

# Module **WAHR** Working at Heights Refresh

Working at Heights Refresh  
WAHR (8 h)



**Aim:** The aim of this BSTR Working at Heights Module is to review and build on previously gained knowledge and skills through theoretical and practical training so that participants can use basic personal protective equipment and perform safe work at heights and safe and comprehensive basic rescue from heights in the wind turbine industry/ WTG environment.

## PROGRAM: WAHR Working at Heights Refresh

1. Introduction to the training
2. Knowledge review
  - 2.1 Knowledge of inspection of PPE, rescue and evacuation device
  - 2.2 Knowledge of PPE
  - 2.3 Knowledge of fall arrest systems and work positioning
  - 2.4 Knowledge of rescue and evacuation devices
3. PPE Review exercises
  - 3.1 Pre-use inspection
  - 3.2 Proper use
4. Theory
  - 4.1 Use of a SRL for exercises
  - 4.2 Safe and competent work and rescue at heights
  - 4.3 Correct fitting of a harness
  - 4.4 Attachment points
  - 4.5 Anchor points
  - 4.6 Load and angles
  - 4.7 Falls
  - 4.8 Double versus twin fall arrest lanyard
  - 4.9 Rescue Kit
5. Measures to prevent injury during training
  - 5.1 Control measures and warm up
6. Individual practical review exercises
  - 6.1 How to attach a guided type fall arrester
  - 6.2 Fall restraint and fall arrest lanyards
  - 6.3 Work positioning lanyards
  - 6.4 Certified and suitable anchor points
  - 6.5 Safe and correct use of a Self-Retractable Lifeline (SRL) for exercises
  - 6.6 Safe practices when working at heights
7. Practical exercises - group
  - 7.1 Safe and correct use of fall protection equipment
  - 7.2 Accessing suitable anchor points
  - 7.3 User inspections of the rescue and evacuation equipment
  - 7.4 Safe and correct use of rescue and evacuation equipment from ladder
  - 7.5 Safe and correct rescue and evacuation methods from an evacuation hatch
  - 7.6 Safe practises while working at heights
8. Training review
  - 8.1 Training review
  - 8.2 Feedback session

### Module WAHR (Working at Heights Refresh)

**Duration:** 8 hours (1 day)  
**Certificate Validity:** 24 months  
**Program WAHR:** Sections 1 to 8  
**Maximum students:** 12 people per Edition.

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