Prerequisites: Each delegate must create a personal profile in WINDA and provide their WINDA ID prior to completing GWO training.

- Prior to beginning practical training for a given module, the delegate must complete the associated E-Learning Module.
- The total period for completing theory and practical elements for a given module must not exceed 4 weeks.

Course Length: 1 day at the training center for practical training and assessment (following the completion of E-Learning modules). Total course duration: 13 hours 25 minutes. Course length shall vary depending on the number of delegates.

Class Size: The maximum number of delegates that may be trained and tested per instructor shall be twelve (12) in the classroom session and six (6) in the practical session.

Course Objectives: The aim of this module is to enable the participants, through theoretical and practical training, to work safely and perform basic rescue from height in a remote wind turbine environment.
This training is conducted in accordance with the Working at Heights Module of the GWO Basic Safety Training (BST) Standard and successful completion will enable participants to act safely and responsibly when using basic personal protective equipment, work at heights and perform comprehensive basic rescue from heights in a remote wind turbine environment.

Successful completion of this course results in the following certificate:

- GWO Working at Heights (WAH)

Course Design:

- Narrated digital learning modules
- Power Point© / Lecture / Audio Video / Visual Aids
- Practical Exercises

Successful Course Completion:

- Delegate must demonstrate understanding of theoretical training of each module prior to participating in practical training.
- Successful completion of practical sessions is mandatory.
- If a participant fails to meet the demands of the Module, they shall attend a new Module.

Course Content Summary:

- Computer Based Training
- Classroom
- Practicals

Breaks: 10 minutes (approximately every hour)
Lunch: 1 Hour, if applicable

Course Outline:

- Introduction
- Legislation
- Harness
    - Pre-use inspection
    - Fitting
    - Periodic inspections
    - Documentation
    - Maintenance
- Fall prevention
    - Fall prevention over fall arrest
    - Pre-use inspection
    - Correct attachment to anchor points
    - Correct attachment to the harness
    - The importance of using work positioning
- Vertical fall arrest systems
    - Legal requirements
    - Pre-use inspection
    - Correct attachment and detachment
    - Correct use
    - Periodic inspections
    - Correct documentation
    - Fall arrest lanyards
- Legal requirements
    - Pre-use inspection
    - Correct attachment to the harness
    - Fall factor
    - Fall indicators
    - Twin and single fall arrest lanyards
    - Approved anchor points for attachment
    - The importance of always using fall arrest systems
- Dropped objects
    - Risks
    - Risk Reduction
- Self-retracting lifelines
    - Fall protection systems during actual work in wind turbines
    - Different allowed maximum angles
    - How to attach correctly to the harness

  - Approved anchor points for SRL fall protection systems
  - Pre-use inspection
- Workshop – risks/ hazards & suspension trauma
- Emergency procedures
  - Contents of an evacuation kit
  - Preparing equipment for use
  - Safe and correct evacuation
  - Safe behavior
- PPE review
- Rescue devices and rigging setup
  - The individual parts of different rescue devices
  - Correct use of rescue devices and slings
- Rescue
  - Rescue situations in wind turbines
  - Safe and correct rescue
  - Correct behavior on the ladder with PPE
- Training Review

Practical Session:

The Practical training shall verify that the delegate is able to demonstrate the following:

- Perform a pre-use inspection of the Personal Fall Protection Equipment (PFPE)
- Perform a 'buddy check' of another participants PFPE
- Appropriate handling and use of equipment: harness, fall prevention, vertical fall arrest systems, fall arrest lanyards & self-retracting lifelines (SRL)
- Prevention of Dropped objects
- Attention to risks and hazards & suspension trauma
- Use of rescue devices and rigging setup
- Emergency procedures - passive evacuation from height
- Rescue exercise involving a conscious casualty, hanging by rail/cable fall arrester and a positioning lanyard, inside of the ladder (Passive rescue system)
- Rescue exercise involving a conscious casualty, hanging in positioning lanyard, outside of the ladder (Passive rescue system)
- Rescue exercise involving an unconscious casualty, casualty hanging by fall arrest lanyards, inside of the ladder (Active rescue system)

Training Center Provided Material:

- Course materials & equipment
- PPE

Delegate Requirements:

- Must possess good physical health as the practical training is physically demanding.

Reference Material/Documents:

- GWO Requirements for Training V14
- Basic Safety Training Standard (BST) V18
- National, regional, and local regulations & standards, as required.
- GWO WINDA Sign up – https://winda.globalwindsafety.org/register/course-participant/