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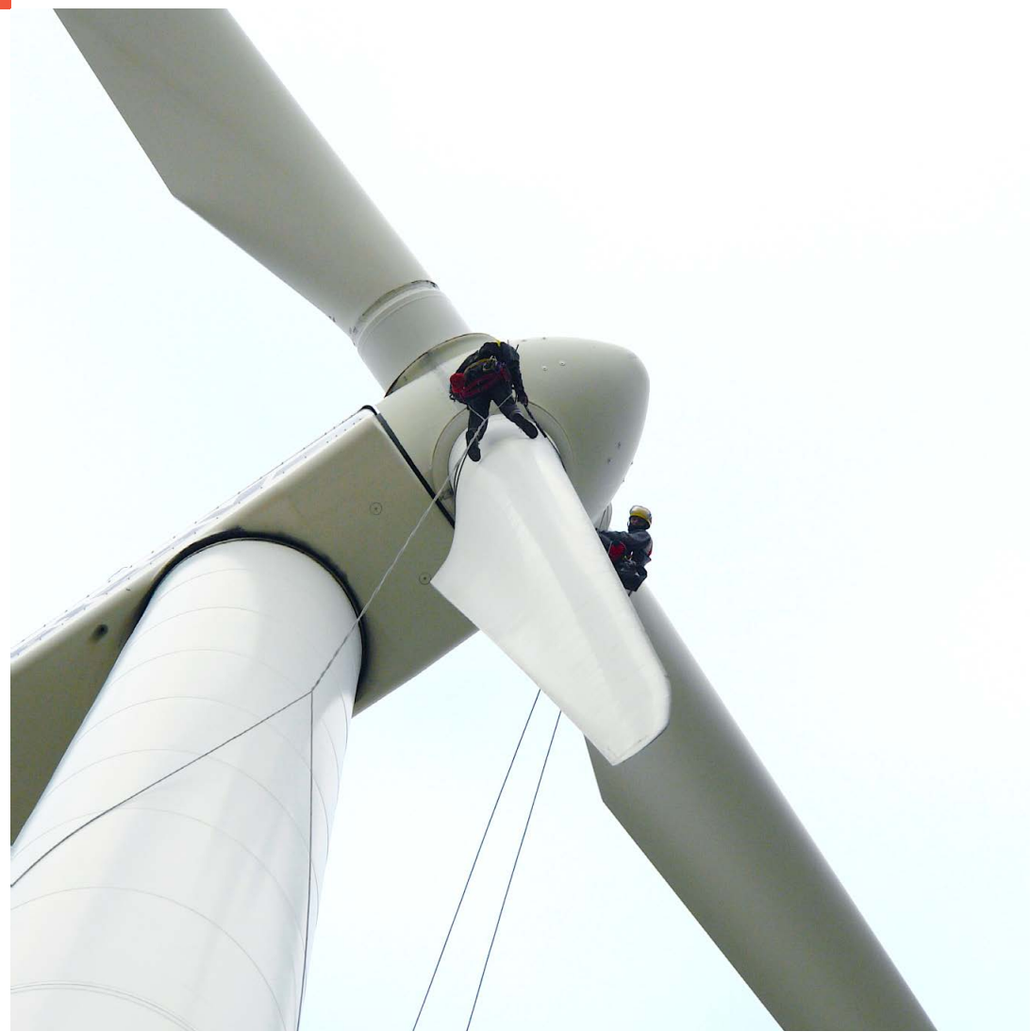
TRAINING ACCORDING TO GWO STANDARDS

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About GWO

TRAINING OF SPECIALISTS
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The internationally recognized Global Wind Organisation (GWO) was set up in 2011 by the Wind Energy sector's leading companies in response to the demand for a universal safety standard for working on wind turbines.

GWO is a non-profit organisation of wind turbine owners and wind turbines manufacturers.

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GWO standards usage in the industry

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The aim of GWO standards is to ensure safe work environment in the wind turbine industry, through setting common standards of safety training and emergency procedures. Training according to GWO standards guarantees a common, industry-wide practice, reducing any safety and health issues for the personnel working on onshore / offshore wind turbine industry sites.

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GWO modules

Gridins' Group International Training Center (ITC) is offering LRQA approved training according to GWO standards. The following modules are organized in ITC in Klaipeda, Lithuania.

- **GWO Working at Height:**

legislation, relevant accidents, safe working procedures, selection and operation of equipment, risks and hazards present in wind turbines, various types of rescue equipment, rescue principles and methods, suspension trauma, emergency exercises, ascending / descending, work restraint and positioning. Duration of the course – 2 days.

