

Lesson	Time (mins)	Theory (T) Practical (P) Discussion (D)	Subject
1	30 mins	T / D	Introductions
2	100	T / P / D	<p>Use appropriate knowledge for working in medium risk confined spaces</p> <p>Apply industry standards for working in medium risk confined spaces</p> <ul style="list-style-type: none"> • Definition of confined space • Specified risks • Classification schemes for confined spaces • Relevant Legislation / preventing the need for entry • Hazards associated with confined spaces and controls <p>Paperwork associated with confined spaces</p>
15 mins break			
3	60	T / P / D	<p>Prepare to work safely in medium risk confined space</p> <p>Use equipment and tools safely and in accordance with manufacturers' instructions</p> <p>Enter and exit confined spaces safely</p> <p>Follow procedures and work safely</p> <ul style="list-style-type: none"> • Authorisations • Understand entry procedures / methods of working suitable to medium risk confined spaces (including local site procedures) • Role and responsibilities within team (as individual and team member) • Isolation of services • How ventilation systems work / are used • Check equipment before entry (including fully charged) • Set up access equipment, enter and exit in line with procedures (hoists and safety lines) • Check atmospheric conditions are safe • Communication methods, test, set up / use communications • Controlling access (people / vehicles) • Confirming team members roles / are in place • Working as a member of team • Procedures for monitoring environment and work • Monitor equipment in place / monitor atmosphere / respond to results

Lesson	Time (mins)	Theory (T) Practical (P) Discussion (D)	Subject
3 Cont .		T / P / D	<ul style="list-style-type: none"> • Procedure for dealing with injuries (personnel and public) • Work activity, equipment and environment; reporting problems • Close down make work area safe at end of work • Identifying / resolving problems prior to entry / at work (with designated persons); Reporting system used (where reports deposited)
4	30		<p>Prepare and use appropriate respiratory protective equipment for escape breathing apparatus in accordance with manufacturers' specifications</p> <p>Deal with emergencies Use appropriate behaviour for working in medium risk confined spaces in the water industry</p> <ul style="list-style-type: none"> • Procedures for carrying and using escape sets • Examine escape set prior to starting • Deal with defective escape set • Don escape set in an emergency • After use checks on escape set after exiting confined space • How emergencies arise • Roles and responsibilities for dealing with an emergency
30 mins lunch break			
5	60		Practical session on using equipment and entering confined space
15 mins Break			
	140	T / P	Written and practical assessments
	10	D	End of course evaluation
End of Course			