



# Manhole Watcher

COURSE CODE : ZMT-HSE-122

<b>COURSE OVERVIEW</b>	The <b>Manhole Watcher Training Course</b> is a comprehensive one-day program designed to equip participants with the skills, knowledge, and confidence to work as a <b>Manhole Watcher</b> or <b>Top Man</b> . The course covers essential procedures for confined spaces, including manholes, shafts, chambers, excavations, duct systems, and tanks, ensuring compliance with safety regulations and promoting workplace safety.
<b>TARGET AUDIENCE</b>	This course is tailored for: <ul style="list-style-type: none"> <li>Line Managers</li> <li>Supervisors</li> <li>Individuals involved in designing, developing, or managing confined space work activities.</li> </ul>
<b>COURSE OBJECTIVES</b>	Participants will learn: <ul style="list-style-type: none"> <li>Gain an understanding of <b>local legislation</b> and <b>confined space safety requirements</b>.</li> <li>Recognize the types of confined spaces and associated hazards.</li> <li>Implement <b>rescue procedures</b> to mitigate risks during confined space work.</li> <li>Learn the proper use and maintenance of <b>breathing apparatus (BA)</b>.</li> <li>Master the duties and responsibilities of a <b>Manhole Watcher</b> for safe and efficient confined space operations.</li> </ul>
<b>COURSE CONTENTS</b>	<ol style="list-style-type: none"> <li>Introduction to Confined Space Safety</li> <li>Definitions and Types of Confined Spaces</li> <li>Permit-to-Work (PTW) Requirements and Legal Standards</li> <li>Hazards in Confined Spaces: <ul style="list-style-type: none"> <li>Hazard Identification and Risk Assessment (HIRA)</li> <li>Ventilation Methods: Local Exhaust Ventilation (LEV) and Dilution Ventilation</li> </ul> </li> <li>Confined Space Entry Preparation</li> <li>Roles and Responsibilities of a Manhole Watcher</li> <li>Emergency Rescue Apparatus: <ul style="list-style-type: none"> <li>Usage and Maintenance</li> </ul> </li> <li>Rescue Procedures: <ul style="list-style-type: none"> <li>Summon Techniques for Standby and Rescue</li> <li>Difference Between Rescuer and Would-Be Rescuer</li> </ul> </li> <li>Practical Sessions: <ul style="list-style-type: none"> <li>Physical Rescue Demonstration Using Dummy</li> <li>Hands-on Use of Rescue Equipment</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 complete both practical and theoretical assessments to demonstrate their understanding of: <ul style="list-style-type: none"> <li>Familiarity with confined space procedures.</li> <li>Ability to identify hazards and implement effective rescue techniques.</li> </ul>



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|  | <ul style="list-style-type: none"><li>• Competence in using and maintaining emergency rescue apparatus.</li></ul> |
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