



## Confined Spaces – High Risk

### Course Aim:

This course is for anyone working in a high-risk environment when there is a specified risk that cannot be controlled or eliminated. It includes preparing to work safely, entering and exiting high risk confined spaces safely, using equipment and tools safely, following procedures and dealing with emergencies. It will require the use of appropriate respiratory protective equipment (RPE) i.e Self Contained Breathing Apparatus (SCBA)

### Learning Outcomes:

- Prepare to work safely in high risk confined spaces.
- Enter and exit high risk confined spaces safely.
- Use equipment and tools safely.
- Follow working procedures and work safely.
- Deal with emergencies
- Understand the principles of working in high risk confined spaces.
- Understand standard protocols for working in high risk confined spaces.

### Course Content:

- Definition of a confined space
- Specified risks
- Duties under the regulations, preventing the need for entry.
- Risk assessment and hazard identification
- Atmospheric hazards and gases
- Principles and use of gas monitors
- Safe systems of work and permits to work.
- Roles and responsibilities
- Communication
- Inspection and application of tripods, winches and fall protection equipment.
- Inspection and use of breathing apparatus
- Practical exercises and assessment

**Course Duration:** 3 Days

**Certification:** STS Certification