



## Course Start - Day 1

### Course Introduction

(30 minutes)

- 1.1 Instructor Introduction
- 1.2 The Purpose of the Course
- 1.3 Course Requirements
- 1.4 Course Completion
- 1.5 Student Record

### Understanding the Basics

(50 minutes)

- 2.1 Identifying Confined Spaces
- 2.2 Categories of Confined Space Hazards
- 2.3 Classification of Confined Spaces
- 2.4 Confined Space Entry
- 2.5 Respecting Confined Spaces

### Confined Space Oversight

(25 minutes)

- 3.1 Regulatory Bodies
- 3.2 Standards Bodies
- 3.3 Safety Associations & Organizations
- 3.4 Company Program

## 15 minute break

### Roles & Responsibilities

(25 minutes)

- 4.1 Conducting your Due Diligence
- 4.2 Employer & Management Team
- 4.3 Entry Supervisor
- 4.4 Attendant
- 4.5 Entrant
- 4.6 Rescuer

### Controlling Hazards

- Part I

(95 minutes)

- 5.1 Hierarchy of Controls
- 5.2 Common Types of Confined Space Hazards
- 5.3 Safety Data Sheets
- 5.4 Clothing & Apparel
- 5.5 Block Out the Sources
- 5.6 Fall Protection & Access Equipment

### Skills Development Session

#### Fall Protection & Access Equipment

- Students will perform a pre-use inspection and donning of a full body harness.
- Students will complete the pre-use inspection and set-up of a vertical access system used for confined space entry.

## 45 minute break / lunch

### Controlling Hazards

- Part II

(105 minutes)

- 5.7 Respiratory Protection Equipment
- 5.8 Normalizing & Testing the Atmosphere
  - source contaminants
  - hazard atmosphere types
  - oxygen and human breathing
  - flammable/explosive atmospheres
  - hazardous atmospheres
  - inerting, purging, ventilation
  - atmospheric testing
- 5.9 Bounding, Grounding & Humidification
- 5.10 Trenching & Shoring
- 5.11 Special Tools

## 10 minute break

### Emergency Response

(25 minutes)

- 6.1 Emergency Response Requirement
- 6.2 Response Planning
- 6.3 Categories of Confined Space Rescue
- 6.4 Rescue Systems
- 6.5 Activating Emergency Response
- 6.6 Non-Entry Rescue

### Working in the Confined Space

(30 minutes)

- 7.1 Phases of Working in Confined Space
- 7.2 Pre-Entry (Phase #1)
  - entry permit
  - field-level hazard assessment
  - atmospheric testing
  - communication
- 7.3 Entry & Working (Phase #2)
  - entrant tracking
  - maintaining controls and comms
  - restricting access
  - attendant assistant roles
- 7.4 Post Entry (Phase #3)
  - closing the permit
  - equipment care
  - record keeping
  - debriefing
  - incident investigation

## 10 minute break

### Summary & Review

(45 minutes)

- 8.1 Key Learning Concepts
- 8.2 Review Questions