

HS20: Staying Safe in Confined Spaces (RoSPA Approved)

Every year in the UK people are killed whilst working in confined spaces.

Accidents occur across a broad range of industries, and rescuers operating without proper training or equipment are frequently among the victims.

The hazards involved in such work are serious, and the risks invariably high, so appropriate training is vital – and a legal requirement.

This course will provide basic training that will enable the learner to:

- Define what is meant by a confined space and provide examples
- Describe the dangers presented by confined spaces
- Explain the legal requirements relating to working in confined spaces
- List and explain the key elements of safe system of work as it applies to confined spaces
- Describe in outline the requirements for emergency and rescue procedures

Course Content

- What is COSHH?
- How Substances Cause Harm
- How REACH operates
- The COSHH 8 step process:
 - Step 1: Risk assessment
 - Step 2: Decide precautions
 - Step 3: Prevent or adequately control exposure
 - Step 4: Use and maintain control measures
 - Step 5: Monitor exposure
 - Step 6: Health surveillance
 - Step 7: Plans and procedures to deal with accidents, incidents and emergencies
 - Step 8: Inform, train and supervise
- Recognising Hazardous Substances
- Substances Hazardous to Health
- Safety Data Sheets

Course Duration

- 40 minutes

Available in:

- Audio
- Non-audio

Delivered via:


- Internet
- Intranet

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