



GWO - Global Wind Organization - Manual Handling Refresher

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Purpose:

To refresh the participants' awareness of safe conduct during manual handling. The course will enable employees in the wind turbine industry to continually carry out manual handling activities safely and in compliance with GWO's Manual Handling. In general, the course provides participants with basic knowledge and skills to enable them to work safely in the wind turbine industry. As such, the course meets the requirements for new employees and the handling of emergency situations in the wind turbine industry.

Aim:

Through theoretical and practical exercises, the course ensures that participants will be able to:

- Demonstrate an understanding of the importance of completing work tasks in a safe and appropriate manner in compliance with the requirements of laws governing the geographical area in which the participants work;
- Identify elements of their work tasks that may increase the risk of developing muscle and bone injuries;
- Demonstrate an understanding of safe practice during manual handling, hereunder the correct handling of equipment;
- Identify signs and symptoms of injuries related to poor manual handling techniques, as well as demonstrate know-how on reporting methods;
- Propose problem-solving solutions for manual handling in a wind turbine environment.

Prerequisites: Filled in Medical Assessment schema before course starts. Have fulfilled GWO Basic Manual Handling Course. The course certificate must not be older than 2 years.

Duration: ½ day



Programme for GWO - Global Wind Organization - Manual Handling Refresher

1200 - 1215 Theory	Introduction 1.1 Safety instructions and emergency procedures 1.2 Facilities 1.3 Introduction 1.4 Scope and main objectives 1.5 On-going assessment (Control measures) 1.6 Motivation
1215 - 1225 Theory	Legislation 2.1 Global legislation 2.2 National legislation
1225 - 1240 Theory	Risk and hazards 3.1 Risk and hazards in the wind turbine industry
1240 - 1250 Theory	Behavioural safety 4.1 Consequences of incorrect Manual Handling 4.2 Causes of injuries
1250 - 1310 Theory	Spinal anatomy and posture 5.1 Muscular and skeletal injuries 5.2 Spinal anatomy and posture 5.3 Shoulder anatomy 5.4 Symptom awareness 5.5 Reporting methods
1310 - 1320 Theory	Planning lift 6.1 T.I.L.E. principle
1320 - 1420 Practical	Scenario-based training 7.1 Practise in safe lifting techniques
1420 - 1435 Coffee	Coffee
1435 - 1500 Theory	Evaluation 8.1 Summary 8.2 Evaluation 8.3 Certificates