



CS1

Confined Space Low Risk

Ratio

6 students to 1 instructor

Duration

1 day

Overview

This course is aimed at people required to access confined spaces classified as low risk.

The training covers the essential legislation, working practices and safety requirements for safe entry to a confined space where the risk assessment has classified the space as low risk. The course also focuses on working as a team and the responsibilities of each team member.

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.

Prerequisites

Medically fit, comfortable in confined spaces and a reasonable level of fitness.

Who Should Attend

Employees who are required to access confined spaces classified as low risk.

Course Objectives & Content

- Confined space legislation
- Definitions & recognition of confined space
- Confined space examples & categories
- Confined space hazards
- 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
- Vertical shaft entry and egress (up to 3 metres)
- Use of tripod / davit and retrieval winch
- Correct use of gas detector sampling techniques
- Communications / emergency actions