



PST TRAINING (PTY) LTD

PST Training (Pty) Ltd

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Working in Confined Spaces

Overview

The Working in Confined Spaces course provides learners with the essential knowledge and practical understanding required to safely enter, work in, supervise, and manage confined spaces in accordance with South African Occupational Health and Safety legislation. Confined spaces present significant risks including hazardous atmospheres, oxygen deficiency, engulfment, fire and explosion hazards, and restricted access for rescue. This course equips delegates with the competence to identify confined spaces, assess risks, implement safe work procedures, apply permit systems, use appropriate Personal Protective Equipment (PPE), and respond effectively in emergency situations.

The course emphasises legal compliance, hazard identification, atmospheric monitoring, ventilation requirements, team roles, and rescue procedures to ensure safe confined space operations.

Course Objectives

On completion of this course, delegates will be able to:

- Understand the legal framework governing work in confined spaces
- Define and identify confined spaces in the workplace
- Recognise and assess confined space hazards and associated risks
- Understand atmospheric hazards including oxygen deficiency, toxic gases, and flammable atmospheres
- Implement safe work procedures and permit-to-work systems
- Identify roles and responsibilities of confined space team members
- Select and use appropriate PPE and respiratory protection
- Apply emergency and rescue procedures effectively
- Promote a proactive safety culture when working in confined environments

Course Prerequisite

- Communication: ABET / NQF Level 3 or equivalent
- Mathematical Literacy: ABET / NQF Level 3 or equivalent
- Copy of ID document (required for registration and certification purposes)
- English proficiency sufficient to engage with training materials

Language of Delivery

English

Delivery Methods

The course is facilitated by a competent subject matter expert using a combination of:

- Interactive discussions
- Practical demonstrations
- Scenario-based learning
- Case studies
- Video and slide presentations
- Group activities
- Written knowledge assessments

Training & Evaluation

- Training conducted on a theoretical and practical basis
- Continuous evaluation throughout the course
- Practical scenario discussions and hazard identification exercises
- Written assessment to evaluate competency

Who should attend?

This course is suitable for employees involved in confined space operations, including:

- Authorised Entrants
- Standby Attendants / Safety Watch Personnel
- Confined Space Supervisors
- Maintenance Personnel
- Construction Workers
- SHE Representatives
- Health & Safety Committee Members
- Supervisors and Line Managers
- Rescue Team Members

Course Outline

This course consists of the following 10 modules

Module 1	Introduction to Work in Confined Spaces • Definition of "Work in Confined Spaces" • Characteristics of confined spaces • Examples of confined spaces in various industries • Why confined spaces are high-risk environments
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Module 2	Legal Requirements • OHS Act – General Duties of Employers (Section 8) • OHS Act – Duty to Inform (Section 13) • General Safety Regulations (GSR) – Definition of Confined Space • GSR Regulation 5 – Work in Confined Spaces • GSR Regulation 7 – Working in Danger of Engulfment • GSR Regulation 9 – Welding, Flame Cutting, and Similar Operations • Construction Regulations 2014 – Excavation Work • Applicable standards and by-laws
Module 3	Dangers, Hazards and Risks • Atmospheric hazards and air quality • Light gases vs. heavy gases • Fire and explosion hazards • Physical hazards • Environmental hazards • Risk identification and assessment principles
Module 4	Physical & Psychological Impacts • Physical effects of confined space exposure • Psychological stress and anxiety factors • Oxygen deprivation – signs and symptoms • Impact of toxic exposure on the human body
Module 5	Workspace Conditions • Ventilation and air quality control • Approved Inspection Authorities (AIA) • Monitoring air quality and detection devices • Ventilation systems – types and functions • Ventilation system cleaning and maintenance • Flame- and explosion-proof lighting • Portable communication and signalling devices • Fixed communication systems
Module 6	Safe Work Procedures • Basic steps in safe confined space entry • Hazard identification and control measures • Storage of tools and equipment • Signage requirements • Barriers and fencing • Isolation and lock-out procedures
Module 7	Permit System • Purpose and importance of permit-to-work systems • Permit authorisation and control • Entry documentation requirements • Archiving and preservation of records • Legal importance of documentation
Module 8	Team Members and Responsibilities • Authorised Entrant – profile and duties • Confined Space Supervisor – responsibilities • Standby Attendant (Safety Watch) – duties • Other roles and responsibilities • Formal appointments (Annexure 01) • Rescue teams and preparedness • Regular emergency drills • Rescuers vs. untrained responders
Module 9	Entrant and Rescuer PPE • Personal Protective Equipment requirements • Respiratory protection • Self-Contained Breathing Apparatus (SCBA) • Rescue tools and equipment • First aid equipment requirements
Module 10	Rescue Procedures & Emergency Response • Pre-rescue planning, briefing, and drills • Emergency response procedures • Rescue techniques • Post-rescue actions and reporting • Do's and Don'ts for confined space work

Additional Information

Duration	1 Day	
Includes	• Comprehensive Training Manual • Lunch & Refreshments (not applicable to on-site / online training)	• Electronic Certificate (on successful completion) • Electronic Delegate Feedback Questionnaire

PST Training (Pty) Ltd has been assessed and accredited as having satisfactorily met the MICT ETQA Specified Training Provider criteria. It provides an accepted benchmark of knowledge and skills, ensuring specified levels of competency and ability in terms of industry standards. Accreditation Number - ACC/2007/02/603.