

# GWO BASIC SAFETY TRAINING MANUAL HANDLING REFRESHER MODULE



## TARGET GROUP

GWO BSTR Manual Handling module is primarily intended for personnel already working in the wind industry or related fields needing to refresh their GWO BSTR Manual Handling.



## OBJECTIVES OF THE COURSE

- demonstrate a problem-solving approach to Manual Handling in a wind turbine environment
- identify aspects of their job tasks that could increase their risk of developing muscular/ skeletal injuries, symptoms of injuries related to poor Manual Handling techniques
- demonstrate safe practices of Manual Handling, including the correct handling of equipment



## COURSE CONTENTS

The Manual Handling Refresher training course covers the following topics:

- Introduction
- Legislation and behavioural safety
- Spinal anatomy and posture
- Planning manual handling
- Measures to prevent injury during training
- Manual handling: risk controls & proper manual handling techniques
- Evaluation

## APPROVAL



The GWO BSTR Manual Handling module is approved by Global Wind Organisation (GWO).

## DURATION OF THE TRAINING COURSE



4 hours.

## ENTRY STANDARDS



Trainees wishing to enter this course should be medically fit and capable of fully participating. They should also possess valid BSTR certificates or training records in WINDA for the Manual Handling module prior to attending BSTR Manual Handling training.