

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

- When attending refresher training, the course participants must do so before the expiry of the previous training record's validity period.

Course Length: 21 hours 50 minutes. Course length shall vary depending on the number of delegates and is based on the duration of five modules over 3.5 days:

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|------------------------------|--------------------|
| First Aid Refresher | 4 hours |
| Manual Handling Refresher | 3 hours 35 minutes |
| Fire Awareness Refresher | 3 hours 20 minutes |
| Working at Heights Refresher | 8 hours |
| Sea Survival Refresher | 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: The aim of GWO Basic Safety Training Refresher (BSTR) courses is to review and build on previously gained knowledge and skills from BST through theoretical and practical training. This BSTR training shall 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, sea survival and in case of an emergency, to be able to evacuate, rescue and provide appropriate first aid to casualties.

Successful completion of this course results in the following certificates:

- GWO First Aid Refresher (FAR)
- GWO Manual Handling Refresher (MHR)
- GWO Fire Awareness Refresher (FAWR)
- GWO Working at Heights Refresher (WAHR)
- GWO Sea Survival Refresher (SSR)

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 Refresher – Off-shore course is comprised of the following Modules:

- **BSTR First Aid Refresher**
 - Practical Application of the primary survey
 - Scenario-based training
- **BSTR Manual Handling Refresher**
 - Injuries, symptoms, and essential manual handling principles
 - The use of manual handling principles
- **BSTR Fire Awareness Refresher**
 - Fire combustion and fire spread
 - Fire extinguishing & Fire prevention
 - Firefighting equipment in a Wind Turbine Generator (WTG)
 - Practice and scenario-based training
- **BSTR Working at Heights Refresher**
 - Knowledge Review
 - PPE Review Exercises
 - Theory
 - Individual and group practical exercises
- **BSTR Sea Survival Refresher**
 - 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:

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

- **BSTR First Aid Refresher**
 - Discussing common and expected reactions to acting as a first aider, to an unusual situation and to a casualty
 - Managing incidents and correct use of first aid equipment including an AED
 - Providing necessary lifesaving first aid for a casualty that is unconscious
 - Participation in scenarios: electrical, head-to-toe exam, and CPR using an AED
- **BSTR Manual Handling Refresher**

- Apply the TILE principle when planning the manual handling operation.
 - Work in teams of two or more persons to perform an unwieldy lift
- Practicing the following techniques:
 - Working over shoulder height; Working while kneeling
 - Push and pull, Carrying, Lifting
 - Work with handheld tools
 - Awkward postures
- BSTR Fire Awareness Refresher
 - Pre-use inspection of firefighting equipment
 - Correct use of firefighting equipment
 - Practice firefighting: CO2, Fire blanket
 - Participation in scenario-based training:
- BSTR Working at Heights Refresher
 - Perform a pre-use inspection of their personal fall protection equipment
 - Perform a 'buddy check' of another participant's personal fall protection equipment
 - Safe and correct use of slider / glider
 - Practice use of fall restraint and twin and single fall arrest lanyard
 - Safe and correct use of work positioning lanyard; self-retracting lifelines
 - Practice and discuss how to recognize and use a certified anchor point
 - Practice and discuss safe conduct and reducing the risk of dropping objects
 - Pre-use inspection of rescue and evacuation devices
 - Basic rescue and evacuation – from hatch; from vertical ladder
 - Self-rescue from hatch by use of passive mode setup
 - Double evacuation, active mode setup, using work positioning lanyard
- BSTR Sea Survival Refresher
 - 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.



GWO
Basic Safety Training (BST-R) – Offshore
Refresher
Course Outline



Reference Material/Documents:

- GWO Requirements for Training V14
- Basic Safety Training Standard (BST) V18
- Basic Safety Training Refresher Standard (BSTR) V13
- National, regional, and local regulations & standards, as required.
- GWO WINDA Sign up – <https://winda.globalwindsafety.org/register/course-participant/>