**Confined Space Entry Curriculum**

Location: Rated Cranes and Scaffold CSE Training Simulator Center

Booking: Book and Pay Online

Company Bookings: [training@ratedcranesandscaffold.com](mailto:training@ratedcranesandscaffold.com) 08081525049/ 09040849897

Schedule: Training Starts Every Monday

**1. Confined Space Entry – Level 1**

* **Target Audience:** Workers entering low-risk confined spaces
* **Duration:** 1 day (8 hours)
* **Accrediting Bodies:** NSC, IIRSM, AOSH
* **Learning Objectives:**
  + Understand the basics of confined space hazards and safe entry procedures for low-risk environments.
  + Learn to use personal protective equipment (PPE) and follow safety protocols.
  + Develop skills for safe entry, exit, and emergency response.
* **Curriculum Outline:**
  + **Introduction (1 hour):**
    - Overview of confined spaces and low-risk classification.
    - Legal requirements and responsibilities (e.g., OSHA, HSE standards).
  + **Hazards Identification (1.5 hours):**
    - Common hazards in low-risk confined spaces (e.g., poor air quality, limited access).
    - Risk assessment basics.
  + **Safe Work Practices (2 hours):**
    - PPE usage (e.g., harnesses, helmets, gloves).
    - Safe entry and exit procedures.
    - Communication methods in confined spaces.
  + **Practical Exercise (2 hours):**
    - Simulated entry into a low-risk confined space using PPE.
    - Emergency evacuation drill.
  + **Assessment (1.5 hours):**
    - Written test on hazards and safety procedures (30 minutes).
    - Practical assessment of safe entry and exit (1 hour).
* **Certification:** Upon successful completion, participants receive the **NSC Confined Space Entry – Level 1 Certificate**, **IIRSM Level 1 Confined Space Entry Accreditation**, and **AOSH Low-Risk Confined Space Entry Award**.

**2. Confined Space Entry – Level 2**

* **Target Audience:** Workers entering medium-risk confined spaces
* **Duration:** 2 days (16 hours)
* **Accrediting Bodies:** NSC, IIRSM, AOSH
* **Learning Objectives:**
  + Gain in-depth knowledge of medium-risk confined space hazards and safety measures.
  + Develop skills to use gas detection equipment and breathing apparatus.
  + Prepare for emergencies and understand rescue procedures.
* **Curriculum Outline:**
  + **Day 1:**
    - **Introduction and Legal Framework (2 hours):**
      * Definition of medium-risk confined spaces.
      * Regulatory requirements (e.g., OSHA 1910.146).
    - **Hazards and Risk Assessment (3 hours):**
      * Identifying hazards (e.g., toxic gases, oxygen deficiency).
      * Conducting risk assessments and mitigation strategies.
    - **Equipment and PPE (3 hours):**
      * Use of gas detectors, tripods, and harnesses.
      * Introduction to breathing apparatus (if applicable).
  + **Day 2:**
    - **Safe Entry Procedures (3 hours):**
      * Permit-to-work system overview.
      * Entry and exit protocols for medium-risk spaces.
    - **Emergency Procedures (3 hours):**
      * Emergency response planning.
      * Basic rescue techniques (non-entry rescue).
    - **Practical Exercise and Assessment (4 hours):**
      * Simulated entry into a medium-risk confined space with gas monitoring.
      * Written test (1 hour) and practical assessment (3 hours) on entry, monitoring, and emergency response.
* **Certification:** Participants receive the **NSC Confined Space Entry – Level 2 Certificate**, **IIRSM Level 2 Confined Space Entry Accreditation**, and **AOSH Medium-Risk Confined Space Entry Award**.

