



1 Day Medium Risk Confined Space Entry including Escape Breathing Apparatus

Aims:

Our Aim is to provide the trainee with the knowledge and skills to meet the requirements of confined space including the wearing of Escape Breathing Apparatus.

Course Content:

Recognising Confined Spaces

- Definition
- Hazards
- Associated Hazards
- Case Histories/Studies

Law

- SHWW Act 2005
- SHWW Confined Spaces Regs 2001 & ACoP
- SHWW Construction Regs 2013
- SHWW General Application Regs 2007

Hazardous Atmospheres

- Gases Fumes Vapours
- Oxygen
- Use of Gas Monitors

Equipment

- Access Equipment
 - Tripods
 - Hoists/Winches
 - Fall Arrestors
 - Confined Space Harness
- Breathing Apparatus
 - Escape Sets
 - Working Sets
- Safety Lines
- Lighting
- Maintenance, Calibration, Certification Requirements for Equipment

Safe Systems of Works

- Supervision
- Competent Staff
- Risk Assessments
- Control Measures
- Emergency Plan
- Equipment
- Permit to Work
- Method Statements

Hygiene

- Infectious Diseases, PPE

Practical Exercise

- Based on Safe System of Work. Personal issue of equipment to all delegates. Exercise takes place in our own purpose built Confined Spaces Simulator Unit indoors at our training centre in Arklow.

Assessment

- Theory Questionnaire
- Practical Assessment

Course Review

- Questions/Answers

Course Duration

1 day

Number of Trainees

10 maximum per course

Certification

On successful completion of this course ASL Safety & Training will issue Certificates to each delegate, which are valid for 3 years.