

High Risk Confined Space (Skills Card)



At a glance...

Assessed Customised Provision

Duration Notes:

Delivery Method: Classroom and practical

Prerequisites: All attendees should bring their PPE with them – hard hats, goggles, overalls, gloves, hi-vis vests, and steel cap boots.

Introduction

This 3-day course covers safe working procedures, in accordance with the relevant legislation and statutory provisions for High Risk Confined Spaces. It also covers practical aspects including use of escape sets, breathing apparatus, gas monitors and high risk confined space entry.

Overview in brief

A high risk confined space is a space in which a specified risk cannot be eliminated or controlled to an acceptable level or where breathing apparatus is needed.

Performing any task in these spaces may involve complex entry procedures and it will require use of breathing apparatus.

The finer details

This High Risk Confined Space training is designed to enable delegates to understand and effectively comply with the relevant legislation and regulations associated with confined space working in high risk areas.

They will be trained to understand how to safely select, use, visually inspect and maintain confined space equipment including full working compressed air breathing apparatus, enter and work safely in high risk confined spaces and act on an emergency ensuring that arrangements are in place.





Who should attend?

This course is suitable for those working in the high-risk confined spaces.

What will be covered?

Day 1

- Course Introduction
- Legislation & Code of Practice
- Classifications of Confined Spaces
- Confined Space Hazards
- Gas and environment monitoring
- Confined Space Equipment

Day 2

- Recap of Day 1 learnings
- Safe Systems of Work
 - Risk Assessments & Method Statements
 - Safe Entry Procedure
 - Safe Working Procedures
 - Permit to Work System
 - Safe Exit Procedures
 - Emergency arrangements
 - Company/industry specific confined space policies and procedures
- Breathing Apparatus: pre-user checks, procedures, confidence wear, high-risk wear, and high-risk confined space entry.

Day 3

- Recap of Day 1 & Day 2 learning
- Breathing Apparatus – practical exercises
- Assessment: theory & practical.

Other areas of interest

- [+F First Aid \(Republic of Ireland only\)](#)
- [Applied Manual Handling](#)
- Confined Space Rescue & Recovery





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