



# HFR SOLUTIONS

*training today for a safer tomorrow*



**Confined Space  
Medium Risk**

**CST02**

**Confined  
Space**

## Course Overview

To give individuals a thorough understanding of the dangers of working in a **Medium Risk** confined space, where there may be a **Specified Risk** present. 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 medium risk confined space, operate a Safe System of Work, and carry out basic self and assisted rescue including use of 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
- Human respiratory system
- Risk Assessments
- Permits to Work
- Safe Systems of Work for entry into confined space
- Methods of communication
- Disease and personal hygiene associated with confined spaces
- Use of Self Contained Escape Breathing Apparatus
- Emergency procedures
- Rescue and Recovery of casualties
- Course Assessment & Feedback

**Duration:** 2 Day

**Max number of delegates:** 10

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