

DAY 1

Lesson	Time	Theory (T) Practical (P) Discussion (D)	Subject
	20 mins	T / D	<ul style="list-style-type: none"> • Introductions • Course administration • Registration • Suitability of candidates • Course content • Assessment
1	90 mins	T / P / D	<p>Legislative requirements for confined spaces</p> <ul style="list-style-type: none"> • Definition of Confined space • Specified risks • Overview of confined spaces legislation • Identification of confined spaces • Examples of confined spaces • Confined spaces triangle • “Life cycle” of a confined space • Confined Space Classification
2	70 mins	T / P / D	<p>Confined space hazard identification and their controls</p> <ul style="list-style-type: none"> • Hazards (Indigenous and imported) associated with confined space working • “Competent person” appointed to undertake confined space risk assessments • Risk assessing confined spaces • Determining suitable controls
3	60 mins	T/D	<p>Developing an effective SSoW</p> <ul style="list-style-type: none"> • Developing a method statement • Permit to work system • Emergency arrangements
4	60 mins	T / P / D	<p>Atmosphere monitoring</p> <ul style="list-style-type: none"> • The atmosphere • Specific Gravity • Barometric pressure • Oxygen depletion / enrichment • Substances that contribute to oxygen depletion • Gases produced / found in confined spaces • Methods of detection • Gas monitors

Lesson	Time	Theory (T) Practical (P) Discussion (D)	Subject
5	60 mins		Equipment commonly used in confined spaces <ul style="list-style-type: none"> • Ventilation systems • Access equipment • Safety harness • Communications • Breathing apparatus / escape sets
6	30 mins	T / D	Training and competence <ul style="list-style-type: none"> • Suitability for work in confined spaces • Competences required for job roles • Checking competences of staff including BA wearers • Giving an effective team briefing
	20 mins	T / D	End of course evaluation
End of Day 1			

DAY 2

Lesson	Time	Theory (T) Practical (P) Discussion (D)	Subject
	20 mins	T / D	Review of day 1
1	390 mins	T / P / D	Developing a SSoW for a confined space Identifying confined space <ul style="list-style-type: none"> • Risk assessing confined space • Method statement • Permit to work • Emergency arrangements
End of Day 2			