



Confined Spaces – Low Risk

Course Aim:

This course is for anyone working in a low-risk environment and includes preparing to enter and work safely, entering and exiting confined spaces safely, using equipment and tools, following procedures, and dealing with emergencies. A low risk confined space exists where there is easy entry/exit and natural ventilation. These could be associated with lone working, requiring the application of appropriate procedures.

Learning Outcomes:

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

Course Duration: 1 Day

Certification: STS Certification