

Module WAHR-P Working at Heights Refresh Partial

Working at Heights Refresh Partial
WAHR-P (3 h 35 min)



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

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Duration: 3 h 35 min (1/2 day)
Program WAHR-P: Sections 1 to 7
Certificate Validity:
Existing expiry date + 6 months

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