

## Confined Space Entry Training Course Including 10 Minute Escape Set



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## **Confined Space Entry Including 10 Minute Escape Set**

This in depth, Confined Space Training Course, is designed for individuals who enter confined spaces such as manholes, shafts, chambers etc., or those who assist with confined space operations. The programme covers the key safety aspects in detail, including practical manhole exercises, current legislation, safe systems of work, use of escape breathing apparatus (10 minute escape sets) and self rescue are all included in this course.

The course is designed for all personnel responsible for the design of safe working practices and overall responsibility and supervision of personnel entering into confined spaces. It covers the legislation surrounding confined space entry, techniques for recognising potentially hazardous situations and their remedies.

- Legislation
- Definition and types of confined spaces
- Confined space hazards
- Safe working procedures

- Atmosphere monitoring
- Breathing apparatus (types and applications)
- Access and ancillary equipment
- Practical demonstrations

## Aims: At the end of the course delegates will be able to:

- Demonstrate an understanding of legal requirements surrounding confined space operations
- Recognise types of confined spaces and their associate hazards
- Implement control measures to either eliminate or reduce potential risks
- Organise and implement appropriate accident and emergency procedures
- Identify the wide range of confined space safety equipment and its uses

**Method:** Lecture, practical demonstration and theory assessment.

Course Duration: 1 day (6 hours)



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