



# Confined Space Entry

COURSE CODE : ZMT-HSE-106

<b>COURSE OVERVIEW</b>	The Confined Space Entry Course is a comprehensive one-day program designed to provide participants with the knowledge, skills, and confidence to safely perform tasks in confined spaces. These spaces include manholes, shafts, chambers, excavations, duct systems, and tank cleaning or repair environments. This training ensures compliance with safety standards and enhances operational efficiency.
<b>TARGET AUDIENCE</b>	This course is tailored for: <ul style="list-style-type: none"> <li>• Line Managers</li> <li>• Supervisors</li> <li>• Manhole Watchers</li> <li>• Personnel managing or performing tasks in confined spaces</li> </ul>
<b>COURSE OBJECTIVES</b>	Participants will learn: <ul style="list-style-type: none"> <li>• Understand current legislation and regulations for confined space entry</li> <li>• Recognize different types of confined spaces and their associated hazards</li> <li>• Test and monitor atmospheres within confined spaces</li> <li>• Implement effective control measures to minimize risks</li> <li>• Safely use and maintain breathing apparatus (BA)</li> </ul>
<b>COURSE CONTENTS</b>	<ol style="list-style-type: none"> <li>1. Introduction</li> <li>2. Definitions and Types of Confined Spaces</li> <li>3. Permit to Work (PTW) Requirements and Legal Standards</li> <li>4. Identifying Hazards in Confined Spaces: <ul style="list-style-type: none"> <li>• Hydrogen Sulfide (H<sub>2</sub>S)</li> <li>• Oxygen Deficiency</li> <li>• Oxygen Enrichment</li> <li>• Carbon Monoxide (CO)</li> <li>• Flammable and Toxic Atmospheres</li> </ul> </li> <li>5. Atmosphere Testing and Ventilation</li> <li>6. Using and Maintaining Respirators</li> <li>7. Preparation for Confined Space Entry</li> <li>8. Emergency Rescue Procedures</li> <li>9. Roles and Responsibilities of Operatives and Standby/Rescue Personnel</li> <li>10. Practical Session: <ul style="list-style-type: none"> <li>• Atmosphere Testing</li> <li>• Donning and Doffing of Self-Contained Breathing Apparatus (SCBA)</li> </ul> </li> </ol>
<b>DELIVERY MODE</b>	The course utilizes a combination of, Facilitator-led presentations Group discussions Skill-building exercises Practical role-playing activities.
<b>DURATION</b>	1 Day
<b>ASSESSMENT CRITERIA</b>	Participants will undergo practical and theoretical evaluations to assess their understanding and competency in confined space entry procedures and equipment usage.