

Competent Person Confined Spaces Refresher

📍 York, Slough, Livingston and On-site | 1 Day | [View Latest Price & Availability](#)

Course Overview:

This Competent Person Confined Spaces Refresher course involves the presence of one or more people, positioned outside the confined space, who have designated responsibilities for controlling the entry into the confined space. The practical element of this course may involve vertical entry using a ladder and fall arrest/recovery winch or man-riding winch. It can also involve horizontal entry, such as walking or climbing into the confined space or working away from the bottom of a vertical entry, with limited use of a rescue lines.

Who Is This Course For:

The course is aimed at operatives who may need to carry out competent person confined space refresher training. This requires the use of gas monitoring and may require the carrying of escape breathing apparatus (ie. foul and storm water sewerage systems). On completion of the course, delegates should be able to continue to operate in medium risk confined spaces, understand the risks that may be present or introduced and ensure that appropriate control measures are in place prior to entry.

Key Learning Areas:

- Overview of Health & Safety and the Confined Spaces Regulations
- Reminder of "What is a Confined Space?"
- Hazards associated with confined spaces
- Problem atmospheres (gases & gas monitoring)
- Safe systems of work
- Work team roles and duties
- First aid and medical considerations
- Typical confined space equipment and user checks
- User checks and assembly of Escape Breathing Apparatus (EBA)
- Practical entry exercise with gas monitor, harness, tripod and winch and EBA



📍 York Campus

Our head office is conveniently based at York Business Park on the outskirts of York city centre. This well-established training centre accommodates a number of practical assessment areas for a highly interactive and participative training experience, alongside large comfortable classrooms with amenities such as complimentary WiFi, and refreshments.

📍 Slough Campus

Our Slough centres are ideally situated on the Slough Trading Estate, with central London and Heathrow both less than 20 minutes away. The Malton Avenue centre covers 15,000 square feet and boasts over 7,000 square feet of practical assessment training space. As with our York centre, we provide large comfortable classrooms with amenities such as complimentary WiFi and refreshments.

📍 Livingston Campus

5 Deer Park Avenue, part of the Fairways Business Park was established as our Scottish training centre in 2022. This easily accessible centre (just off the M8) services our connections north of the border, as well as those in the north of England. It houses 4 newly refurbished classrooms, as well as practical training facilities for F-Gas handling, Low Voltage and Mechanical and Pressure Systems

On-Site and Remote Training Options

We recognise some of the commercial restraints which surround sending multiple members of a team on to training courses. There are also the financial implications of accommodation, travel and time away from site.

Some of the key benefits of on-site training include; Reduced down time, Dates to suit your team and Cost effective team training

Some of the key benefits of remote training include; Live tutor-led courses, Cost effective delivery and Reduced down time

The Importance of Practical Training

Our practical facilities showcase industry standard installations, enabling delegates to gain hands-on experience in a variety of settings, designed to mimic those found across the healthcare estate.

By attending either of our AP or CP courses, you will gain transferable skills and knowledge to be able to carry out your duties in-line with HTM Guidance and enable you to react effectively to emergency situations, should they arise.