**3. Confined Space Supervisor**

* **Target Audience:** Supervisors overseeing confined space work
* **Duration:** 1 day (8 hours)
* **Accrediting Bodies:** NSC, IIRSM, AOSH
* **Learning Objectives:**
  + Understand the responsibilities of a confined space supervisor.
  + Learn to manage risks, oversee safe entry, and ensure compliance.
  + Develop skills to coordinate emergency responses.
* **Curriculum Outline:**
  + **Role of a Supervisor (2 hours):**
    - Legal duties and responsibilities.
    - Overview of confined space classifications.
  + **Risk Management (2 hours):**
    - Conducting risk assessments for confined space work.
    - Developing safe systems of work.
  + **Supervision and Emergency Planning (2 hours):**
    - Monitoring entry teams and ensuring compliance with permits.
    - Coordinating with rescue teams.
  + **Assessment (2 hours):**
    - Case study: Develop a confined space entry plan (1 hour).
    - Written test on supervisory responsibilities and risk management (1 hour).
* **Certification:** Participants receive the **NSC Confined Space Supervisor Certificate**, **IIRSM Confined Space Supervisor Accreditation**, and **AOSH Confined Space Supervisor Award**.

**4. Confined Space Rescue Team Member**

* **Target Audience:** Rescue team members in confined spaces
* **Duration:** 2 days (16 hours)
* **Accrediting Bodies:** NSC, IIRSM, AOSH
* **Learning Objectives:**
  + Learn rescue techniques for confined space emergencies.
  + Gain proficiency in using rescue equipment and breathing apparatus.
  + Understand team dynamics and communication during rescues.
* **Curriculum Outline:**
  + **Day 1:**
    - **Introduction to Confined Space Rescue (2 hours):**
      * Types of confined space emergencies.
      * Roles and responsibilities of rescue team members.
    - **Rescue Equipment and Techniques (4 hours):**
      * Use of tripods, winches, and harnesses.
      * Breathing apparatus and PPE for rescue operations.
    - **Team Dynamics (2 hours):**
      * Communication and coordination in high-stress environments.
  + **Day 2:**
    - **Practical Rescue Scenarios (5 hours):**
      * Simulated rescue in a confined space (e.g., retrieving an incapacitated worker).
      * Use of breathing apparatus during rescue.
    - **Assessment (3 hours):**
      * Practical assessment of rescue techniques (2 hours).
      * Written test on rescue procedures and safety protocols (1 hour).
* **Certification:** Participants receive the **NSC Confined Space Rescue Team Member Certificate**, **IIRSM Confined Space Rescue Member Accreditation**, and **AOSH Confined Space Rescue Team Member Award**.

**5. Confined Space Rescue Team Leader**

* **Target Audience:** Leaders of confined space rescue teams
* **Duration:** 2 days (16 hours)
* **Accrediting Bodies:** NSC, IIRSM, AOSH
* **Learning Objectives:**
  + Develop leadership skills for managing confined space rescue operations.
  + Learn advanced rescue techniques and decision-making under pressure.
  + Ensure team safety and compliance with regulations.
* **Curriculum Outline:**
  + **Day 1:**
    - **Leadership in Rescue Operations (3 hours):**
      * Role of a rescue team leader.
      * Legal and safety responsibilities.
    - **Advanced Rescue Techniques (3 hours):**
      * Planning and executing complex rescues.
      * Use of advanced equipment (e.g., mechanical advantage systems).
    - **Team Management (2 hours):**
      * Assigning roles and ensuring team preparedness.
  + **Day 2:**
    - **Practical Scenarios (5 hours):**
      * Lead a simulated rescue operation in a confined space.
      * Manage team communication and safety protocols.
    - **Assessment (3 hours):**
      * Practical assessment of leadership during a rescue (2 hours).
      * Written test on rescue planning and regulations (1 hour).
* **Certification:** Participants receive the **NSC Confined Space Rescue Team Leader Certificate**, **IIRSM Confined Space Rescue Leader Accreditation**, and **AOSH Confined Space Rescue Team Leader Award**.

