

# Siemens Gamesa - SG Training Web

SE-P-50040

## GWO 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 - in accordance with BST module Working at Heights.

### Who should attend?

Mandatory for anyone working in rescue zone 1 in WTG.

### Objectives

#### Knowledge

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

- Able to demonstrate understanding of current national legislation regarding working at heights
- Able to demonstrate knowledge of hazards and risks associated with working at height specific to a WTG

#### Skills

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 SWP Rescue Zone, PRO-15833).

Delegates are considered competent to work at heights within GWO accredited companies or sites

### Prerequisites

All Delegates participating in this training shall be medically fit and capable of fully participating.

Delegates 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.)

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### 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

### Theory / Practice

30% / 70%

### Notes

Upon successful completion of this course the participants are qualified and competent to work at heights and perform basic rescue from Rescue Zone 1 (in accordance with SWP rescue zone, PRO 05.17).

### Validity

24 months

WINDA is Global Wind Organization's new online training records database.

As Training Providers are required to upload a training record to your WINDA profile, you must register with a Delegate profile in WINDA.

Go to <https://winda.globalwindsafety.org/> and click register - and get more information.

You must provide your WINDA ID to the Training Provider so they can upload your training records.

### Only DK ICB Material No.

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### Export control

AL-Number: N

ECCN: EAR99