



EC3b

Entry into Confined Spaces with Escape, Full Working BA, Basic First Aid, CPR & Resuscitation

Duration: 3 days

Who Should Attend?

This programme is designed for Managers, Supervisors and Operatives who may be required to make an emergency evacuation from a confined space using escape breathing apparatus, enter into confined space with full working breathing apparatus to carry out a variety of work activities or carry out basic first aid.

Aim

To provide delegates with a thorough understanding of confined spaces, the associated legislation, approved code of practice (ACOP), dangers associated with confined spaces and the ability to enter, work and leave them safely by horizontal and/or vertical entry. To be able to stabilise a casualty with appropriate first aid and administer medical oxygen in the absence of a First Aider.

Content

- ✦ Confined Space Regulations 1997, associated legislation and ACOP
- ✦ Methods of risk control
- ✦ Atmospheric monitoring
- ✦ Health hazards and control
- ✦ Safety equipment and pre-use checks
- ✦ Escape and full working breathing apparatus
- ✦ First Aid Regulations 1981
- ✦ Contents of a first aid kit
- ✦ Airway management and oxygen therapy
- ✦ The respiratory and circulatory systems
- ✦ Wounds and the control of bleeding
- ✦ Management of an unconscious casualty
- ✦ The causes and treatment of shock, fractures and burns
- ✦ CPR and oxygen resuscitation
- ✦ Secondary assessment and the recovery position
- ✦ Practical exercise(s) and assessment

Knowledge

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

- ✦ Summarise the requirements of the relevant regulations for confined space and first aid
- ✦ Identify a confined space and its reasonable foreseeable risks then select appropriate methods of risk control
- ✦ Select appropriate safety equipment that may be used when entering a confined space and carry out appropriate pre-use checks
- ✦ Conduct an entry into a confined space using escape and full working breathing apparatus
- ✦ Record and report accidents and injuries in the workplace (RIDDOR) and maintain first aid kit
- ✦ Perform basic life support and first aid

Training Methods

A high proportion of hands-on demonstrations and practical exercises, supplemented with classroom based tutorials and pre and post course assessments.

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.

The content of this course includes awareness of periodic examinations of equipment. The course does not provide full training in maintenance of equipment.

For training held at your own location please ensure you make available a classroom suitable for the number of delegates attending, with a 240v power supply. Please ensure the practical area is free from harm, suitable for training and that it has been risk assessed.