

TRAINING

REFRESH BST FULL COURSE

WORKING AT HEIGHTS MODULE
FIRST AID MODULE
FIRE AWARENESS MODULE
MANUAL HANDLING MODULE



SGS has APPROVED the training activity of CONAPRO SL. Under the safety standard of wind energy sector, Basic Safety Training (BST) established by the Global wind organisation (GWO) and accepted by the wind energy sector as Single Standard that regulates the need for basic training.

This standard of training consists of 5 modules which have been certified 4: Working at Height, Manual Materials Handling, First Aid and Fire Fighting and First Aid. Upon completion of the modules BST, attendees will be aware of the risks encountered when working in the wind industry, and how to control and mitigate those risks.

The BST will also provide participants with the knowledge, skills and confidence to respond appropriately in an emergency and to improve safety through proper use of emergency procedures and equipment.

Here are the details REFRESH Working at Heights, Manual Materials Handling, First Aid and Fire Fighting and First Aid Modules.



OBJECTIVES

-The objective of the working at heights Module Refresh is to provide participants with the knowledge and basic skills needed through theoretical and practical training for safe working at height and rescue at height in an environment of wind turbines, according to the module Course Working at Height BST.

-The Objective of the First Aid module Refresh is to administer first aid safely and effectively in the wind industry in accordance with the basic rules of GWO for First Aid training through education and training.

-The objectives of the Fire Awareness module Refresh is to provide participants with the basic knowledge and skills through training and education, prevention and fire fighting:

- Make an initial trial and a proper assessment of a fire.
- Manage the evacuation of staff to ensure that all are evacuated
- Define charge of security in the event of a wildfire
- If deemed to be safe, perform the operations to extinguish a fire starting equipment using hand fire extinguishing.

-The objectives of Manual Handling module Refresh are to raise awareness through theoretical and practical training on safe behavior in the MHL and perform manual handling activities in a safe manner within the wind energy sector.

CONTENTS

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The total optimal time to complete these modules Refresh is estimated in 8 hours (Heights and First Aid) and estimated in 4 hours (Fire awareness and Manual Handling) including lunch and breaks.

In total, the 4 modules have a joint duration 24 hours.

WORKING AT HEIGHTS MODULE

- 1.-INTRODUCTION
- 2.-LEGISLATION
- 3.-HARNESSES
- 4.-VERTICAL LIFELINE SYSTEMS
- 5.-FALL ARREST SYSTEM
- 6.-WORKING WITH ROPES POSITION
- 7.-RETRACTABLE FALL ARREST SYSTEMS
- INSTRUCTION
- 8.-PRACTICES
- 9.-WORKSHOP GROUP DISCUSSION
- 10.-EVACUATION PROCEDURES EMERGENCY
- 11.-GROUP DISCUSSION ON PPE
- 12.-RESCUE DEVICES
- 13.-SUSPENSION TRAUMA
- 14.-PRACTICE OF RESCUE
- 15.-ASSESSMENT

FIRE AWARENESS MODULE

- 1.- INTRODUCTION
- 2.- LEGISLATION
- 3.- COMBUSTION PROCESS AND FIRES
- 4.- FIREFIGHTING
- 5.- FIRE PREVENTION
- 6.- FIRE EQUIPMENT IN A WIND TURBINE
- 7.- PRACTICE OF FIREFIGHTING
- 8.- EVALUATION

FIRTS AID MODULE

- 1 INTRODUCTION
- 2 LEGISLATION
- 3 ANATOMY
- 4 INCIDENT MANAGEMENT
- 5 FIRST AID
- 6 AED
- 7 BASIC FIRST AID
- 8 PRACTICE
- 9 ASSESMENT

MANUAL HANDLING MODULE

- 1.- INTRODUCTION
- 2.- LEGISLATION
- 3.- RISKS AND HAZARDS
- 4.-ANATOMY
- 5.-PLANNING FOR LIFTING LOADS
- 6.-RISK CONTROL TECHNIQUES AND LIFT
- 7.-CONDUCT OF SAFETY
- 8.-PRACTICE
- 9.-EVALUATION.

REFRESH FULL COURSE

WORKING AT HEIGHTS MODULE FIRST AID MODULE FIRE AWARENESS MODULE MANUAL HANDLING MODULE

Center:

CONAPRO

Site:

Pol. Ind. Ampliación Morea Sur Nave D3
31191 (Berain)

To:

Specialist working in the wind industry or related areas
needing to renew your certificate GWO BST Working at
height, Fire awareness, First Aid and Manual Handling.

Duration:

TOTAL: 24h.

Certification:

The objective of this course is to provide participants knowle-
dge and basic skills needed through theoretical and practical
training for safe work at wind turbines, according to the
module BST Course Working at Heights, Fire awareness, First
Aid and Manual Handling.

Program:

Theory: 24 hours
Practice: 10 hours

Facilities and
equipments:

- Training room with capacity for 20 students
- space confined for practice simulations
- Rescue Dummy.
- Platforms 8 and 6 m height
- Teaching staff with extensive experience in training and
rescue work at height.

Validity:

24 MONTHS.

Modes of
delivery:

CALL CLOSED COURSE:

Dates set by CONAPRO.

Minimum number of students required: 4

FREE COURSE:

Availability of dates to be determined with CONAPRO SL.

Training courses adapted to the need of Company/Students.

Quotation:

The rate of this course depends on the method and
impartation and the number of students attending.

Contact
details:

Contact details for further information are:

conaprosl@conaprosl.com

Telf: 948131878

CONAPRO