

Module WAHR-P Working at Heights Refresh Partial

Working at Heights Refresh Partial
WAHR-P (3.5 h)



Aim: The aim of this BSTR-P Working at Heights Partial Refresher module is to review and build on previously gained knowledge and skills through theoretical and practical training so that course participants can use basic personal protective equipment and perform safe work at heights and safe and comprehensive basic rescue from heights in the wind industry and in a wind turbine environment.

PROGRAM: WAHR Working at Heights Refresh Partial

1. Introduction to the training
2. Knowledge review
 - 2.1 Inspection of PPE, rescue and evacuation device
 - 2.2 Working at height PPE
 - 2.3 Fall prevention and fall arrest systems
 - 2.4 Rescue and evacuation devices
3. Dropped objects
 - 3.1 Risks
 - 3.2 Risk reduction
4. PPE Review exercises
 - 4.1 Pre-use inspection
 - 4.2 Correct use
5. Theory
 - 5.1 Safe and competent work and rescue at heights
 - 5.2 Correct fitting of a harness
 - 5.3 Attachment points (harness)
 - 5.4 Anchor points
 - 5.5 Loads and angles
 - 5.6 Falls
 - 5.7 Orthostatic shock while suspended (suspension trauma)
 - 5.8 Double and twin fall arrest lanyard
 - 5.9 Rescue Kit
6. Individual practical review exercises
 - 6.1 Fall prevention
 - 6.2 Attaching a guided type fall arrester
 - 6.3 Fall arrest lanyards
 - 6.4 Rescue equipment
7. Training review
 - 7.1 Training review
 - 7.2 Feedback session

Module WAHR-P (Working at Heights Refresh Partial)

Duration: 3.5 hours (1/2 day)

Program WAHR-P: Sections 1 to 7

Certificate Validity:

Existing expiry date + 6 months

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

