

Module WMH

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

1. 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 industry
 - 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 handling: 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
13. 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

Module WMH (Working at Heights & 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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