Module

Working at Heights & Manual Handling

WMH (14 h 40 min)









Aim: The aim of this module is to enable the participants, through theoretical and practical training, to use basic personal protective equipment, work safely at heights and perform comprehensive basic rescue from heights in a wind turbine environment. Furthermore, this module also aims to encourage positive manual handling and ergonomic behaviour and enable participants to perform manual handling tasks in a safe manner.

PROGRAM: WMH Working at Heights & Manual Handling

- Introduction to the training
- 2. Legislation and behavioural safety

- 2.1 Global legislation 2.2 National legislation 2.3 Behavioural safety
- 3. Harness
- 3.1 Pre-use inspection
- 3.2 Fitting 3.3 Periodic inspections
- 3.4 Documentation 3.5 Maintenance
- 4. Fall prevention
- 4.1 Fall prevention over fall arrest 4.2 Pre-use inspection
- 4.3 Correct attachment to anchor points 4.4 Correct attachment to the harness
- 4.5 The importance of using work positioning
- 5. Vertical fall arrest systems
- 5.1 Legal requirements
- 5.2 Pre-use inspection
- 5.3 Correct attachment and detachment
- 5.4 Correct use
- 5.5 Periodic inspections 5.6 Correct documentation 6. Fall arrest lanyards
- 6.1 Legal requirements
- 6.2 Pre-use inspection
- 6.3 Correct attachment to the harness
- 6.4 Fall factor
- 6.5 Fall indicators

- 6.6 Twin and single fall arrest lanyards
 6.7 Approved anchor points for attachment
 6.8 The importance of always using fall arrest systems
 7. Dropped objects
 7.1 Risks

- 7.2 Risk reduction
- 8. Self-retracting lifelines
 8.1 Fall protection systems during actual work in wind turbines
 8.2 Different allowed maximum angles

- 8.3 How to attach correctly to the harness 8.4 Approved anchor points for SRL fall protection systems
- 8.5 Pre-use inspection
- 9. Measures to prevent injury during training
- 9.1 Control measures and warm-up
- 10. Practical exercises
 10.1 Vertical fall arrest systems
 10.2 Fall prevention
- 10.3 Fall arrest lanyards
- 11. Injuries, symptoms, and essential manual handling principles 11.1 How to avoid common musculoskeletal injuries in the wind
- 11.2 Typical symptoms of injuries
- 11.3 Essential manual handling principles
- 11.4 Basic dynamic risk assessment and introduction to TILE principle 12. Manual hándling: risk controls and proper manual handling
- techniques 12.1 Working over shoulder height
 12.2 Working while kneeling
 12.3 Push and pull

- 12.4 Carrying 12.5 Lifting 12.6 Work with handheld tools
- 12.7 Awkward postures
- Emergency procedures
- 13.1 Contents of an evacuation kit
- 13.2 Preparing equipment for use

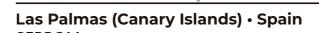
- 13.3 Safe and correct evacuation
- 13.4 Safe behaviour
- 14. Workshop risks/ hazards & suspension trauma 14.1 Using the BST Working at Height with Manual **Handling Course**
- 14.2 Suspension trauma
- 15. PPE review
- 15.1 The individual parts of the PPE equipment
- 16. Rescue devices and rigging setup
- 16.1 The individual parts of different rescue devices
- 16.2 Correct use of rescue devices and slings
- 17. Rescue exercises
- 17.1 Rescue situations in wind turbines
- 17.2 Safe and correct rescue
- 17.3 Correct behavior on the ladder with PPE
- 18. Training review
 - 18.1 Training review
 - 18.2 Feedback session
- (Working at Heights **Module WMH** & Manual Handling)
- **Duration:** 14 h 40 min (2 days)
- **Certificate Validity:** 24 months
- **Program WMH:** Sections 1 to 18 **Maximum students:** 12 people per Edition.

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