Module *WAH*
Working at Heights

Working at Heights

WAH (13 h 25 min)

Aim: The aim of this module is to enable the participants, through theoretical and practical training, to use basic personal protective equipment, work safety at height and perform comprehensive basic rescue from height in a remote wind turbine environment.

PROGRAM: WAH Working at Heights

1. Introduction to the training
2. Legislation
   - 2.1 Global legislation
   - 2.2 National legislation
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. Workshop - risks / hazards & suspension trauma
    - 11.1 Using the BST Working at Heights course
    - 11.2 Suspension Trauma
12. Emergency procedures
    - 12.1 Contents of an evacuation kit
    - 12.2 Preparing equipment for use
    - 12.3 Safe and correct evacuation
    - 12.4 Safe behaviour
13. PPE review
    - 13.1 The individual parts of the PPE equipment
14. Rescue devices and rigging setup
    - 14.1 The individual parts of different rescue devices
    - 14.2 Correct use of rescue devices and slings
15. Measures to prevent injury during training
    - 15.1 Control measures and warm-up
16. Rescue exercises
    - 16.1 Rescue exercises in wind turbines
    - 16.2 Safe and correct rescue
    - 16.3 Correct behaviour on the ladder with PPE
17. Training review
    - 17.1 Training review
    - 17.2 Feedback session

Module WAH (Working at Heights)

Duration: 13 h 25 min (2 days)
Certificate Validity: 24 months
Program WAH: Sections 1 to 17
Maximum students: 12 people per Edition.

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