



**Title: CS1 -Confined Space Entry with Escape Breathing Apparatus and Self Rescue Procedures.**

**Overview** The following course is designed for companies and their staff that will be entering areas that will be classified as confined spaces and where there may be a risk to lives or serious injuries. This course will cover the Confined Space Regulations 1997 in detail and the aim of this course will be to provide awareness of a safe working environment within a confined space, to make staff aware of procedures to ensure a safe entry and exit into a confined space and to have emergency procedures in place in the event of an emergency arising whilst operators are working in the confined space.

## Course Information

A course for any person who needs to develop the essential underpinning skills and knowledge required to plan, enter, work and exit confined spaces including via a vertical shaft and where escape breathing apparatus is a part of the planned means of self rescue.

The course will cover:

- The Confined Spaces Regulations 1997
- Personal protection and hygiene requirements
- Risk assessing residual hazards
- Types of gaseous atmosphere, portable gas monitoring equipment and its use
- The use of harness, tripod, fablock/winch, fall arrest and safety lines
- The use of escape breathing apparatus and self rescue procedures
- Safe entry working and exit procedures at confined spaces
- Question paper
- Knowledge and skill exercises for planning, permits, entering, working and exiting confined spaces using escape breathing apparatus as a part of the planned means for self rescue.

**Duration:** 1 Day

**Candidates:** Maximum 10 per course

**Requirements:** Physically fit

**Delivery:** Teaching Classroom (PowerPoint, Handouts, Videos) Practical (Demonstrations, Hands On)

**Assessment:** Theory and Practical - Certification valid for 36 months

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