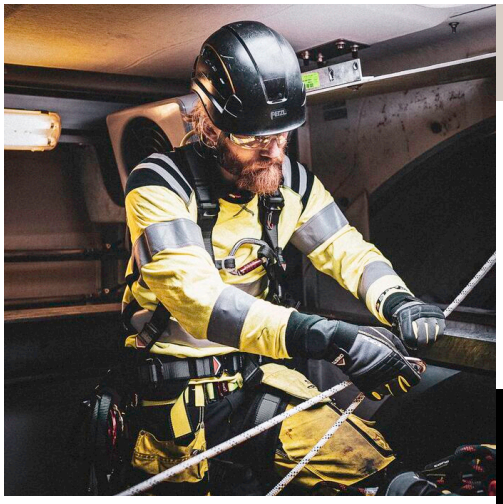
OUTREACH
RESCUE



GWO MANUAL HANDLING

Goal:

To empower participants with the knowledge and skills to safely and effectively perform manual handling tasks, reducing the likelihood of injury.

Target group:

Individuals working in the wind industry who perform physical tasks requiring manual handling, including wind turbine technicians and related personnel.
CITB-registered employers can claim grant funding for this training.

Highlights:

- Focused on reducing musculoskeletal injury risks specific to wind industry tasks.
- Combines theoretical learning with practical exercises tailored to real-world scenarios.
- Meets GWO's rigorous safety standards, ensuring industry-recognised competence.

Description

GWO Manual Handling (GWOMH) aims to provide participants with the knowledge and practical skills to reduce musculoskeletal injury risks during manual handling tasks in the wind industry. Through a mix of theoretical instruction and hands-on exercises, participants will learn to apply safe handling techniques, conduct basic risk assessments, and understand key ergonomic principles tailored to their working environment. This training aligns with industry standards and includes dynamic risk assessment strategies, warm-up activities, and practical application of manual handling principles.

GWO Manual Handling (MH), Global Wind Organisation

Course length

4 hours (1/2 day)

Instructor

1:6

Period of validity

2 years

Certification

GWO Manual Handling Certificate

Venue

Outreach Rescue, The Stone Barn
Lower Ty Newydd, Clytha, Raglan,
Monmouthshire Wales, NP15 2BQ

Compliance:

Global Wind Organisation

Previous knowledge:

No previous experience or qualifications are required.

Requirements:

Participants must meet the GWO Requirements for Training. Fitness to perform practical exercises is essential.

Progression:

Participants can progress to other GWO BST modules, such as Working at Heights or Combined Working at Heights & Manual Handling.

Theoretical elements:

– Overview of musculoskeletal injury risks in the wind industry.
– Essential manual handling principles.
– Introduction to dynamic risk assessments and the TILE principle.

Practical elements:

– Applying manual handling principles during lifting, pushing, pulling, and carrying.
– Warm-up exercises to prevent injury.
– Simulated workplace scenarios focusing on reducing injury risks.