

## Manual Handling Awareness for Wind Energy

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**Duration** 30 Minutes

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**Target group** Renewable Energy Industry

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**Prerequisites** No prerequisites are required to sit this course.

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**Objective**

- LO1: Explain global and national legislation
- LO2: Explain the consequences of incorrect manual handling
- LO3: Describe typical muscular and skeletal injuries to the back and shoulders related to manual handling
- LO4: Explain the importance of early detection and treatment
- LO5: Describe typical injury reporting methods
- LO6: Explain how risk assessments are used with manual handling tasks
- LO7: Explain the T.I.L.E principle, and how to mitigate aggravating factors and risks
- LO8: Explain the risks and hazards of Manual Handling, relevant to the job functions within the wind industry and how to avoid them.

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**Contents**

The aim of this course is to provide an awareness of the basics of manual handling in Wind Energy environments. You will gain an understanding of the associated knowledge and theory components on legislation, behavioural safety, spinal anatomy, posture and planning.

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**Exam**

The assessment is taken during the course and is within the expected duration.