



Confined Space - 1 day

PURPOSE:

To give participants an understanding of work in small enclosed spaces, including evacuation of a colleague in a harness, using lanyards, safety lines or fall-arrest blocks. Participants must understand how to select suitable equipment for themselves for lowering and hauling up, and be able to use it correctly under supervision. Participants learn how to use detection equipment and full respiratory protection, and how to use escape respirators.

AIM:

After ended course the student will be able to:

- Understanding of confined spaces and the risks that may be involved.
- Understanding the risks and minimizing them.
- Ability to carry out evacuation and begin rescue of a colleague using the correct rescue equipment.
- Ability to select suitable safety equipment for entering confined spaces and to use the equipment correctly.
- Act safely when using full respiratory protection.
- Understand work in confined spaces using full respiratory protection equipment.
- Ability to detect respiratory poisons in confined spaces.
- Knowing how to use an escape respirator.

Prerequisite: None

Duration: 1 day



Programme for Confined Space

Day 1:

0800 - 0815 Theory	Welcome & Introduction
0815 - 1000 Theory	Confined Space theory <ul style="list-style-type: none">• Risk assessment at work in closed room• Physical and health related condition• First Aid• Safety equipment and user control• Detecting equipment
1000 - 1015 Coffee	Coffee
1015 - 1200 Practical	Full supplied breathing equipment <ul style="list-style-type: none">• The structure and the mode of operation of the equipment• Getting used to the area• Use of escape apparatus
1200 - 1230 Lunch	Lunch
1230 - 1515 Practical	Practical training <ul style="list-style-type: none">• Work in confined space• Four-foot• Rope windlass• Breathing apparatus• Detecting
1515 - 1530 Theory	Closing & Evaluation