

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: 3 hours 35 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 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 training is conducted in accordance with the Manual Handling Module of the GWO Basic Safety Training (BST) Standard and successful completion will enable participants to take responsibility for the use of essential manual handling principles to reduce the risk of musculoskeletal injury when performing physical tasks and activities in the wind industry.

Successful completion of this course results in the following certificate:

- GWO Manual Handling Refresher (MHR)

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:

- Introduction
- Injuries, symptoms, and essential manual handling principles
 - How to avoid common musculoskeletal injuries in the wind industry
 - Typical symptoms of injuries

- Essential manual handling principles
 - Basic dynamic risk assessment and introduction to the TILE principle
- Warm up activities
- Manual handling principles
 - Working over shoulder height
 - Working while kneeling
 - Push and pull
 - Carrying
 - Lifting
 - Work with handheld tools
 - Awkward postures
- Training Review

Practical Session:

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

- 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

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
- 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/>