**6. Confined Space Entry Controller/Fire Watch**

* **Target Audience:** Personnel controlling access to confined spaces
* **Duration:** 2 days (16 hours)
* **Accrediting Bodies:** NSC, IIRSM, AOSH
* **Learning Objectives:**
  + Learn to control access to confined spaces and monitor safety conditions.
  + Understand fire watch duties and emergency response protocols.
  + Develop skills in communication and record-keeping.
* **Curriculum Outline:**
  + **Day 1:**
    - **Role of Entry Controller/Fire Watch (3 hours):**
      * Responsibilities and legal requirements.
      * Confined space entry permits and documentation.
    - **Monitoring and Safety (3 hours):**
      * Gas testing and atmospheric monitoring.
      * Identifying fire hazards and prevention techniques.
    - **Emergency Procedures (2 hours):**
      * Response to confined space emergencies.
  + **Day 2:**
    - **Practical Training (4 hours):**
      * Simulate access control and fire watch duties at a confined space entry point.
      * Conduct gas monitoring and log entries.
    - **Assessment (4 hours):**
      * Practical assessment of access control and fire watch duties (2 hours).
      * Written test on safety protocols and emergency response (2 hours).
* **Certification:** Participants receive the **NSC Confined Space Entry Controller/Fire Watch Certificate**, **IIRSM Entry Controller/Fire Watch Accreditation**, and **AOSH Confined Space Entry Controller Award**.

**7. Confined Space Hazard Awareness Management**

* **Target Audience:** General staff and safety officers
* **Duration:** 1 day (8 hours)
* **Accrediting Bodies:** NSC, IIRSM, AOSH
* **Learning Objectives:**
  + Raise awareness of confined space hazards and safety practices.
  + Understand the importance of risk assessments and controls.
  + Learn to promote a safety culture in the workplace.
* **Curriculum Outline:**
  + **Introduction to Confined Spaces (2 hours):**
    - Definition and classification of confined spaces.
    - Common hazards and case studies.
  + **Risk Management (3 hours):**
    - Conducting hazard assessments.
    - Implementing control measures (e.g., ventilation, PPE).
  + **Safety Culture (1 hour):**
    - Promoting awareness and reporting hazards.
  + **Assessment (2 hours):**
    - Written test on hazard awareness and safety measures (1 hour).
    - Group discussion: Develop a hazard awareness plan (1 hour).
* **Certification:** Participants receive the **NSC Confined Space Hazard Awareness Certificate**, **IIRSM Hazard Awareness Management Accreditation**, and **AOSH Confined Space Safety Awareness Award**.

**8. Confined Space Gas Testing, Calibration, and Bump Testing**

* **Target Audience:** Workers conducting gas tests in confined spaces
* **Duration:** 1 day (8 hours)
* **Accrediting Bodies:** NSC, IIRSM, AOSH
* **Learning Objectives:**
  + Learn to use, calibrate, and bump test gas detection equipment.
  + Understand atmospheric hazards in confined spaces.
  + Ensure accurate monitoring for safe entry.
* **Curriculum Outline:**
  + **Gas Testing Fundamentals (2 hours):**
    - Types of atmospheric hazards (e.g., oxygen deficiency, toxic gases).
    - Overview of gas detection equipment.
  + **Equipment Use and Calibration (3 hours):**
    - Calibration and bump testing procedures.
    - Interpreting gas test results.
  + **Practical Exercise (1.5 hours):**
    - Conduct gas tests in a simulated confined space.
  + **Assessment (1.5 hours):**
    - Practical assessment of gas testing and calibration (1 hour).
    - Written test on atmospheric hazards and equipment use (30 minutes).
* **Certification:** Participants receive the **NSC Confined Space Gas Testing Certificate**, **IIRSM Gas Testing Accreditation**, and **AOSH Confined Space Gas Testing Award**.

**9. Confined Space First Aid**

* **Target Audience:** First aiders in confined space environments
* **Duration:** 1 day (8 hours)
* **Accrediting Bodies:** NSC, IIRSM, AOSH
* **Learning Objectives:**
  + Learn first aid techniques specific to confined space emergencies.
  + Understand how to respond to injuries in restricted environments.
  + Develop skills to stabilize casualties until rescue arrives.
* **Curriculum Outline:**
  + **First Aid Basics (2 hours):**
    - CPR and AED use in confined spaces.
    - Managing respiratory emergencies (e.g., hypoxia).
  + **Confined Space Injuries (2 hours):**
    - Treating injuries common in confined spaces (e.g., falls, chemical exposure).
  + **Practical Training (2 hours):**
    - Simulate first aid response in a confined space scenario.
  + **Assessment (2 hours):**
    - Practical assessment of first aid techniques (1 hour).
    - Written test on confined space first aid protocols (1 hour).
* **Certification:** Participants receive the **NSC Confined Space First Aid Certificate**, **IIRSM Confined Space First Aid Accreditation**, and **AOSH Confined Space First Aid Award**.

