

Duration:

4 hours

Aim:

This course is designed to help workers who are required to work in confined spaces understand the hazards and the precautions that must be taken to safeguard their health and safety.

Objectives:

By the end of the course candidates should be able to;

- Understand the scope of the term "confined space working"
- Identify common hazards associated with work in confined spaces
- Identify risk control measures for working in confined spaces, including "permit to work systems."
- Understand how to deal with emergencies that occur during work in confined spaces.

Contents:

- Definition of the term "confined space working", and examples of common types of confined space.
- General types of hazards associated with confined spaces including, flammable atmospheres, toxic atmospheres, and oxygen deficient atmospheres.
- Risk controls, including – Need for constant physical and/or verbal communication, gas monitoring, oxygen monitoring, lighting, suitable tools and equipment, and PPE. Contents of permits to work for confined spaces and their operation
- Emergency procedures including extraction of personnel, First Aid, Fire and explosion etc

Certification:

The Institute of Health and Safety