

### DAY 1

Lesson	Time	Theory (T) Practical (P) Discussion (D)	Subject
1	20 mins		Introduction
2	140 mins	T / D	Use appropriate knowledge for working in medium risk confined spaces Apply industry standards for working in medium risk confined spaces
3	250 mins	T / P / D	Prepare to work safely in medium risk confined spaces Enter and exit confined spaces safely Follow procedures and work safely
4	20 mins	T / P / D	Use equipment and tools safely and in accordance with manufacturers' instructions
5	50 mins	T / P / D	Deal with emergencies Use appropriate behaviour for working in medium risk confined spaces in the water industry

### DAY 2

Lesson	Time	Theory (T) Practical (P) Discussion (D)	Subject
6	60 mins	T / P / D	Prepare and use appropriate respiratory protective equipment for escape breathing apparatus in accordance with manufacturers' specifications
7	200 mins	P / D	Practical session on checking and using equipment for entry into confined spaces
8	180 mins	T / P	Written and practical assessments
9	40 mins	D	End of course evaluation
<b>End of Course</b>			