

# COMPETENT PERSON CONFINED SPACES REFRESHER

CITY & GUILDS ACCREDITED (CPCSR)



## 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 Covered in This Course:

- 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

## Course Duration / Fees / Location:

1 day training course, £265+VAT per delegate. Available in On-site. Accommodation from £98+VAT (including DBB).