



Aims

This course aims to provide delegates with the knowledge and practical skills to operate and control a medium risk confined space environment.

Who Attends

This course is for any delegate who must enter confined spaces that are not intended for continuous human occupancy. This could be to carry out work or perform maintenance in a confined space which has limited or restricted means of entry or exit. The course also covers the candidates to understand the entry controller's duties and responsibilities including, equipment checks and monitoring work teams to ensure correct health & safety procedures are followed.

Course Content

- Health and safety overview
- Environmental and health and safety legislation
- Identification of risks and their control
- Workplace safety
- Diseases contracted in confined spaces
- Hazardous atmospheres and gas monitoring
- The risk assessment process
- Operation of safe systems of work
- Use of permit to work control measures
- Personal Protective Equipment (PPE), pre-use inspection and safe operation (IP rated, intrinsically safe and ATEX approved)
- Fall arrest systems
- Safe entry/exit
- Emergency procedures
- Theoretical and practical training on escape breathing apparatus
- Implement procedures for teams working in confined space
- Understand standard protocols for work in confined space

Course Duration

This is a 2 day course.

Maximum Candidates

Maximum attendees: 12 candidates

Qualification Obtained

Delegates successfully completing the course will be awarded a City and Guilds (6160-09) Certificate valid for 3 years.

Entry Requirements

The minimum entry requirement is a good understanding of spoken and written English.

Additional Information

There may be a CITB Grant available to support the cost of training. Please see [Grants & Funding for Industry Support - CITB](#) or call 0344 994 4455
Sibbald Training are an Approved Training Organisation with CITB, and will make the claim on your behalf if your company levy number is provided at the time of booking (or you can make the claim later direct if this information is not available).