

## GWO BST Refresher - Manual Handling

<b>Duration</b>	0.5 Day
<b>Target group</b>	<p>Personnel who will be working in the wind industry or related fields and will have their duties in a wind turbine environment, usually in physical contact with a wind turbine or an offshore wind structure.</p> <p>Personnel that performs job functions that has been risk assessed by their employer or their workplace duty holder as a function, where training according to one or more modules of the BST standard may mitigate of the identified risks.</p>
<b>Prerequisites</b>	<p>All personnel participating in Refresher Training shall be medically fit and capable of fully participating.</p> <p>Training providers shall have a procedure that requires Delegates to sign a statement stating that they are medically fit to participate in the safety training and that they do not suffer from any medical illness or are under influence of any narcotic substance or alcohol. The Annex 2: Medical Self-Assessment Form shall be used if no other equivalent procedure is in place.</p> <p>Delegates' signatures testifying to their medical fitness shall be collected prior to the start of the basic safety training course.</p> <p>Furthermore, Delegates shall possess valid BST/ BSTR certificates or training records in WINDA for the relevant Modules prior to attending BSTR training. The Delegates shall also have a personal Delegate profile in WINDA and provide their own WINDA ID prior to completing the BST training.</p>
<b>Objective</b>	<p>Delivery of the Manual Handling Refresher module covers same content, duration, learning objectives as described in BST Manual Handling. The Manual Handling training can consist of first time Delegates and refresher Delegates in the same classroom. The training is designed to allow the more experienced Delegates to contribute more actively and share their knowledge with the refresher Delegates.</p>
<b>Contents</b>	<p>The BSTR Manual Handling Module shall ensure that:</p> <ol style="list-style-type: none"> <li>1) The Delegates are able to demonstrate a problem-solving approach to Manual Handling in a wind turbine environment (L3 – Skill)</li> <li>2) The Delegates are able to demonstrate Manual Handling risk reduction techniques (L3– Skill)</li> <li>3) The Delegates are able to identify aspects of their job tasks that could increase their risk of developing muscular/ skeletal injuries (L2 – Knowledge)</li> <li>4) The Delegates are able to demonstrate understanding of the importance of carrying out work duties in a safe and sound manner in accordance with the legislative requirements of their geographic work location (L2 – Knowledge)</li> </ol>

---

5) The Delegates are able to demonstrate understanding of safe practices of Manual Handling, including the correct handling of equipment (L2 – Knowledge)

6) The Delegates are able to identify signs and symptoms of injuries related to poor Manual Handling techniques and have knowledge of reporting methods (L2 – Knowledge)

---

**Exam**

Not applicable