- **GWO First Aid:**

legislation, basic knowledge of human anatomy, assessing casualties, risk factors specific for wind energy, cooperation with emergency services, knowledge of ability to provide first aid help to various casualties (theory and practice), behavior in emergency situations (practice according to scenarios), treatment of burns, injuries, bleeds, fractures. Duration of the course - 2 days.

- **GWO Manual Handling:**

legislation, common hazards in workplace, proper lifting methods, simple manual handling risk assessments, the main injuries. Duration of the course – 4 hours.

- **GWO Fire Awareness:**

legislation, fire types, fire extinguishing methods, fire prevention, risks associated with work in wind turbines, practical scenarios. Duration of the course – 4 hours.

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Requirements for the candidates

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- The minimum age of candidates is 18 years.
- Candidates shall be physically fit and free from any disability or medical condition that may prevent them from working safely.
- Medical certificate “Fit to Work” is required.

Certificate is issued after successful completion of course. The certificate is valid for 2 years after the issue date.

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WORKING AT HEIGHT TRAINING PROGRAM

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Lesson		Element		Approximate Duration
1	**Introduction**	1.1 1.2 1.3 1.4 1.5 1.6	Safety instructions and emergency procedures Facilities Introduction Scope and main objectives On-going assessment Motivation	30 min.
2	**Legislation**	2.1 2.2	Global legislation National legislation	20 min.
3	**Harness**	3.1 3.2 3.3 3.4 3.5	Proper inspection of PPE How to fit the harness correctly How often the harness shall be approved globally (EU, UK, USA, etc.) Documentation Maintenance of PPE	50 min.
4	**Vertical fall arrest systems**	4.1 4.2 4.3 4.4 4.5 4.6	Legal requirements User inspection Correct fitting Correct use Correct country approval Correct documentation	40 min.
5	**Fall arrest lanyards**	5.1 5.2 5.3 5.4 5.5 5.6 5.7	Legal requirements How to affix arrest systems Fall indicator Twin fall lanyards and a single fall arrest lanyards Different places allowed as anchor points The importance of always using a fall arrest system User inspection	15 min.
6	**Work positioning lanyards**	6.1 6.2 6.3 6.4 6.5 6.6	How to attach lanyard correctly How to use lanyards How to attach lanyards correctly to the harness The different places allowed to secure or move around The importance of using work positioning in order to leave the hands free for work User inspection	15 min.
				Total

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Lesson		Element		Approximate Duration
7	**Backup systems for exercises**	7.1 7.2 7.3 7.4 7.5 7.6	Types of backup systems Different maximum angles that are allowed How to attach correctly to the harness The different places it is allowed to secure The importance of using backup User check	15 min.
8	**Practical exercises**	8.1 8.2 8.3	Demonstrate correct use of fall arrest systems Demonstrate correct use of work positioning lanyards General understanding and use of all equipment	55 min.
9	**Workshop: risks and hazards**	9.1	How to use basic Working at Height	20 min.
10	**Emergency procedure**	10.1 10.2 10.3 10.4	Contents of an evacuation kit Safe and correct evacuation Prepare the equipment for use Safe behavior	160 min.
11	**PPE review**	11.1	The individual parts of the PPE equipment	15 min.
12	**Rescue Device**	12.1	The individual parts of the different rescue equipment	10 min.
13	**Suspension trauma**	13.1	Suspension trauma	10 min.
14	**Rescue exercises**	14.1 14.2 14.3 14.4 14.5	Rescue situations in wind turbines Safe and correct rescue Correct usage of rescue devices Correct usage of anchorage points Correct behavior on ladder with PPE	320 min.
15	**Evaluation**	15.1 15.2 15.3	Summary Evaluation Certificates	10 min.
				GRAND TOTAL: 805 min.

Total

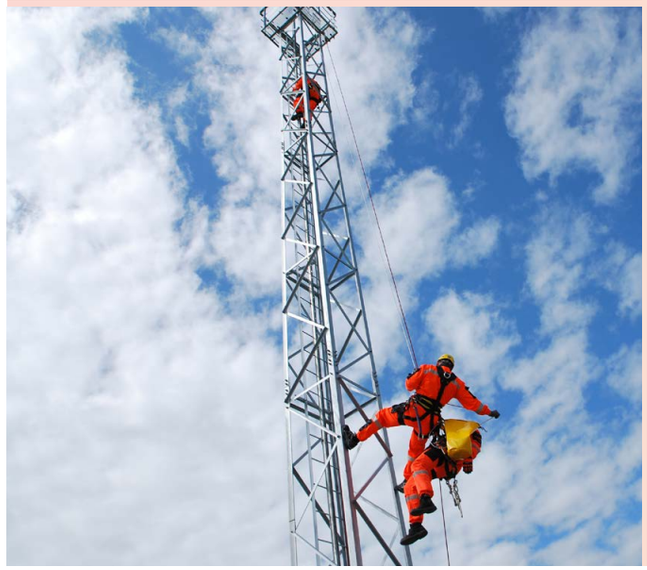
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WORKING AT HEIGHT

