



# APCS

## Authorised Persons Confined Spaces for MOD Estates

**Duration:** 5 days

### ***Who should attend?***

Managers, Supervisors, Engineers and all personnel that are nominated for the role of Appointed Person for Confined Spaces on Ministry of Defence estates.

### ***Aim***

To provide familiarisation with the 'Defence Estates Organisation Safety Rules and Procedures' for those who are to be appointed as an Authorised Person Confined Spaces.

To provide an awareness of the inherent hazards associated with working in a confined space and of the methods adopted to provide a safe working environment for maintenance personnel having a need to enter them.

Introduce the principles of risk assessment and use of Defence Estate permits to work for tank cleaning and maintenance duties on petroleum installations.

### ***Content***

- ✚ Introduction to confined spaces
- ✚ Overview of SRP 06 safety rules and procedures
- ✚ Current legislation to include Health & Safety, Confined Space, COSHH, RIDDOR, CDM, DSEAR
- ✚ The categories of confined spaces and the dangers associated with them
- ✚ The functions of the human respiratory system
- ✚ The types of multiple gas indicators and the gases they detect
- ✚ The need for BA boards, registers and key cabinets
- ✚ Hygiene and disease within a confined space
- ✚ Medical requirements and emergency procedures when working in a confined space
- ✚ The different types of entry
- ✚ Escape sets, breathing apparatus, personal protective and safety equipment
- ✚ Risk assessment isolation and introduction to permits to work
- ✚ Self contained breathing apparatus to include an entry exercise



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### **Knowledge**

By the end of the course delegates will be able to:

- ✦ Identify and classify a confined space
- ✦ Understand the Defence Estates Organisation (Works) Regulations for work and entry into confined spaces with special regard to medical requirements, wearing of protective clothing and breathing apparatus
- ✦ Recognise current health and safety and confined space regulations affecting all maintenance works in confined spaces, relevant environmental legislation and the principles of safe systems of work
- ✦ Understand gasses, their characteristics and effects, possess a thorough understanding of the types of multiple gas indicators in use and their inherent advantages and disadvantages including the requirements for regular response testing and calibration and the methods used to carry out these tests
- ✦ Select the correct types of escape sets, self contained breathing apparatus, personal protective and safety equipment available, practice in its correct method of use and the maintenance procedures required
- ✦ Summarise the conditions which apply in accordance with SRP 06 for the issue of permits, to obtain the permission of the Operating Authority to carry out regular repetitive maintenance work and works of a special nature

### **Training Methods**

- ✦ Practical session in preparation and use of escape sets, self rescue procedures and recovery of an injured person utilising a tripod and winch
- ✦ Practical exercises utilising the procedures for undertaking a risk assessment and system isolations when entry to a confined space is to be made, together with the formal recording of the results and issue of permits
- ✦ Practical session in wearing self contained BA, donning and doffing, rescue procedures and recovery of an injured person, including the utilisation of the risk assessments and permits
- ✦ In accordance with the MOD training requirements delegates undergo continuous assessment in the form of response to set questions and project assignments during the course

### **Additional Information**

Delegates should provide a passport photograph on the day of training for production of ID Cards. For courses held at our centre in Wellingborough we can provide this service on your behalf using our on-site digital camera. Delegates attending this course should be physically and mentally fit to withstand the rigours of training (additional guidance provided in standard terms and conditions).

The content of this course includes **awareness** of periodic examinations of equipment. The course does not provide full training in maintenance of equipment. Additional training relating to this subject may be of benefit to delegates (further information available upon request).