

Lesson	Time	Theory (T) Practical (P) Discussion (D)	Subject
1	20 mins	T	Introductions
2	80 mins	T / D	Confined spaces and their environments Low risk working environment; confined spaces and their environments
3	160 mins	T / P / D	<ul style="list-style-type: none"> • Prepare to enter and work safely in low risk confined spaces • Enter and exit confined spaces safely • Follow procedures and work safely • Working with others • Use equipment and tools safely and in accordance with manufacturers' instructions
4	20 mins	T / D	Deal with emergencies
	150 mins	T / P	Written and practical assessments
	50 mins	D	End of course evaluation
End of Course			