



Confined Spaces – Medium Risk

Course Aim:

This course is for anyone working in or controlling the entry into a medium risk environment. It includes preparing to enter and work safely, entering and exiting confined spaces safely, using equipment and tools, following procedures, and dealing with emergencies. It will require the use of escape breathing apparatus.

Learning Outcomes:

- Prepare to work safely at medium risk confined spaces.
- Enter and exit the medium risk confined space safely.
- Work safely and monitor the work team to ensure procedures are followed.
- Deal with emergency situations.
- Understand the principles of working in medium risk confined spaces.
- Understand standard protocols for work in medium risk confined spaces.
- Understand entry controller duties and responsibilities.
- Understand equipment checks and inspection required.

Course Contents:

- 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 arrest equipment.
- Inspection and use of personal escape breathing apparatus.
- Practical exercises and assessment

Course Duration: 2 Days

Certification: STS Certification, City & Guilds Certification or SQA Certification