

Confined Space Training Course, Low-Medium Risk (HXT-CS01) City & Guilds Accredited Programme

Course Overview

This course is designed to give you confidence and knowledge when working in Confined Spaces. It aims to help you recognise foreseeable risks, understand regulations and legislation, and have hands on experience with the specialist equipment used for Confined Space entry.

Is This Course Right For You?

- This course will provide learners with the skills to recognise confined spaces, understand regulations and the requirement for risk assessing, permits and method statement.
- They will complete a practical exercise using specialist equipment (breathing air escape sets) that maybe required for confined space entry.
- This course also includes additional top person duties.

What Certification Will You Achieve?

Successful candidates will achieve a City and Guilds certificate in Confined Space Training. The certificate of competence should be refreshed every 3 years.

How Is This Course Delivered?

Learning will come in a classroom environment in the form of trainer explanation, group discussions, videos, practical classroom exercises and will be broken up with breakout sessions. Team practical within a simulated confined space trailer unit. Assessment of learning will be a multiple choice delivered by paper.

Do You Need To Bring Anything With You?

- Safety boots
- Hard Hat
- Gloves

- Overalls/work clothes
- Knee pads (optional)

All other course materials will be provided by the trainer.

Duration

This is a 1-day course commencing at 10:00 hours, ending at no later than 16:00 hours, with a 60-minute Lunch break.

Outline Agenda

1. Understand what makes a space turn into a Confined Space
2. Recognise foreseeable risks
3. What products/equipment could change the environment
4. Confined Space Regulations
5. Water UK Guidance Notes
6. National Classifications, 1, 2, 3 & 4
7. Confined Space Roles & Responsibilities
8. Risk Assessing
9. Confined Space Permits to Work
10. Health & Hygiene
11. Selecting Equipment for Confined Space entry
12. Escape Set - Wearing & Inspecting
13. Gas Monitor Functions
14. Harness - Wearing & Inspecting
15. Safety Tripod - Using & Inspecting
16. Fall Arrest Winches - Using & Inspecting
17. Team Practical acting as Top Team
18. Team Practical acting as Entrants
19. Use of Escape Sets within a simulated Confined Space
20. Closing down the Confined Space job

Course Format

This course may be delivered in our Training Centre environments, or alternatively at customer premises subject to prearrangement.

If you would like to explore having this course delivered at your premises, please call us on 01909 666708, or email: training@hydro-x.co.uk for details.