

Day 1

Lesson	Time (mins)	Theory (T) Practical (P) Discussion (D)	Subject
1	20 mins	T	Introductions
2	140 mins	T / D	Use appropriate knowledge for working in high risk confined spaces Apply industry specific knowledge for working in high risk confined spaces
3	320 mins		Prepare and use appropriate respiratory equipment RPE for working (and escape) purposes in accordance with manufacturers specifications Practical wearing session also included in this lesson

Day 2

Lesson	Time (mins)	Theory (T) Practical (P) Discussion (D)	Subject
4	80 mins		Prepare to enter and work safely in high risk confined spaces Enter and exit confined spaces safely Follow procedures and work safely
5	20 mins	T / P / D	Use equipment and tools safely and in accordance with manufacturers' instructions
6	60 mins	T / P / D	Prepare and use escape breathing apparatus in accordance with manufacturer's instructions (Working in medium risk confined spaces learning outcome)
7	50 mins	T / P / D	Deal with emergencies Use appropriate behaviour for working in high risk confined spaces
	270 mins		Prepare and use appropriate respiratory equipment RPE for working (and escape) purposes in accordance with manufacturers specifications Practical wearing session also included in this lesson

Day 3

Lesson	Time (mins)	Theory (T) Practical (P) Discussion (D)	Subject
10	280 mins	P / D	Practical session on checking and using equipment including RPE for entry into confined spaces PRACTICAL WEARING SESSION 3 (Wearing OCBA and relevant equipment to enter and work safely in confined space)
11	180 mins	T / P	Written and practical assessments
	20 mins	D	End of course evaluation
End of course			