

Confined Space Training

Suitable For:

Any employer or employee having to work in confined areas.

Delegates must be physically fit to attend this course

Aims And Objectives:

Specifically designed to provide delegates with a thorough understanding of the dangers of confined spaces and to enable delegates to enter, work and leave confined spaces including a vertical shaft.

Course Content:

- Current legislation
- Recognition of confined spaces
- Dangers associated with confined spaces
- Human respiratory system
- Use of gas detection equipment in hazardous atmospheres
- Use of personal protective equipment, i.e. ropes, harnesses, and man riding hoists
- Use of escape breathing apparatus
- Pre-entry checks on equipment
- Safe systems of work for entry into confined spaces
- Methods of communication
- Manning levels
- Emergency procedures and practical use of escape breathing apparatus
- Vertical entry and egress using a tripod and winch
- Diseases and personal hygiene associated with confined spaces

Course Duration:	1 Day	Max No. of Delegates:	10
Exam:	Assessment	Location:	Stowan Training Centre or your site

Certification:	Awarded on completion
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