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FIRST AID TRAINING PROGRAM

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Lesson		Element		Approximate Duration
1	**Introduction**	1.1 1.2 1.3 1.4 1.5 1.6	Safety instructions and emergency procedures Facilities Introduction Scope and main learning objectives On-going assessment (Control Measures) Motivation	15 min.
2	**Legislation/ Risks / Hazards**	2.1 2.2 2.3 2.4	Global legislation National legislation First Aid guidelines Risks and hazards	25 min.
3	**Anatomy**	3.1 3.2 3.3 3.4 3.5 3.6	Life conditions for the human body Structure, functions and signs - the human body Serious and minor injuries - signs, symptoms and function Serious and minor illness - signs, symptoms and function Use of anatomy and First Aid in emergency situations Understanding of personal hygiene	50 min.
4	**Management of an incident**	4.1 4.2 4.3 4.4	Management of an incident Safety awareness in an emergency situation Primary and secondary incidents Emergency Rescue Teams	50 min.
5	**Lifesaving First Aid (A - B - C)**	5.1 5.2 5.3 5.4 5.5 5.6 5.7	Primary Survey A - B - C Unresponsive Unresponsive, not breathing CPR Obstruction of airways Bleeding, internal and external Shock	200 min.
				Total

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Lesson		Element		Approximate Duration	
6	**AED**	6.1 6.2 6.3	Theory and technical specifications of an AED AED safety procedures Correct use of an AED	100 min.	Total
7	**Ordinary First Aid**	7.1 7.2 7.3	First Aid - minor incidents Minor to serious incidents Psychological First Aid	60 min.	
8	**Scenario-based training**	8.1	Practise First Aid techniques	285 min.	
9	**Evaluation**	9.1 9.2 9.3	Summary Evaluation Certificates	15 min.	
				GRAND TOTAL: 800 min.	

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MANUAL HANDLING TRAINING PROGRAM

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Lesson		Element		Approximate Duration
1	**Introduction**	1.1 1.2 1.3 1.4 1.5 1.6	Safety instructions and emergency procedures Facilities Introduction Scope and main learning objectives On-going assessment Motivation	15 min.
2	**Legislation**	2.1 2.2	Global legislation National legislation	10 min.
3	**Risks and hazards**	3.1	Risk and hazards in the wind turbine industry	20 min.
4	**Spinal anatomy and posture**	4.1 4.2 4.3 4.4 4.5	Muscular skeletal injuries Spinal anatomy and posture Shoulder anatomy Symptom awareness Reporting methods	30 min.
5	**Planning lifts**	5.1	T.I.L.E. principle	20 min.
6	**Risk control and liftingtechniques**	6.1 6.2	Further Control Measures Safe lifting techniques	25 min.
7	**Behavioral safety**	7.1 7.2	Consequences of incorrect Manual Handling Causes of injuries	15 min.
8	**Scenario-based training**	8.1	Practise in safe lifting technique	60 min.
9	**Evaluation**	9.1 9.2 9.3	Summary Evaluation Certificates	15 min.
			Total	**GRAND TOTAL: 210 min.**

