

## **COURSE OVERVIEW**

This two day course provides personnel with a thorough understanding of the potential hazards and management controls required to carry out work in confined spaces safely.

The course combines classroom-based and practical learning, although the emphasis is on practical demonstrations and exercises using a purpose-built confined space training module.

### TARGET AUDIENCE

This program is designed for those who may be required to participate in the rescue of an incapacitated worker from within a confined Space.

### COURSE CONTENT

The syllabus focuses on:

- Legislation and Regulations
- Responsibilities
- Safe Systems of Work
- Confined Space Hazards
- Gases and Gas Monitoring
- Emergency Planning and Rescue
- Breathing Apparatus
- Pre-Use Equipment Checks
- Confined Space Rescue Techniques
- Pre-Rescue Assessment
- Emergency and Rescue Scenarios
- Team Safety and Communications
- Written Test (multiple choice)
- Practical Exercises and Demonstrations

### **COURSE DURATION**

2 Days

### REVALIDATION

Every two years

### TRAINING FACILITIES

2x Coffee Break, Lunch, Training Kit, Certificate, Souvenir

# **SEAL TRAINING CENTER**