

# Module *MHR* Manual Handling Refresh

## Manual Handling Refresh

MHR - (3 h 35 min)



**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 h 35 min (1/2 day)

**Program MHR:** Sections 1 to 5

**Certificate Validity:** 24 months

**Maximum students:** 12 people per Edition.

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