



SQR Training

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Confined Spaces



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What is a confined space?

Confined spaces are areas that can be hazardous to work in. Sometimes, we can't avoid them. If you need to work in a confined space, you can follow a variety of methods and practices to safely complete your task.

Confined spaces are defined as places that are substantially enclosed, though not always entirely, where serious injury can occur from hazardous substances or conditions within the space or nearby, such as a lack of oxygen or sudden flooding.

What is the benefit of confined space training to your business?

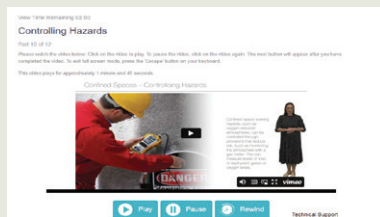
Our confined space Course is for anyone who works within the boundaries of a confined space. This course is a refresher of skills and cannot formally qualify someone to work in confined spaces.

This course will offer your staff quick and effective confined spaces training to help them become aware of the importance of working in confined spaces.

What does the Confined Spaces cover?

The Confined Space Awareness course covers the following:

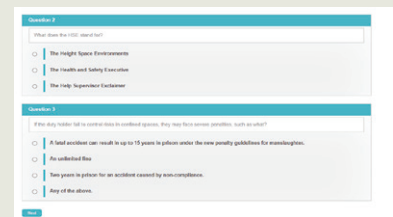
- *What is a confined space?*
- *Law and Legal*
- *Recognising confined spaces*
- *What hazards can be found in a confined space?*
- *Hazard and risk control*
- *Controlling Hazards*



Video Presentations.



Interactive games.



Final exam - certificates provided.

Wherever possible, you should avoid carrying out tasks in confined spaces. If this is not possible, you must assess the risks of the particular confined space and plan how you will control those risks.

HSE - Health and Safety Executive

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