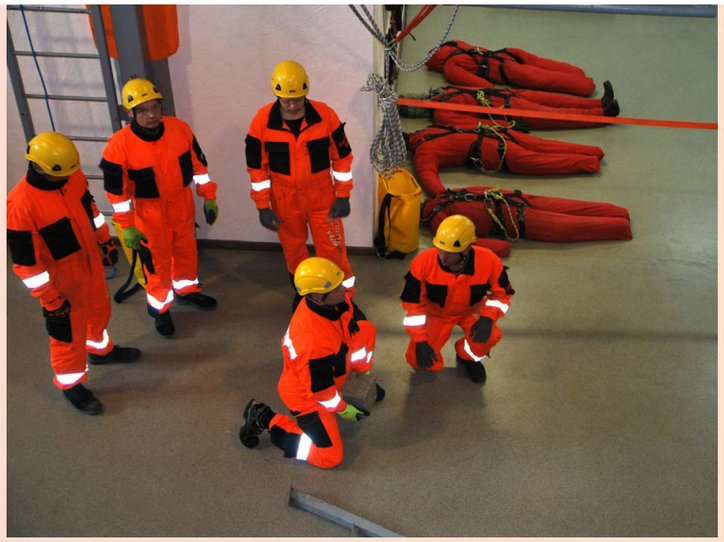
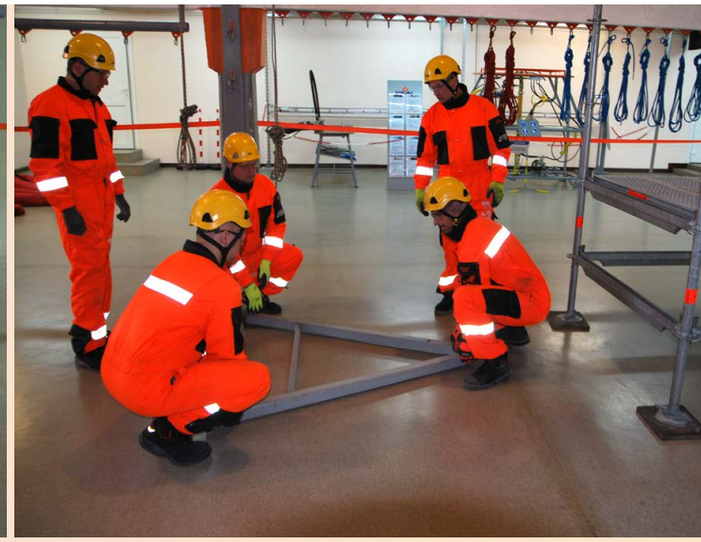
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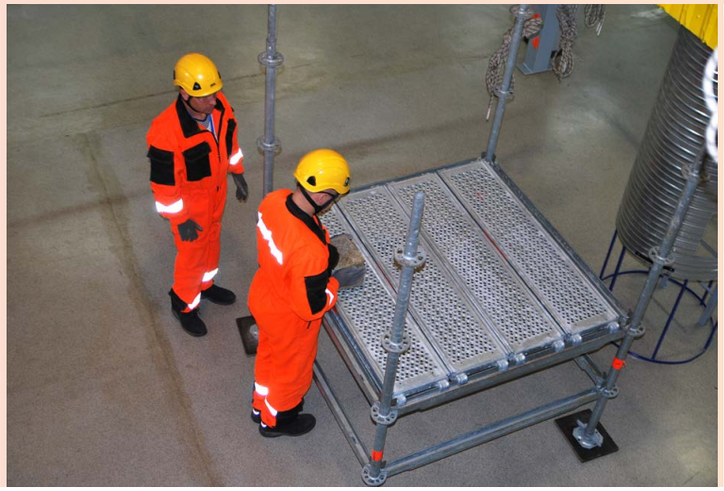
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FIRE AWARENESS TRAINING PROGRAM

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Lesson		Element		Approximate Duration
1	**Introduction**	1.1 1.2 1.3 1.4 1.5 1.6	Safety instructions and emergency procedures Facilities Introduction Scope and main objectives On-going assessment according to GWO Control Measures Motivation	15 min.
2	**Legislation**	2.1 2.2	Global legislation National legislation	5 min.
3	**Fire combustion And Fire spread**	3.1 3.2 3.3 3.4	Types of fires Square of combustion Fire Spread Smoke gases	20 min.
4	**Fire extinction**	4.1 4.2 4.3	Contingency plan Assessing the fire Fire classes	25 min.
5	**Fire Prevention**	5.1 5.2	Fire hazards Fire preventive measures	20 min.
6	**Firefighting equipment in a WTG**	6.1 6.2	Pre-use inspection Correct use of firefighting equipment	20 min.
7	**Practice and scenario-based training**	7.1 7.2	Practice Scenario-based training	80 min.
8	**Evaluation**	8.1 8.2 8.3	Summary Evaluation Certificates	15 min.
			Total	**GRAND TOTAL: 200 min.**

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VCA · VCU · DNV·GL · Bureau Veritas · Lloyd's Register · ABS · Nippon Kaiji Kyokai

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Gridin’s Group

Specializes in providing a wide range of services by ensuring the highest quality of works. This principle is used as a priority, enabling the company to undertake even more complex tasks in the future.

Main office:
Tomo str. 22 Klaipeda,
LT-91249 Lithuania
Ph.: +370 46 311272
Fax: +370 46 314132
Email: info@gridins.com
Website: www.gridins.com

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