

# Siemens Gamesa - SG Training Web

SE-P-50245

## GWO BST Working at Heights & Manual Handling Combined Refresher

### Purpose

The aim is to review and build on previously gained knowledge and skills so that participants can use basic personal protective equipment and perform safe work at heights and safe and comprehensive basic rescue from heights. Furthermore, to encourage positive Manual Handling and ergonomic behavior, encourage participants to consider alternatives to Manual Handling through planning and to train participants 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:

- Demonstrate knowledge of hazards and risks associated with Working at Heights in a WTG.
- Demonstrate correct identification of PPE, including identification of European / Global Standard markings on harness, hard hats, lanyards and other PPE.
- Demonstrate the knowledge of and skills to correctly pre-use inspect, service, store and correct fitting of harnesses, fall arrest lanyards, work positioning lanyards and other PPE.
- Demonstrate correct use of the relevant PPE, e.g. harnesses, fall arrest lanyards, guided type fall arresters and work positioning lanyards. These include 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 work location
- Identify aspects of their job tasks that could increase their risk of developing muscular/ skeletal injuries
- Demonstrate understanding of safe practices of Manual Handling, including the correct handling of equipment
- 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

### Theory / Practice

20% / 80%

### Prerequisites

Valid SE-P-50040 GWO BST Working at Heights AND SE-P-50020 GWO BST Manual Handling, OR SE-P-50240 GWO BST Working at Heights Refresher AND SE-P-50020 GWO BST Manual Handling, OR SE-P-50045 GWO BST Working at Heights & Manual Handling Combined

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

### Only DK ICB Material No.

A9B000S10315

### Export control

AL-Number: N/A

ECCN: EAR99