

# Module MH Manual Handling

Manual Handling  
MH - (3 h 35 min)



GLOBAL WIND  
ORGANISATION

**Aim:** The aim of this module is to reduce the risk of musculoskeletal injuries for wind technicians in the wind industry and enable participants to perform their tasks and activities in the safest possible way when working in a wind turbine environment.

## PROGRAM: MH Manual Handling

1. Introduction to the training
2. Injuries, symptoms and essential manual handling principles
  - 2.1 How to avoid common musculoskeletal injuries in the wind industry
  - 2.2 Typical symptoms of injuries
  - 2.3 Essential manual handling principles
  - 2.4 Basic dynamic risk assessment and introduction to the TILE principle
3. Warm up activities
  - 3.1 Warm up activities
4. Manual handling principles
  - 4.1 Working over shoulder height
  - 4.2 Working while kneeling
  - 4.3 Push and pull
  - 4.4 Carrying
  - 4.5 Lifting
  - 4.6 Work with handheld tools
  - 4.7 Awkward postures
5. Training review
  - 5.1 Training review
  - 5.2 Feedback session

### Module MH (Manual Handling)

**Duration:** 3 h 35 min (1/2 day)  
**Program MH:** Sections 1 to 5  
**Certificate Validity:** 24 months  
**Maximum students:** 12 people per Edition.

### Headquarter:

**Andosilla (Navarra) • Spain**  
Phone: +34 664 681 385 • navarra@totalhse.com  
**Other centers in Spain:**

**Las Palmas (Canary Islands) • Spain**  
SEPROM  
Phone: +34 902 008 482 • canarias@totalhse.com

**Redondela (Galicia) • Spain**  
Verticalia Formación  
Phone: +34 986 401 472 • galicia@totalhse.com

### Other centers:

**Hatzor Haglilit • Israel**  
IWTC  
Phone: +972 4 632 2095 • israel@totalhse.com

**San José • Costa Rica**  
Desarrollos Floruma  
Phone: +506 2282-7468 • sanjose@totalhse.com

**Santiago de Chile • Chile**  
ENACTRAR  
Phone: +56 9 5819 5060 • chile@totalhse.com

[www.totalhse.com](http://www.totalhse.com)