**10. Confined Space Permit-to-Work (PTW) System**

* **Target Audience:** Supervisors and safety officers
* **Duration:** 1 day (8 hours)
* **Accrediting Bodies:** NSC, IIRSM, AOSH
* **Learning Objectives:**
  + Understand the PTW system for confined space work.
  + Learn to issue, manage, and close permits effectively.
  + Ensure compliance with safety regulations.
* **Curriculum Outline:**
  + **Introduction to PTW Systems (2 hours):**
    - Purpose and importance of PTW in confined spaces.
    - Legal requirements and best practices.
  + **Issuing and Managing Permits (3 hours):**
    - Steps to issue a PTW (e.g., risk assessment, control measures).
    - Monitoring compliance and closing permits.
  + **Case Study and Assessment (3 hours):**
    - Develop a PTW for a confined space scenario (1 hour).
    - Written test on PTW procedures and regulations (2 hours).
* **Certification:** Participants receive the **NSC Confined Space PTW Certificate**, **IIRSM PTW System Accreditation**, and **AOSH Confined Space PTW Award**.

**11. Confined Space Breathing Apparatus User Initial Course**

* **Target Audience:** Workers using breathing apparatus
* **Duration:** 2 days (16 hours)
* **Accrediting Bodies:** NSC, IIRSM, AOSH
* **Learning Objectives:**
  + Learn to use and maintain self-contained breathing apparatus (SCBA).
  + Understand the physiological effects of working in confined spaces with SCBA.
  + Develop skills for safe operation in hazardous environments.
* **Curriculum Outline:**
  + **Day 1:**
    - **Introduction to Breathing Apparatus (3 hours):**
      * Types of breathing apparatus (e.g., SCBA, airline systems).
      * Physiological considerations (e.g., breathing resistance).
    - **Equipment Use and Maintenance (3 hours):**
      * Donning and doffing SCBA.
      * Pre-use checks and maintenance procedures.
    - **Safety Protocols (2 hours):**
      * Emergency procedures while using SCBA.
  + **Day 2:**
    - **Practical Training (5 hours):**
      * Use SCBA in a simulated confined space environment.
      * Perform tasks under restricted visibility.
    - **Assessment (3 hours):**
      * Practical assessment of SCBA use (2 hours).
      * Written test on equipment use and safety (1 hour).
* **Certification:** Participants receive the **NSC Confined Space Breathing Apparatus User Certificate**, **IIRSM Breathing Apparatus User Accreditation**, and **AOSH Confined Space Breathing Apparatus Award**.

**12. Confined Space Breathing Apparatus Fit Testing**

* **Target Audience:** Workers using breathing apparatus
* **Duration:** 2 days (16 hours)
* **Accrediting Bodies:** NSC, IIRSM, AOSH
* **Learning Objectives:**
  + Learn to conduct fit testing for breathing apparatus.
  + Ensure proper fit and seal for safety in confined spaces.
  + Understand maintenance and troubleshooting of SCBA.
* **Curriculum Outline:**
  + **Day 1:**
    - **Fit Testing Fundamentals (3 hours):**
      * Importance of proper fit for breathing apparatus.
      * Types of fit testing (qualitative and quantitative).
    - **Equipment and Procedures (3 hours):**
      * Conducting fit tests (e.g., using test kits).
      * Identifying and resolving fit issues.
    - **Maintenance (2 hours):**
      * Cleaning and storing SCBA.
  + **Day 2:**
    - **Practical Fit Testing (5 hours):**
      * Perform fit tests on multiple SCBA units.
      * Troubleshoot fit issues in a simulated environment.
    - **Assessment (3 hours):**
      * Practical assessment of fit testing procedures (2 hours).
      * Written test on fit testing standards (1 hour).
* **Certification:** Participants receive the **NSC Confined Space Breathing Apparatus Fit Testing Certificate**, **IIRSM Breathing Apparatus Fit Testing Accreditation**, and **AOSH Confined Space Fit Testing Award**.

