

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: 8 hours. 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 Working at Heights Module of the GWO Basic Safety Training Refresher (BSTR) Standard and successful completion will enable participants to act independently and safely when using basic personal protective equipment, working at heights, and performing comprehensive basic rescue from heights in a remote wind turbine environment.

Successful completion of this course results in the following certificate:

- GWO Manual Handling (MH)

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
- Knowledge Review
 - Knowledge of inspection of PPE, rescue, and evacuation device
 - Knowledge of PPE, fall arrest systems, and work positioning
 - Knowledge of rescue and evacuation devices

- PPE Review Exercises
- Theory
 - Use of SRL for exercises
 - Safe and competent work and rescue at heights
 - Correct fitting of a harness
 - Attachment points
 - Anchor points
 - Loads and angles
 - Falls
 - Double versus twin fall arrest lanyards
 - Rescue kit
- Individual and group practical exercises
- Training Review

Practical Session:

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

- 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
- Practice and discuss how to recognize and use a certified anchor point
- Safe and correct use of self-retracting lifelines
- 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

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