



**SKILLS
TRAINING
CENTRE**

Confined Spaces

City & Guilds
Approved Centre

**HIGHWAYS
&
CONSTRUCTION**
TRAINING ASSOCIATION

exor
ACCREDITED COMPANY

Lantra Awards
Approved
Centre

Accredit
Supplier Accreditation Service

drivercpc
GET YOUR DRIVING CREDENTIALS

020 8359 5157
www.skillstrainingcentre.co.uk



TRAINING PROGRAMMES

Note: An advance copy of your own safe system of work for entry into confined spaces will enable us to take account of this as part of the course. If you have equipment which your delegates are familiar with, please bring it along for the exercises (tested and in good working order), otherwise the necessary equipment will be provided.

1 DAY: CONFINED SPACES: AWARENESS AND RISK ASSESSMENT

WHO SHOULD ATTEND

Managers, supervisors, engineers and all those with responsibility for controlling work in confined spaces and/or carrying out risk assessments prior to permitting entry into confined spaces. (Delegates should already be capable of carrying out general risk assessments. This course is not suitable for those who have a need to enter/work in a confined space).

COURSE CONTENT

- ▶ What is a confined space and what are the hazards?
- ▶ Confined spaces regulations 1997
- ▶ Who is competent to carry out this risk assessment?
- ▶ Avoiding the need for entry
- ▶ Risk assessments
- ▶ Safe systems of work including permits to work
- ▶ Arrangements for emergencies
- ▶ Equipment required to enter a confined space
- ▶ The purpose/examination/testing/maintenance of equipment
- ▶ Personal protective equipment and hygiene
- ▶ Ventilation and the avoidance of unsafe atmospheres
- ▶ Manpower including training requirements
- ▶ Communication and entry procedures)

1 DAY: SAFE ENTRY AND ESCAPE BREATHING APPARATUS

WHO SHOULD ATTEND

This course is predominantly intended for practical users who need to enter spaces which are substantially enclosed and where there is a potentially hazardous working environment. It would also benefit managers, supervisors, engineers (who may have need to control work in these locations) as an addition to the Confined Spaces Risk Assessors Course. All delegates should be physically fit, as an entry exercise will be carried out.

COURSE CONTENT

- ▶ What is a confined space and what are the hazards?
- ▶ Risk assessments and safe systems of work
- ▶ Equipment required to enter a confined space
- ▶ The purpose and use of gas detection equipment and escape breathing apparatus
- ▶ The use of ropes and safety harnesses
- ▶ The purpose and use of tripods and man riding winches
- ▶ Personal protective equipment and hygiene
- ▶ Examination, testing and maintenance of equipment
- ▶ Ventilation and the avoidance of unsafe atmospheres
- ▶ Manpower including training requirements
- ▶ Communication and entry procedures
- ▶ Practical exercise and assessments



ALL 1, 2 AND 3 DAY COURSES

On successful completion of the practical exercise and the multi-choice assessment sheet, a certificate of attendance will be issued.

IN-HOUSE COURSES ARE AVAILABLE ON REQUEST

For contact details please see overleaf.

2 DAY: SAFE ENTRY, ESCAPE BA AND FULL WORKING SELF CONTAINED BREATHING APPARATUS

WHO SHOULD ATTEND

This course is predominantly intended for practical users who need to enter spaces that are substantially enclosed, where there is a potentially hazardous working environment and where your risk assessment has identified the need to provide rescue arrangements. All delegates should have successfully completed a breathing apparatus users medical exam prior to attendance and be physically fit (training cannot be provided for those not satisfying this criteria). An entry exercise will be carried out.

