



Confined Space Rescue

COURSE CODE : ZMT-HSE-107

COURSE OVERVIEW	The Confined Space Rescue Training is a comprehensive one-day course designed to equip participants with the skills, knowledge, and confidence to conduct safe and effective rescues from confined spaces. The course covers rescue procedures, prompt evacuation, and the use of specialized equipment for spaces like manholes, shafts, chambers, excavations, duct systems, and tanks.
TARGET AUDIENCE	This course is tailored for: <ul style="list-style-type: none"> • Line Managers • Supervisors • Individuals involved in designing, developing, and managing rescue procedures for confined space work activities.
COURSE OBJECTIVES	Participants will learn: <ul style="list-style-type: none"> • Understand local legislation and regulatory requirements for confined space work. • Identify and mitigate hazards associated with confined spaces. • Learn and implement effective rescue procedures to reduce potential risks. • Gain practical knowledge of breathing apparatus (BA) usage and maintenance. • Master the application of various rescue apparatus and methods.
COURSE CONTENTS	<ol style="list-style-type: none"> 1. Introduction to Confined Space Rescue 2. Definitions and Types of Confined Spaces 3. Permit-to-Work (PTW) Requirements and Legal Standards 4. Hazards Within Confined Spaces: <ul style="list-style-type: none"> • Hydrogen Sulfide (H₂S) • Oxygen Deficiency and Enrichment • Carbon Monoxide • Flammable and Toxic Atmospheres 5. Atmospheric Testing and Monitoring 6. Ventilation Requirements 7. Entry Preparation and Rescue Arrangements 8. Emergency Rescue Apparatus 9. Rescue Techniques: <ul style="list-style-type: none"> • Summoning Techniques • Difference Between Rescuer and Would-Be Rescuer • Standby/Rescue Operations 10. Practical Sessions: <ul style="list-style-type: none"> • Physical Rescue Demonstration (using dummy). • Hands-on Use of Rescue Apparatus.
DELIVERY MODE	The course utilizes a combination of, Facilitator-led presentations Group discussions Skill-building exercises Practical role-playing activities.
DURATION	1 Day
ASSESSMENT CRITERIA	Participants will complete both practical and theoretical assessments to demonstrate their understanding of: <ul style="list-style-type: none"> • Hazard identification in confined spaces.



	<ul style="list-style-type: none">• Effective use of rescue equipment and procedures.• Compliance with safety standards and regulations.
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