



Course Start - Day 1

Course Introduction
(30 minutes)

- 1.1 Instructor Introduction
- 1.2 The Purpose of the Course
- 1.3 Course Requirements
- 1.4 Course Completion
- 1.5 Student Record

Understanding the Basics
(50 minutes)

- 2.1 Identifying Confined Spaces
- 2.2 Categories of Confined Space Hazards
- 2.3 Classification of Confined Spaces
- 2.4 Confined Space Entry
- 2.5 Respecting Confined Spaces

10 minute break

Confined Space Oversight
(45 minutes)

- 3.1 Regulatory Bodies
- 3.2 Standards Bodies
- 3.3 Safety Associations & Organizations
- 3.4 Company Program

Roles & Responsibilities
(45 minutes)

- 4.1 Conducting your Due Diligence
- 4.2 Employer & Management Team
- 4.3 Entry Supervisor
- 4.4 Attendant
- 4.5 Entrant
- 4.6 Rescuer

10 minute break

Controlling Hazards - Part I
(35 minutes)

- 5.1 Hierarchy of Controls
- 5.2 Common Types of Confined Space Hazards
- 5.3 Safety Data Sheets
- 5.4 Clothing & Apparel

45 minute break / lunch

Controlling Hazards - Part II
(15 minutes)

- 5.5 Fall Protection & Access Equipment

Workshop #1
Harness Fitting & Arrest Systems
(90 minutes)

- 8.1 Full Body Harnesses
 - types
 - spreader bar systems
 - bosun chairs
 - pre-use inspection
 - donning
 - partner checks
 - doffing
- 8.1 Vertical Access Systems
 - tripods
 - davits
 - access equipment / winches
 - fall protection systems / SRLs
 - pre-use inspection
 - set-up and usage

15 minute break

Controlling Hazards - Part III
(30 minutes)

- 5.6 Block Out the Sources
- 5.7 Respiratory Protection Equipment

Workshop #2
SCBA and Supplied Air Systems
(90 minutes)

- 8.2 Self-Contained Breathing Apparatus
 - components and terminology
 - cylinders
 - facepieces
 - pre-use inspection
 - donning
 - partner checks
 - doffing
- 8.2 Supplied Air Systems
 - mobile air carts
 - airline hose
 - pre-use inspection
 - set-up and usage
 - escape packs purpose & types



Course Start - Day 2

Controlling Hazards

- Part IV
(90 minutes)

- 5.8 Normalizing & Testing the Atmosphere
 - source contaminants
 - hazard atmosphere types
 - oxygen and human breathing
 - flammable/explosive atmospheres
 - hazardous atmospheres
 - inerting, purging, ventilation
 - atmospheric testing

Workshop #3

Atmospheric Testing
(30 minutes)

- 8.3 Gas Monitors
 - types
 - components
 - set-up and alarms
 - calibration and bump testing
 - usage

15 minute break

Controlling Hazards

- Part V
(30 minutes)

- 5.9 Bounding, Grounding & Humidification
- 5.10 Trenching & Shoring
- 5.11 Special Tools

Emergency Response

(30 minutes)

- 6.1 Emergency Response Requirement
- 6.2 Response Planning
- 6.3 Categories of Confined Space Rescue
- 6.4 Rescue Systems
- 6.5 Activating Emergency Response
- 6.6 Post Incident Protocols

Workshop #4

Non-Entry Rescue
(30 minutes)

- 8.4 Rescue Equipment
 - self-retracting lifelines retrieval winches
 - pre-use inspection
 - set-up
 - usage principles
 - rescuer safety

45 minute break / lunch

Working in the Confined Space

(40 minutes)

- 7.1 Phases of Working in Confined Space
- 7.2 Pre-Entry (Phase #1)
 - entry permit
 - field-level hazard assessment
 - atmospheric testing
 - communication
- 7.3 Entry & Working (Phase #2)
 - entrant tracking
 - maintaining controls & communications
 - restricting access
 - attendant assistant roles
- 7.4 Post Entry (Phase #3)
 - closing the permit
 - equipment care
 - record keeping
 - debriefing
 - incident investigation

10 minute break

Workshop #5

Entry Scenario
(130 minutes)

- 8.5 Students will be challenged to complete one or more scenarios to include all three phases of a working in a confined space.

10 minute break

Summary & Review

(50 minutes)

- 9.1 Key Learning Concepts
- 9.2 Review Questions