

GWO standard changes what you need to know

GWO has updated eight training standards. Here's what matters for your certification planning.

ACTION REQUIRED BEFORE 10 SEPTEMBER 2026

Complete your **ART Refresher (ART-R)** before 10 September to keep your Working at Heights and Manual Handling records valid

After this date, the ART Refresher will no longer renew your WaH and MH training records. You'll need to attend each module separately – meaning more time and additional cost.

✓ Before 10 September 2026

- ART Refresher renews your WaH + MH records
- Combined WaH + MH module available
- Single Rescuer as standalone module
- Current refresher durations apply

✗ After 10 September 2026

- ART-R no longer renews WaH + MH
- WaH and MH must be attended separately
- Single Rescuer integrated into ART
- Shorter, scenario-based refreshers
- Refresher delegates can no longer book onto initial courses

Refresher durations from 10 September 2026

Module	Initial duration	Current refresher	New refresher
Working at Heights	14h 25min	7h 30min	7h 30min
First Aid	7h	4h 15min	4h
Manual Handling	3h 45min	3h 20min	3h
Sea Survival	7h 25min	7h 25min	4h 30min
Fire Awareness	3h 20min	3h 40min	3h
Advanced Rescue Training (ART-R)	12h	3 days	2 days

Other key changes

BST OFFSHORE REFRESHER

Shortened from 3.5 days to **3 days**

SINGLE RESCUER

Integrated into ART – standalone modules **discontinued**

SEA SURVIVAL **NEW**

Walk-to-Work (W2W) gangway lesson added

REFRESHER STRUCTURE

All refreshers now **scenario-based**. Refresher delegates can **no longer book onto initial courses**

