

Module *MHR* Manual Handling Refresh

Manual Handling Refresh MHR - (3.5 h)



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: MHR Manual Handling Refresh

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 MHR (Manual Handling Refresh)

Duration: 3.5 hours (1/2 day)

Program MHR: Sections 1 to 5

Certificate Validity: 24 months

Maximum students: 12 people per Edition.

Headquarter:

Cárcar (Navarra) • Spain

Phone: +34 948 674 881 • navarra@totalhse.com

Accredited Centers:

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 accredited centers:

Querétaro • Mexico

Total HSE MX EUROPARK II

Phone: +52 1 55 3519 2281 • mexico@totalhse.com

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: +56 944 402 179 • chile@totalhse.com

www.totalhse.com

