

# Siemens Gamesa - SG Training Web

SE-P-49040

## SGRE BST Working at Heights

### Purpose

The aim of this course is to give the participants the necessary basic knowledge and skills through theoretical and practical training. Participants will learn to use basic fall protective equipment, to perform safe work at heights, safe emergency descent and safe and comprehensive basic rescue from heights in a remote wind turbine environment.

### Who should attend?

Mandatory for anyone working in rescue zone 1 in WTG.

### Objectives

Upon completion of this training, the participants will have acquired the following knowledge on:

- Current national legislation regarding working at heights
- Hazards and risks associated with working at height specific to a WTG

On completion of the course the participants are able to demonstrate:

- Correct identification of PPE, including identification of European / Global standard markings e.g. harness, hard hat, lanyards etc.
- The knowledge and skills to correctly inspect, service, store and don the relevant PPE, e.g. harness, lanyards, fall arresters and work positioning equipment
- Correct use of the relevant PPE, e.g. harnesses lanyards, fall arresters and work positioning equipment. This includes correct identification of anchor points, safe conduct while working from or accessing a ladder, and providing Fall Restraint over Fall Arrest.
- Correct use of evacuation devices
- How to approach rescue situations in WTGs and use rescue equipment effectively and efficiently

Upon successful completion of this course, the delegates are competent to work at heights and perform basic rescue from Rescue Zone 1 (in accordance with SGRE Rescue Zone, PRO-15833).

### Theory / Practice

30% / 70%

### Prerequisites

All participants attending this training shall be medically fit and capable of fully participating.

Participants shall sign a statement that they are medically fit to participate and they do not suffer from any medical illness or are under influence of any narcotic substance or alcohol.

Personal weight limit fully equipped max. 136 kg /299,8 lbs (incl. all PPE, equipment, clothing, etc.)

# Siemens Gamesa - SG Training Web

SE-P-49040

## SGRE BST Working at Heights

### Contents

Legislation  
Harness  
Vertical fall arrest systems  
Self Retractable Lifelines (including backup systems)  
Fall restraint lanyards and work positioning  
Fall arrest lanyards  
Practical exercises  
Emergency procedure  
Work shop on Risks and Hazards  
PPE review  
Rescue devices  
Suspension trauma  
Basic rescue exercises

### Notes

This course is based on GWO Working at Height Training Standard content and enables course participants to achieve same skills and competencies as in GWO Working at Height course.

### Validity

24 months

### Export control

AL-Number: N/A  
ECCN: N/A