

Module **WMHR**

Working at Heights & Manual Handling Refresh

WMHR (8 h)



Aim: The aim of this module is to review and build on previously gained abilities through theoretical and practical training so that participants can use basic personal protective equipment and perform safe work at heights and safe and comprehensive basic rescue from heights in the wind turbine industry/environment. Its further aims are to encourage positive manual handling and ergonomic behaviour, encourage participants to consider alternatives to manual handling through planning and to train participants ability to perform manual handling tasks in a safe manner.

PROGRAM: WMHR Working at Heights & Manual Handling Refresh

1. Introduction to the training
2. Knowledge review
 - 2.1 Knowledge of inspection of PPE, rescue and evacuation device
 - 2.2 Knowledge of PPE
 - 2.3 Knowledge of fall arrest systems and work positioning
 - 2.4 Knowledge of rescue and evacuation devices
 - 2.5 Knowledge of manual handling
3. PPE Review exercises
 - 3.1 Pre-use inspection
 - 3.2 Proper use
4. Theory
 - 4.1 Use of SRL for exercises
 - 4.2 Safe and competent work and rescue at heights
 - 4.3 Correct fitting of a harness
 - 4.4 Attachment points
 - 4.5 Anchor points
 - 4.6 Load and angles
 - 4.7 Falls
 - 4.8 Double versus twin fall arrest lanyard
 - 4.9 Rescue Kit
 - 4.10 Manual handling
5. Measures to prevent injury during training
 - 5.1 Control measures and warm up
6. Individual practical review exercises
 - 6.1 How to attach a guided type fall arrester
 - 6.2 Fall restraint and fall arrest lanyards
 - 6.3 Work positioning lanyards
 - 6.4 Certified and suitable anchor points
 - 6.5 Safe and correct use of a Self-Retractable Lifeline (SRL) for exercises
 - 6.6 Safe practices when working at heights
7. Practical exercises - group
 - 7.1 Safe and correct use of fall protection equipment
 - 7.2 Accessing suitable anchor points
 - 7.3 User inspections of the rescue and evacuation equipment
 - 7.4 Safe and correct use of rescue and evacuation equipment from ladder
 - 7.5 Safe and correct rescue and evacuation methods from an evacuation hatch
 - 7.6 Safe practises while working at heights
8. Training review
 - 8.1 Training review
 - 8.2 Feedback session

Module WMHR

(Working at Heights & Manual Handling Refresh)

Duration: 8 hours (1 day)

Certificate Validity: 24 months

Program WMHR: Sections 1 to 8

Maximum students: 12 people per Edition.

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