**13. Confined Space Working with Rescue Team Leader – Refresher**

* **Target Audience:** Refresher for rescue team leaders in confined spaces
* **Duration:** 1 day (8 hours)
* **Accrediting Bodies:** NSC, IIRSM, AOSH
* **Learning Objectives:**
  + Refresh leadership skills for confined space rescue operations.
  + Update knowledge on regulations and best practices.
  + Reinforce practical rescue techniques.
* **Curriculum Outline:**
  + **Regulatory Updates (2 hours):**
    - Review of updated confined space regulations.
    - Recent case studies and lessons learned.
  + **Leadership Refresher (2 hours):**
    - Recap of team management and decision-making.
  + **Practical Refresher (2 hours):**
    - Lead a simulated rescue operation in a confined space.
  + **Assessment (2 hours):**
    - Practical assessment of leadership skills (1 hour).
    - Written test on updated regulations (1 hour).
* **Certification:** Participants receive the **NSC Confined Space Rescue Team Leader Refresher Certificate**, **IIRSM Rescue Team Leader Refresher Accreditation**, and **AOSH Confined Space Rescue Leader Refresher Award**.

**14. Confined Space Working with Rescue Team Member – Refresher**

* **Target Audience:** Refresher for rescue team members in confined spaces
* **Duration:** 1 day (8 hours)
* **Accrediting Bodies:** NSC, IIRSM, AOSH
* **Learning Objectives:**
  + Refresh rescue techniques and equipment use.
  + Update knowledge on confined space safety protocols.
  + Reinforce team coordination skills.
* **Curriculum Outline:**
  + **Safety Updates (2 hours):**
    - Review of confined space hazards and regulations.
    - Updates on rescue equipment.
  + **Rescue Techniques Refresher (2 hours):**
    - Recap of non-entry and entry rescue methods.
  + **Practical Refresher (2 hours):**
    - Participate in a simulated rescue operation.
  + **Assessment (2 hours):**
    - Practical assessment of rescue techniques (1 hour).
    - Written test on safety protocols (1 hour).
* **Certification:** Participants receive the **NSC Confined Space Rescue Team Member Refresher Certificate**, **IIRSM Rescue Team Member Refresher Accreditation**, and **AOSH Confined Space Rescue Member Refresher Award**.

**15. Confined Space Working with Gas Testing Equipment – Refresher**

* **Target Audience:** Refresher for gas testing equipment users in confined spaces
* **Duration:** 1 day (8 hours)
* **Accrediting Bodies:** NSC, IIRSM, AOSH
* **Learning Objectives:**
  + Refresh skills in using gas testing equipment.
  + Update knowledge on atmospheric hazards and testing procedures.
  + Ensure ongoing competence in calibration and bump testing.
* **Curriculum Outline:**
  + **Hazard Review (2 hours):**
    - Recap of atmospheric hazards in confined spaces.
    - Updates on gas testing standards.
  + **Equipment Refresher (2 hours):**
    - Review of calibration and bump testing procedures.
    - Interpreting gas test results.
  + **Practical Refresher (2 hours):**
    - Conduct gas tests in a simulated confined space.
  + **Assessment (2 hours):**
    - Practical assessment of gas testing (1 hour).
    - Written test on hazard identification and equipment use (1 hour).
* **Certification:** Participants receive the **NSC Confined Space Gas Testing Refresher Certificate**, **IIRSM Gas Testing Refresher Accreditation**, and **AOSH Confined Space Gas Testing Refresher Award**.

**Notes:**

* **Certification Bodies:** NSC, IIRSM, and AOSH are recognized for their rigorous standards in occupational safety training, ensuring that certifications are globally accepted and aligned with best practices.
* **Practical Focus:** Each curriculum includes hands-on exercises to ensure participants can apply their knowledge in real-world confined space scenarios, which is critical for safety.
* **Assessment Methods:** A combination of written tests and practical assessments ensures comprehensive evaluation of both theoretical knowledge and practical skills.
* **Duration Breakdown:** The total duration for each course is split into theoretical, practical, and assessment components to maximize learning outcomes within the given timeframe.