



HFR SOLUTIONS

training today for a safer tomorrow



**Confined Space
High Risk**

CST01

**Confined
Space**

Course Overview

Provide an understanding of the multiple dangers of working in a **High Risk** confined space environment, where there may be a high potential of a **Specified Risk** been present at some point during the confined space work. The personnel will be able to identify difficult or non-standard entries, and identify higher risk hazards or activities, and the control measures required within a confined space. The course is a blend of theory and practical learning, working to National Occupational Standards and is designed to ensure personnel comply with the Confined Space Regulations 1997. Personnel will gain the skills and knowledge to work in a high risk confined space, operate a Safe System of Work, and carry out self and assisted rescue including use of Open Circuit, Self-Contained Breathing Apparatus and Escape Breathing Apparatus in a hazardous environment.

Course Syllabus

- Current Confined Space Legislation
- Recognition of confined spaces
- Dangers associated with these areas
- Hazardous atmospheres
- Use of multi gas monitors
- ATEX, intrinsically safe equipment
- Human respiratory system
- Risk Assessments
- Permits to Work
- Safe Systems of Work for entry into confined space
- Methods of communication
- Hygiene associated with confined spaces
- Use of Open Circuit, Self-Contained Breathing Apparatus
- Use of Self Contained **Escape** Breathing Apparatus
- Use of Safety Lines
- Emergency procedures
- Rescue and Recovery of casualties
- Course Assessment & Feedback

Duration 3 Days

Max number of delegates: 8

HFR Solutions CIC
www.hfrsolutions.co.uk
Tel: 01482 398521
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