

Pre -Course Information

Thank you for booking with the Offshore Training Centre (OTC) Please read all of the information below carefully to ensure you are prepared for the training course.

Course Details:

Course Name: GWO Working at Heights & Manual Handling Combined Refresher
Start & Finish Time: 09:00 – 17:00
Location: OTC GRO Centre
Duration: 1 day
Certificate valid for: 2 Years

Pre - Requisites

- Email documentation to bookings@otc-grimsby.co.uk
- All pre-requisites must be sent before the start of the course
- Please see attached medical declaration form to be completed /returned
- Your GWO WINDA ID (to register visit <https://winda.globalwindsafety.org/>)

Please note we are not responsible for ensuring you have a Winda ID, without you may be refused entry on the course.

It is your responsibility to ensure you are attending the refresher course before the expiry of your previous training record validity period

Course Information

- The aim of this module is to enable the participants, to use basic personal protective equipment, work safely at heights and perform comprehensive basic rescue from heights in a wind turbine environment. Furthermore, this module also aims to encourage positive manual handling and ergonomic behaviour and enable participants to perform manual handling tasks in a safe manner.
- After having successfully completed this BST Working at Heights and Manual Handling Module, the participants have the ability to act safely and responsibly and apply good manual handling techniques when working at heights and performing comprehensive basic rescue from heights.

What you need to bring:

- **Clothing** -Safety boots and suitable clothing to climb in – appropriate for training delivered outside in all-weather e.g. breathable, warm, waterproof, windproof etc kneepads advised.
- **PPE**-Gloves suitable for working at height and safety glasses.
- **Photographic Identification**- Valid Passport, driving license, UK ID or similar which the trainer will check before the course begins.

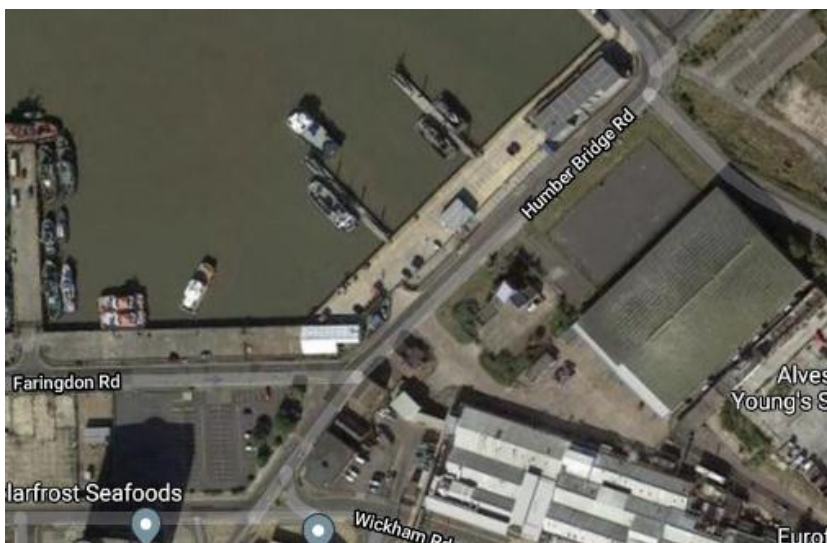
What we will provide:

- **Lunch** – A wide variety of lunch options available. If you have any dietary requirements, please inform us via email or a member of the team at the earliest opportunity and we will endeavour to accommodate. There is also a well-equipped kitchen/galley area for making tea, coffee, and cold drinks. You are welcome to use these facilities, including microwave, or bring your own packed lunch/food.

Course Location:

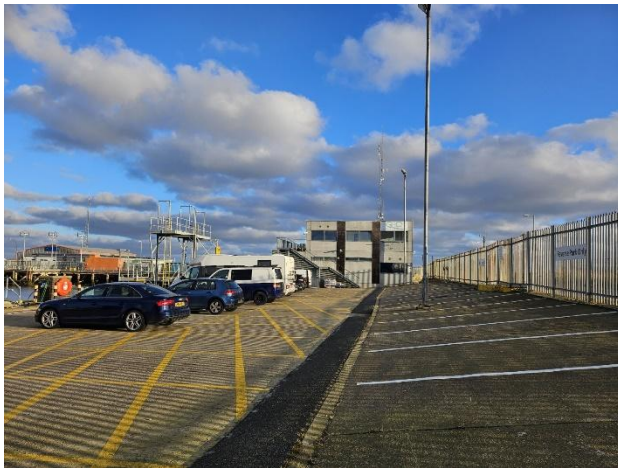
- **Address** – The GRO Centre is located in the ABP Port of Grimsby, you will pass Security & Information Point on Murray St and follow the signage on the roundabout for OTC. To get to the ABP security and information point, use the postcode DN31 3AS in your sat nav. If stopped by security, you will be asked to show photo ID.
- **What3words:** Value.Shots.Acid
- **Please note:** If you only enter the post code and not the full address there is a chance you could arrive at the Immingham Docks, however we are based on Grimsby docks.

Gro Centre, Humber Bridge Road, Port of Grimsby, North Lincolnshire DN31 3AS





Security Point



Parking in OTC car park next to the Gro Centre (Reverse Parking Only)

- **LATE ARRIVAL**

Please ensure you allow plenty of time for travel and parking. OTC Training reserved the right to refuse participation in the course if you arrive late and have not informed us or you have missed elements of the course.

NB: If you expect to be late due to unforeseen circumstances, you must inform us by calling 01472 801756 as soon as it is safe to do so, and we will advise the best course of action.

- If you have any specific learning needs, please inform your trainer. In addition, this course is delivered in English, and you must have sufficient fluency to participate.