will be reduced compared to the GWO Manual Handling Module.

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**Contents**

- Introduction
- Legislation
- Risks and Hazards
- Behavioural Safety
- Spinal anatomy and posture
- Planning lifts
- Scenario-based training
- Evaluation

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**Exam** Delegates will be assessed according to the learning outcomes stated in Section 1.6 by means of direct observation and supplementary oral questions, where appropriate.