

Course Name:

Confined Spaces Awareness Training

Synopsis

A two-day Confined Spaces Awareness training course equips participants with the skills and knowledge to provide initial assistance to individuals experiencing Confined Spaces challenges or crises.

This course aims to :

- Increase awareness to participant on Confined Spaces
- Equip knowledge to participants on the core concepts of Confined Spaces management
- Practice correct technique Confined Spaces management at workplace

What You Will Learn

At end of training, participant will be able to:

- Understand the critical importance of Confined Spaces
- Define Confined Spaces and their implications.
- Recognize the role of human factors in the Confined Spaces

Who Should Attend

Apply to all levels of daily operation officer, executives, management and security officer

Prerequisite

N/A

Course Methodology

Presentation by trainer, scenario case discussion, practical group activities.

Course Duration

2 days- 9am - 5pm

Course Structure

Session 1: Introduction to Confined Spaces

- Definition and identification of confined spaces
- Potential hazards associated with confined spaces
- Legal requirements and standards for working in confined spaces

Session 2: Confined Space Hazards

- Physical hazards: entrapment, engulfment, and slips, trips, and falls
- Atmospheric hazards: toxic, flammable, and asphyxiant gases
- Biological hazards: bacteria, fungi, and viruses

Session 3: Risk Assessment and Control Measures

- Conducting a risk assessment for confined space entry
- Implementing control measures to mitigate risks
- Emergency response planning

Session 4: Confined Space Equipment

- Personal protective equipment (PPE) for confined space work
- Use and maintenance of gas detectors and ventilation equipment
- Communication systems and entry/exit equipment

Session 5: Permit to Work Systems

- Understanding permit-required confined spaces
- Components of a permit to work system
- Duties and responsibilities of authorized entrants, attendants, and supervisors

Session 6: Entry and Exit Procedures for Confined Spaces

- Pre-entry checks and procedures
- Safe entry and exit methods
- Continuous atmospheric monitoring strategies

Session 7: Working Safely in Confined Spaces

- Safe work practices and behaviors
- Communication protocols and teamwork
- Isolation and lockout/tagout procedures

Session 8: Emergency Procedures and Rescue Plans

- Recognizing signs and symptoms of exposure to hazards
- Procedures for self-rescue and non-entry rescue
- Roles of the rescue team and emergency services

Session 9: Case Studies and Incident Analysis

- Analysis of real-life incidents in confined spaces
- Lessons learned and best practice sharing
- Developing a proactive safety culture

Session 10: Assessment and Certification

- Written examination to assess knowledge
- Practical assessment of skills and competencies
- Certification and course feedback

This outline is structured to build upon the knowledge and skills progressively, ensuring that by the end of the training, participants have a thorough understanding of the risks associated with confined spaces and how to work safely within them.