

# Siemens Gamesa - SG Training Web

SE-P-50045

## GWO BST Working at Heights & Manual Handling Combined

### Purpose

The aim is to qualify the participant to use basic personal protective equipment and perform safe work at heights and safe and comprehensive basic rescue from heights in the wind turbine industry/environment. Furthermore, to encourage positive manual handling and ergonomic behavior, encourage participants to consider alternatives to Manual Handling through planning and to train participant's ability to perform Manual Handling tasks in a safe manner in the wind turbine industry/environment

### Who should attend?

Mandatory for anyone working in Rescue Zone 1 in WTG.

### Objectives

Upon completion of the course each participant must be able to:

- Explain hazards and risks associated with working at height specific to a wind turbine generator (WTG)
- Describe current national and regional legislation regarding Working at Heights
- Identify PPE, including identify European/Global standard markings e.g. harness, hard hat, lanyards, etc.
- Perform pre-use inspection, service, store and correctly fit relevant PPE, e.g. harness, fall arrest lanyards, guided type fall arrest devices and work positioning lanyards
- Apply relevant PPE, e.g. harnesses fall arrest lanyards, guided type fall arresters and work positioning lanyards. This includes correct identification of anchor points and correct conduct on ladder
- Apply evacuation devices
- Perform rescue in WTGs and use rescue equipment efficiently
- Apply a problem-solving approach to Manual Handling in a wind turbine environment
- Apply Manual Handling risk reduction techniques
- Identify aspects of their job tasks that could increase their risk of developing muscular/ skeletal injuries
- Explain the importance of carrying out work duties in a safe and sound manner in accordance with the legislative requirements of their geographic work location
- Apply safe practices of Manual Handling, including the correct handling of equipment
- Identify signs and symptoms of injuries related to poor Manual Handling techniques
- Describe injury reporting methods

### Theory / Practice

30% / 70%

### Prerequisites

All personnel participating in 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.).

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### Notes

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 participant 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.

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

### Validity

24 months

### Export control

AL-Number: N/A

ECCN: EAR99