

# Working in Low Risk Confined Spaces



## At a glance...

### Training (with Assessment)

Duration Notes:	2 days
Delivery Method:	Classroom and practical demonstration

### Introduction

Gain the knowledge and skills to work in low risk confined spaces safely, with our dedicated training course.

### Overview in brief

Confined spaces can be found across many places of work, whether they be in agriculture or on highways.

Equip yourself with the knowledge and understanding required to avoid danger to yourself and others.

You'll walk away with a certificate of competence to show your ability.

### The finer details

This is an integrated training and assessment course.

On this course, you'll cover the following sessions:

- Health, safety, environmental legislation and approved codes of practice for confined spaces
- Classification schemes for confined spaces – Identification
- Prepare to enter and work in low risk confined spaces
- Potential problems and exiting confined spaces
- Equipment and tools



- Lone working
- Dealing with emergencies.



### Who should attend?

Our course is suitable for anyone who works with, or may encounter, confined spaces within their place of work.

### What will be covered?

By the end of the training, you'll be able to:

- Prepare to enter and work safely in low risk confined spaces
- Enter and exit confined spaces safely
- Use equipment and tools safely and in accordance with manufacturers' instructions
- Follow procedures and work safely
- Deal with emergencies
- Work with others including lone working
- Use general knowledge for working in low risk confined spaces and their environments.

