

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

Course Length: 33 hours 50 minutes. Course length shall vary depending on the number of delegates and is based on the duration of five modules over 5 days:

First Aid	7 hours
Manual Handling	3 hours 35 minutes
Fire Awareness	3 hours 20 minutes
Working at Heights	13 hours 25 minutes
Sea Survival	6 hours 30 minutes

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: This training is conducted in accordance with the GWO Basic Safety Training (BST) Standard and successful completion will enable participants to:

- Support and care for themselves and others working in the industry by possessing the knowledge and skills of first aid, working at heights, manual handling, fire awareness, and sea survival
- Possess an awareness of the hazards encountered when working within the wind industry and how to control and mitigate these hazards.
- Increase safety through proper use of personal protective equipment, emergency equipment and procedures.
- Have the knowledge, skills, and confidence to appropriately respond in the event of an emergency
- Be able to evacuate, rescue and provide appropriate first aid to casualties in case of an emergency.

Successful completion of this course results in the following certificates:

- GWO First Aid (FA)
- GWO Manual Handling (MH)
- GWO Fire Awareness (FAW)
- GWO Working at Heights (WAH)
- GWO Sea Survival (SS)

Course Design:

- Power Point© / Lecture / Audio Video / Visual Aids
- Practical Exercises

Successful Course Completion:

- Active participation in theory and successful completion of practical session is mandatory.
- If a participant fails to meet the demands of the Module, they shall attend a new Module.

Course Content Summary:

- Classroom
- Practicals

Breaks: 10 minutes (approximately every hour)

Lunch: 1 Hour, if applicable

Course Outline:

The GWO Basic Safety Training – Off-shore course is comprised of the following Modules:

- BST First Aid
 - Lifesaving first aid using primary survey and the first aid structure
 - Providing first aid to relevant incidents in the wind industry
 - Scenario-based training
- BST Manual Handling
 - Injuries, symptoms, and essential manual handling principles
 - Warm up activities
 - The use of manual handling principles
- BST Fire Awareness
 - Fire combustion and fire spread
 - Fire extinguishing
 - Fire prevention
 - Firefighting equipment in a Wind Turbine Generator (WTG)
 - Practice and scenario-based training
- BST Working at Heights
 - Legislation
 - Harness
 - Fall prevention
 - Vertical fall arrest systems
 - Legal requirements
 - Dropped objects
 - Self-retracting lifelines
 - Measures to prevent injury during training
 - Practical exercises
 - Workshop – risks/ hazards & suspension trauma
 - Emergency procedures
 - PPE review
 - Rescue devices and rigging setup
 - Measures to prevent injury
 - Rescue exercises
- BST Sea Survival
 - Safety culture and legacy

- Cold water immersion
- Lifesaving appliances (LSA) and PPE
- SAR AND GMDSS
- Practical Sea Survival
- Safe travel and transfer (theory)
- Installations, vessels and WTGS
- Transfer practical

Practical Session:

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

- BST First Aid
 - Managing incidents
 - Providing necessary lifesaving first aid
 - Correct use of first aid equipment
 - Practice CPR with and without AED and pocket mask
 - Correct and safe use of an AED
 - Practice first aid for shock and external bleeding
 - Participation in incident scenarios: electrical, stroke or heart attack, head-to-toe examination, and CPR using an AED
- BST Manual Handling
 - Apply the TILE principle when planning the manual handling operation.
 - Work in teams of two or more persons to perform a lift no more than 30kg and is unwieldy
 - Practicing the following techniques:
 - Working over shoulder height
 - Working while kneeling
 - Push and pull
 - Carrying
 - Lifting
 - Work with handheld tools
 - Awkward postures
- BST Fire Awareness
 - Pre-use inspection of firefighting equipment
 - Correct use of firefighting equipment
 - Practice firefighting: CO₂, Fire blanket
 - Participation in scenario-based training:
 - Safe evacuation of smoke-filled environment
 - Correct actions when discovering a fire or smoke in a WTG
- BST Working at Heights
 - 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)
- **BST Sea Survival**
 - Correct donning and use of LSA and PPE
 - Controlled entry into the water from TP ladder
 - Individual and collective swimming techniques
 - Correct usage of life raft
 - Emergency descent by constant rate descender
 - Participation in Sea survival scenario
 - Procedure for transfer between CTV and WTG transition piece
 - Safe transfer between CTV and WTG transition piece

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/>