



CONFINED SPACES – ZGT21

Safe Entry/Escape



COURSE OVERVIEW

This is our core introduction to confined space access. It is designed to cover the legislation, working practices and safety requirements for access to all types of confined space, and includes the use of single stage vertical access systems (harnesses, winches and tripods to enter shafts or ladder ways). The course covers the use of escape breathing apparatus, gas detectors and communication systems.

Pre-requisites

Persons attending this course must be medically fit.

Who Should Attend?

This particular course embodies the skill and knowledge elements, as part of the requirement for candidates to become competent. All persons who are required to enter simple vertical-access confined spaces as part of their work, for example drains, sumps, shafts, trenches or silos.

COURSE OBJECTIVES AND CONTENT



- Introduction and course overview
- Legislation/ Definition of a 'Confined' space
- Risk Assessment and hazard identification
- Atmospheric hazards and gases
- Principles and use of gas detectors
- Safe systems of work & permits to work
- Methods of communication
- Care and use of PPE
- Access methods
- Emergency procedures
- Self rescue using escape breathing apparatus
- Assessments

Certification

All delegates receive a certificate valid for 3 years.

Course Ratio / Duration

8:1 (8 delegates to 1 instructor)

7 guided learning hours i.e. one day

**TO BOOK OR FOR MORE INFORMATION TEL: 01925 212144
or email us at: training@zerogravitysafety.co.uk**