



# CS3

## Confined Space High Risk (incorporating self-contained breathing apparatuses)

### Ratio

6 students to 1 instructor

### Duration

3 days

### Overview

This course is aimed at people required to access confined spaces classified as high risk. These can be defined as confined spaces where there is a foreseeable risk from a significant hazard.

The training includes the use of respiratory protective equipment for access to confined spaces (positive pressure self contained breathing apparatus). The course covers the selection, use, inspection checks and management of working breathing apparatus, including duration calculations.

### Prerequisites

Candidates should be comfortable in confined spaces, physically fit and medically capable of using positive pressure breathing apparatus - contact us for more information on influencing conditions. Candidates with spectacles or facial hair should contact us for advice. This course is physically demanding.

### Who Should Attend

People who are required to work in confined spaces where a significant hazard may exist using positive pressure breathing apparatus. This module is not suitable training for the use of breathing apparatus in fire fighting, mining or diving operations.

### Course Objectives & Content

- Confined space legislation
- Definitions & recognition of confined space
- Confined space examples & categories
- Communications / emergency actions
- Control measures
- Safe system of work / PPE / permit to work
- Risk assessment / method statement
- Confined spaces personnel and teamwork
- Equipment characteristics and limitations
- Equipment maintenance and inspection requirements
- Working at height and suspension intolerance
- Vertical shaft entry and egress
- Access including detachment from recovery line
- Use of tripod / davit and retrieval winch
- Dangerous atmospheres
- Review of gas detection equipment
- Correct use of gas detector sampling techniques
- Use of full breathing apparatus
- Time duration calculations and board management of breathing apparatus users
- Operation in zero visibility
- Emergency procedures

### Certification

The successful delegates will receive a certificate valid for 2 years.

### Standards

Upon request, training conforms to the provisions established by applicable EN standards.