

#### RFA2011

# Refresher Manual Handling (GWO)

Duration	½ day

#### **Target group** Personnel working in the wind industry or related fields needing to refresh their GWO BST or BSTR Manual Handling training.

## **Prerequisites** Delegates must possess a valid BST or BSTR Manual Handling certificate

prior to attending this BSTR Manual Handling training.

Delegates participating in the Basic Safety Training shall be demonstrably medically fit and capable of fully participating.

# **Objective**

Correct manual handling is very important when you have to handle goods many times a day and in a confined space. In the Manual Handling refresher module RelyOnNutec provides manual handling techniques to minimize the risks and contribute to a safer work environment in the wind industry. Main focus in the refresher training is to practice correct techniques.

The content of the course applies to the Global Wind Organisation (GWO) standard for the Manual Handling module as part of the Refresher Basic Safety Training for wind industry.

This BSTR Manual Handling module will 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. The main focus of this BSTR is to practise the correct manual handling techniques.

WINDA is the global database which is used by the Global Wind Organisation (GWO). WINDA will make verification of training possible for training providers and employers. Delegates will have ownership of their own training records in WINDA.

Participants will no longer be issued with paper certificates. RelyOnNutec will upload a digital record of the GWO certificate in WINDA. If you are participating in a GWO training course you must register for a delegate profile in WINDA. After registration you will receive a WINDA ID. You need this WINDA ID to book the training. Without a WINDA ID we are not able to produce certificates.

To register for a delegate or organisation profile, please visit: winda.globalwindsafety.org.

#### **Contents**

All the learning outcomes which are stated in the GWO BSTR Module Manual Handling.

### To include:

- Global and national legislation
- Risks and hazards in work environment
- Spinal anatomy and posture
- T.I.L.E. principle Lifting techniques and behavioral safety
- Scenario based practical training

# Exam

The delegates will be assessed against the learning outcomes.

The course assessment is carried out by the instructor being satisfied of individual competencies through questioning, observation and the use of the control measure form.