COURSE CONTENT

As 1 day +

- ▶ The purpose of self-contained working breathing apparatus
- ▶ Use of self-contained working breathing apparatus
- ▶ Emergency and rescue procedures
- ▶ Practical exercise and assessments
- ▶ Course review and assessments

3 DAY: SAFE ENTRY, ESCAPE BA, FULL WORKING SELF CONTAINED BREATHING APPARATUS, EMERGENCY TREATMENT AND USE OF OXYGEN RESUSITATORS

WHO SHOULD ATTEND

This course is predominantly intended for practical users who need to enter spaces that are substantially enclosed, where there is a potentially hazardous working environment and where your risk assessment has identified the need to provide rescue arrangements. All delegates should have successfully completed a breathing apparatus users medical exam prior to attendance and be physically fit (training cannot be provided for those not satisfying this criteria). An entry exercise will be carried out.

COURSE CONTENT

As 2 day +

- ▶ Assessing the situation and deciding the necessary course of action
- ▶ Shock
- ▶ Control of bleeding
- ▶ Care of the unconscious casualty
- ▶ Fractures
- ▶ Record keeping
- ▶ First aid equipment
- ▶ Cardio-pulmonary resuscitation
- ▶ Awareness of resuscitation equipment and its purpose
- ▶ Use of oxygen resuscitators
- ▶ Practical exercise and assessments

SAFE WORK IN CONFINED SPACES

APPROVED CODE OF PRACTICE AND GUIDANCE

The code of practice is approved for the purposes of providing practical guidance with respect to the requirements of the Confined Spaces Regulations 1997 and other relevant legislation.

The code of practice makes several references to training including the following:

Those likely to be involved in any emergency rescue should be trained for that purpose. The training needs for each individual will vary according to their designated role. It is important that refresher training is organised and available on a regular basis, for example annually. Training may include:

- ▶ The likely causes of an emergency
- ▶ Use of rescue equipment, e.g. breathing apparatus, lifelines, and where necessary a knowledge of its construction and working
- ▶ Identifying defects and dealing with malfunctions and failures of equipment during use
- ▶ Resuscitation procedures and, where appropriate, the correct use of relevant ancillary equipment and any resuscitation equipment provided (if intended to be operated by those receiving emergency rescue training)
- ▶ Emergency first aid and the use of the first aid equipment provided
- ▶ Rescue techniques including regular and periodic rehearsals/exercises. This could include the use of a full-weight dummy. Training should be realistic and not just drill based, and should relate to practice and familiarity with equipment. (Our two-day course covers everything except the emergency first aid. Emergency first aid is covered in the three day course)

Employers are required to provide such information, instruction, training and supervision as is necessary to ensure the health and safety at work of employees. Specific training for work in confined spaces will depend on an individual's previous experience and the type of work they will be doing. It is likely that this training will need to cover:

- ▶ An awareness of the Confined Spaces Regulations and in particular the need to avoid entry to a confined space, unless it is not reasonably practicable to do so, in accordance with regulation 4(1)
- ▶ An understanding of the work to be undertaken, the hazards, and the necessary precautions
- ▶ An understanding of safe systems of work, with particular reference to 'permits-to-work' where appropriate
- ▶ How emergencies arise, the need to follow prepared emergency arrangements, and the dangers of not doing so.

(All the above areas are covered by our 1, 2 & 3-day courses)

Training should also take into account the practical use of safety features and equipment, the identification of defects and, where appropriate, it should involve demonstrations and practical exercises. It is important that trainees are familiar with both equipment and procedures before working for the first time in confined spaces (covered by our 1, 2 & 3 day courses).

Practical refresher training should be organised and available. The frequency with which refresher training is provided will depend upon how long since the type of work was last done, or if there have been changes to methods of work, safety procedures or equipment.

Training in specific safety features may include an or all of the following:

- ▶ use of atmospheric testing equipment, and the action to take depending on the readings
- ▶ use of breathing apparatus and escape sets, their maintenance, cleaning and storage
- ▶ use of other items of personal protective equipment
- ▶ instruction in the communication methods to be used whilst in the confined space.

THE COURSE CONTENT AND DURATION MAY BE SPECIFIED FOR YOU BY YOUR CLIENT

