



HFR SOLUTIONS

training today for a safer tomorrow



**Confined Space
Low Risk**

CST03

**Confined
Space**

Course Overview

To assist individuals gain the skills and knowledge to understand the dangers of working in a low risk confined space environments, and to be able to operate a Safe System of Work under the Confined Space Regulations 1997. This predominantly theoretical training course will allow individuals to be competent to test a confined space atmosphere, select appropriate work equipment, and ensure emergency plans are in place prior to work commencing.

- Current Confined Space Legislation
- Recognition of confined spaces
- Dangers associated with these areas
- Hazardous atmospheres
- Use of multi gas monitors (theory + practical)
- Human respiratory system
- Use of correct PPE in confined space
- Risk Assessments
- Permits to Work
- Safe Systems of Work for entry into confined spaces
- Methods of communication
- Disease and personal hygiene associated with confined spaces
- Using and testing of confined space equipment under LOLER
- Emergency procedures
- Course Assessment & Feedback

Duration: 1 Day

Max number of delegates: 12