



## CONFINED SPACE HIGH RISK

ON-SITE

2 DAYS OPEN CLASSROOM

### TRAINING 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. This expanded course also covers high risk confined spaces.

### COURSE AIMS

- To recognise confined spaces, understand regulations and the requirement for risk assessing, permits and method statement.
- How to inspect, put together and wear self-contained breather apparatus (SCBA)
- How to prepare for a high risk environment
- Know the difficulties of wearing SCBA
- Know how to select the correct equipment for the job
- How to inspect and use specialist equipment
- Up-to-date knowledge and practical knowledge for safe working in confined spaces
- Complete a practical exercise using specialist equipment (breathing air escape sets) that maybe required for confined space entry.
- This expanded course also provides learners with the skills and confidence to work safely in High Risk confined spaces by implementing relevant control measures.
- This course also includes additional top person duties.

### DURATION

2-day course classroom based commencing at 10:00 hours, ending at no later than 16:30 hours, with a 60-minute lunch break.

HXT-CS02

SHEFFIELD

**BOOK ONLINE  
TODAY**

Or speak to a  
member of our  
sales team



## LEARNING OUTCOMES

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. Recognise foreseeable risks within high risk environment.
18. Be clear of the differences between medium & high risk.
19. What products/equipment could change the environment now its deemed high risk.
20. Reminder of confined space regulations requirements
21. Understand ventilation
22. Understand gases and how to protect the entrant
23. Selecting a suitable worker
24. C.O.S.H.H.
25. Contamination
26. Rescue requirement for high risk confined spaces
27. Additional Topman duties
28. Breathing apparatus options
29. Self-contained Breathing Apparatus. (SCBA)
30. High/low pressure check
31. Donning procedure.
32. Doffing procedure.
33. Team Practical acting as Top Team.
34. Team practical acting as entrants wearing SCBA.
35. After use inspections.
36. Closing down the Confined Space job

## WHAT CERTIFICATION WILL YOU ACHIEVE?

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



# Hydro-X Training

Specialist Training Solutions

## 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?

- Photographic ID
- As the course has external practical elements, delegates are advised to bring outdoor protective clothing, such as: Safety boots, Hard hat, Gloves, Overalls or work clothes, Knee pads (optional)
- All other course material, such as a work book, will be provided by the trainer on the day.



## RELATED COURSES


Delegates undertaking this course may also be interested in the following City & Guilds and IOSH accredited training courses:



**HXT-APCS**

ON-SITE  
OPEN CLASSROOM


**AUTHORISED PERSON CONFINED SPACE**  
5 Days (Open Classroom)



**HXT-CS01**

ON-SITE  
OPEN CLASSROOM

**CONFINED SPACE LOW-MEDIUM RISK**  
1 Day (Open Classroom)



**HXT-CS03**

LIVE WEB-CONFERENCE

**CONFINED SPACE AWARENESS**  
3 Hours (Live Web-Conference)



**IOSH-MS**

ON-SITE LIVE WEB-CONFERENCE  
OPEN CLASSROOM


**IOSH MANAGING SAFELY**  
3 Days (Open Classroom)  
3 Days (Live Web-Conference)



**IOSH-WS**

ON-SITE LIVE WEB-CONFERENCE  
OPEN CLASSROOM

**IOSH WORKING SAFELY**  
1 Day (Open Classroom)  
1 Day (Live Web-Conference)



**IOSH-MSR**

ON-SITE LIVE WEB-CONFERENCE  
OPEN CLASSROOM

**IOSH MANAGING SAFELY REFRESHER**  
1 Day (Open Classroom)  
1 Day (Live Web-Conference)