

## **Confined Space Rescue**

### Course Outline

**Prerequisites:** The delegate should have previously completed Confined Space Entry training.

**Course Length:** 4 hours - Course length shall vary depending on the number of delegates. Total course time includes breaks.

**Class Size:** The maximum number of delegates that may be trained and tested per instructor shall be thirty-five (35) in the classroom session and twenty (20) in the practical session. A second instructor shall be added for the practical session once the participation exceeds twenty (20) and exercises will be divided into groups.

#### **Course Objective**

- Provide delegates assigned to confined space rescue duties the necessary skills to safely perform their jobs.
- Rescue team requirements
- Personal Protective Equipment
- Ability to properly use rescue equipment.
- Ability to use retrieval systems.
- Ability to perform a rescue.
- Delegates should be able to demonstrate the necessary skills during practical examination and demonstrate knowledge during written examination.

#### **Course Design**

- Power Point© / Lecture / Audio Video / Visual Aids
- Demonstrations
- Practical Exercises

#### **Successful Course Completion**

- Requires a minimum score of 75% or better.
- Delegates will have no more than thirty (30) minutes to complete the exam.
- Grades shall be calculated by dividing the number of questions answered correctly by the total number of exam questions.
- Successful completion of practical session is mandatory.

#### **Course Content Summary**

- Classroom
- Practical's

**Breaks:** 10 minutes (approximately every hour)



## **M&A Safety Services**

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**Lunch:** 1 Hour (if applicable)

### **Course Outline**

#### About Rescue

- Employer Responsibilities
- Rescue Personnel Requirements
- Outside Rescue Team Requirements
- Danger of Rescue

#### Personal Protective Equipment (PPE)

- Hazard Recognition
  - Safety Data Sheet (SDS)
  - North American Emergency Response Guidebook (NAERG)
  - Entry Hazard Assessment
- Common Types of PPE
  - Eye and Face Protection
  - Respiratory Protection
  - Chemical Clothing
  - Head Protection
  - Hand Protection
  - Hearing Protection
  - Foot Protection

#### Confined Space Rescue

- Types of Rescues
  - Self-Rescue
  - External Rescue
- Rescue Pole/Remote Hooks
- Retrieval Systems
- Self-Retracting Lanyards
- Personnel Hoists
- Evacuation Harnesses
- Retrieval Line Attachment Points
- Wristlets Retrieval System
- Stretcher/Immobilization Equipment
  - SKED's



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### **Practical Session**

Practical training shall utilize a confined space simulator and other safety equipment.

Practical shall verify the following:

- Select and wear appropriate PPE during practical training
- Conduct proper pre-use inspection of PPE and equipment
- Effectively communicate amongst Entrant, Attendant, & Rescue Team
- Effectively monitor and control air quality
- Show ability to safely perform work in a confined space environment
- Properly secure life lines
- Use Tri-Pod/Winch and other rescue equipment
- Demonstrate the ability to safely perform a rescue
- Properly store equipment / PPE

### **Training Center Provided Material**

- PPE
- Confined Space Equipment

### **Delegate Requirements**

- Must possess good physical health as the practical training is physical demanding.

### **Reference Material / Documents**

OSHA 29 CFR 1910.146