

# Module *MHR-P* Manual Handling Refresh Partial

Manual Handling Refresh Partial  
MHR-P - (2.5 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-P Manual Handling Refresh Partial

1. Introduction to the training
2. Injuries, symptoms and essential manual handling principles
  - 2.1 Guidelines and regulations
  - 2.2 How to avoid common musculoskeletal injuries in the wind industry
  - 2.3 Typical symptoms of injuries
  - 2.4 Essential manual handling principles
  - 2.5 Basic dynamic risk assessment and introduction to TILE principle
3. 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 Lifting and carrying
  - 4.5 Work with handheld tools
  - 4.6 Awkward postures
5. Training review
  - 5.1 Training review
  - 5.2 Feedback session

### Module MHR-P (Manual Handling Refresh Partial)

**Duration:** 2.5 hours (1/2 day)

**Program MHR-P:** Sections 1 to 5

**Certificate Validity:**

Existing expiry date + 6 months

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