

## **CONFINED SPACE SAFETY**

### **INTRODUCTION**

A confined space is any area that can be entered, but isn't designed to be occupied continuously and has limited ways of getting in and out. In many of these spaces, steps need to be taken to make sure the air inside a confined space is breathable before entering.

Serious injury or death in a confined space can be the result of asphyxiation, engulfment, electrical shock, falls and heat stress.

Safe confined space entry takes teamwork between the entrant, the attendant and the entry supervisor. Everyone must do their part, so that any worker who goes into a permit-required confined space will come out in good health.

### **OBJECTIVES**

By the end of this training course, the participants should be able to:

- Gain the knowledge about the hazards in a confined space.
- Acquire knowledge and learn how to detect and deal with these hazards.
- Follow established safety procedures for work in confined space.
- Know how to use confined space entry permit.
- Acquire knowledge and skills how to perform atmospheric testing, ventilation and rescue.

### **CERTIFICATION**

Certification of Attendance will be issued to all participants.

### **LANGUAGE MEDIUM**

English and/or Bahasa Malaysia. The training can be executed in a dual language option.

### **METHODOLOGY**

A combination of lectures, practical, workshops and group discussions

### **TRAINING SYLLABUS**

#### Module 1

- Overview of legislative provisions.
- Potential hazards, causes of accidents in Confined Spaces and their prevention.
- Permit to work system in connection with working inside Confined Spaces.

#### Module 2

- Risk Assessment in connection with working inside Confined Spaces.
- Standard Operating Procedures of entering Confined Spaces.
- Emergency Responses.
- Hands-on practical training.

### Module 3

- Defining a Confined Space.
- Responsibilities of management, employees, contractors and all parties.
- Strategies for implementing the Confined Space Legislation.

### Module 4

- Consultation and Negotiation Process for Confined Space Safe Work Procedures.
- Confined Space Hazards.
- Hazard Identification, Risk Assessment and Control.

### Module 5

- Workplace Hazards and Confined Space Hazards.
- Confined Space Equipment Orientation.
- Ropes, Knots and Equipment Set Up.

**AUTHORIZED ENTRANT/ STAND BY PERSON FOR  
CONFINED SPACE AWARENESS**

***DAY ONE (1)***

<b>TIME</b>	<b>TOPIC</b>
0900 - 1030	<ul style="list-style-type: none"><li>• <b>Ice Breaking</b></li><li>• Module 1</li></ul>
1030 - 1045	<b>Tea Break</b>
1045 - 1300	<ul style="list-style-type: none"><li>• Continue module 1...</li></ul>
1300 - 1400	<b>Lunch / Zohor</b>
1400 - 1530	<ul style="list-style-type: none"><li>• Module 2</li></ul>
1530 - 1545	<b>Tea Break</b>
1545 - 1700	<ul style="list-style-type: none"><li>• Module 3</li></ul>

***DAY TWO (2)***

<b>TIME</b>	<b>TOPIC</b>
0900 - 1030	<ul style="list-style-type: none"><li>• Module 4</li></ul>
1030 - 1045	<b>Tea Break</b>
1045 - 1300	Class Discussion
1300 - 1400	<b>Lunch / Zohor</b>
1400 - 1530	<ul style="list-style-type: none"><li>• Module 5</li></ul>
1530 - 1545	<b>Tea Break</b>
1545 - 1700	<ul style="list-style-type: none"><li>• <b>Recap</b></li><li>• <b>Closing Ceremony</b></li></ul>