

GWO Basic Safety Training Course Timetable

	Day 1	Day 2	Day 3	Day 4
0830	Introduction	Lesson 12 – Cont.	Introduction	Introduction
0900	Lesson 1 - Legislation	Lesson 14 – Risks / Hazards	Lesson 1 – Lifesaving first aid using primary survey and the first aid structure	Lesson 1 - Legislation
0930	Lesson 2 - Harness	Lesson 15 – PPE review		Lesson 2 – Fire combustion and spread
1000	Lesson 3 – Fall prevention	Lesson 16 – Rescue devices		Lesson 3 – Fire extinguishing
1030	Lesson 4 – Vertical fall arrest systems	Lesson 17 – Rescue exercises		Lesson 4 – Fire prevention
1100	Lesson 5 – Fall arrest lanyards			Lesson 5 – Fire equipment
1130				Lesson 6 – Practice and scenario-based training
1200	Lesson 6 – Dropped objects		Lesson 2 – Providing first aid to relevant incidents in the wind industry	Training review
1230	Lunch	Lunch	Lunch	
1300	Lesson 7 – Self retracting lifelines	Lesson 17 – Cont.	Lesson 2 – Cont.	
1330	Lesson 8 – Measures to prevent injury			
1400	Lesson 9 – Practical exercises		Lesson 3 – Scenario-based training	
1430				
1500	Lesson 10 – Manual handling principles and injuries			
1530	Lesson 11 – Manual handling controls and techniques			
1600				
1630	Lesson 12 – Emergency procedure	Training review	Training review	