

## **GWO: BST Refresher - Working at Height and Manual Handling (Adaptive e-learning + practical)**

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<b>Duration</b>	1.5 day + online
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<b>Target group</b>	Personnel who will be working in the wind industry or related fields, and will carry out their duties in a wind turbine environment, usually in physical contact with a wind turbine or offshore wind structure. Personnel that perform job functions that have been risk assessed by their employer or workplace, where training according to one or more modules of the BST standard may mitigate the identified risks.
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<b>Prerequisites</b>	Due to safety the delegate cannot weigh more than 136 kg/299,8 lbs fully equipped (incl. all PPE, equipment, clothing, etc.). The weight on the equipment is estimated to be 8 kg or 15 kg, depending on your training location. The online component of the course will provide you with the prerequisite knowledge and awareness required ahead of participation in the onsite practical sessions. The e-Learning can be started up to 4 weeks (maximum) prior to the classroom start date. The e-Learning must be completed no later than 48 hours prior to initial classroom attendance date. The latest you can sign up for the Blended Course is 4 days prior to the classroom start date.
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<b>Objective</b>	The aim of GWO Working at Height Refresher training is to teach delegates to support and care for themselves and others working in the industry by possessing Working at Height knowledge and skills. The aim of GWO Manual Handling Refresher training is to teach delegates to support and care for themselves and others working in the industry by possessing Manual Handling knowledge and skills.
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<b>Contents</b>	Demonstrate knowledge of hazards and risks associated with working at heights, specific to a WTG Demonstrate understanding of current national legislation regarding working at heights. Demonstrate correct identification of PPE, including identification of European/Global standard markings e.g. harness, hard hat, lanyards, etc. Demonstrate the knowledge and skills to correctly inspect, service, store and don the relevant PPE, e.g. harness, lanyards, fall arresters and work positioning equipment. Demonstrate correct use of the relevant PPE, e.g. harnesses lanyards, fall arresters and work positioning equipment. This includes correct identification of anchor points and correct ladder conduct. Demonstrate correct use of evacuation devices. Demonstrate how to approach rescue situations in WTGs and use rescue equipment efficiently. 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 location. Identify aspects of their job tasks that could increase a worker's risk of developing muscular/skeletal injuries. Demonstrate understanding of safe practices of Manual Handling, including the correct handling of equipment.
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Identify signs and symptoms of injuries related to poor Manual Handling techniques and have knowledge of reporting methods.  
Demonstrate a problem solving approach to Manual Handling in a wind turbine environment.  
Demonstrate Manual Handling risk reduction techniques.

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**Exam**

Upon completion of the course, delegates will be awarded with GWO approved Working at Height and Manual Handling Refresher certification. Certification is valid for 2 years. Prior to expiry delegates must retake GWO Manual Handling Training to remain certified.