

# 01

Height Safety  
Lifting  
Lashing  
Safety Management

## HS MODULE 10

Access, Egress & Rescue from a  
Confined Space

### DURATION

3.5 hours ½ Day

### RATIO OF TRAINERS TO TRAINEES

1 Trainer to 6 Trainees

### PRE-COURSE INSTRUCTIONS AND ENTRY REQUIREMENTS

- SpanSet module 1 (Height Safety Equipment Appreciation & Inspection Course).

#### For practical training only:

- All delegates must be able to certify that they are physically fit and have no medical conditions that might prevent them working at height.
- SpanSet reserves the right to exclude unsuitable delegates from training courses.
- Delegates must be 18 years or over

### OVERVIEW

- The course is designed to make operatives fully conversant in the operation of a Tripod, Winch & Recovery block
- The Course will enable the operatives to carry out a controlled lift and lower of an operative and retrieve an unconscious casualty
- During training delegates will be expected to carry out activities at height and in a confined space. This will provide an insight into the delegates' ability to operate in such conditions. This is only an indication of their capability, as it is not possible to recreate exact working environments.
- The actual height and exposure will be set out on the certification, but this is only to show what was included in the training. The height shown on the certification is not intended to limit the height at which the delegate can operate.

- Further details of the training facilities, first aid provision, insurance, etc are available upon written request.

## Access, Egress & Rescue from a Confined Space continued.

### COURSE JOINING INSTRUCTIONS

#### COURSE ASSEMBLY

Unless otherwise stated, all courses are held at SpanSet (UK) Limited and will assemble at 0900 hrs daily. Delegates should report to the main training reception upon arrival.

#### EQUIPMENT & CLOTHING

All equipment required throughout the course will be provided by SpanSet Ltd.

Candidates should provide their own comfortable clothing and footwear, with provision made for inclement weather conditions, i.e. fleeces, waterproofs, windproof, etc.

#### FOOD & REFRESHMENT

Refreshments will be provided throughout the day on all courses.

A lunch will be provided on all courses of a day or more in duration held at SpanSet.

#### ACCOMMODATION

Details of local accommodation on request.

### COURSE SYLLABUS

#### Theory

- Understand the implications of being suspended in a confined space harness and the importance of rescue provision when working at height and operating in a confined space
- Understand the different approaches to Work position and the benefits of using a tripod, winch and recovery block when carrying out certain confined space operations
- Identify the key components needed for Access, egress and rescue from a confined space including their strengths and limitations
- The regulations regarding inspection of the work position system
- The implications associated with being suspended in a harness
- Post rescue care

#### Practical

- Correctly fitting and adjusting a confined space harness
- Inspection of a tripod, winch and recovery block
- Correctly Assemble a tripod, winch and recovery block
- Correct use of the equipment to perform a controlled lift and lower of an operative into a confined space
- Correct use of the equipment to perform a rescue of an unconscious casualty from a confined space
- Optional extra include: Vertical lift using a stretcher

### ASSESSMENT METHODS

#### Details of other assessment methods

- During the course of the day the candidates will be continually verbally assess by the trainer using working examples and scenarios to determine the delegates understanding of a specific topic.
- In addition to the test carried out in Mod 1 all delegates will be monitored by the trainer throughout the practical sessions. Any concerns will be addressed by delegate and trainer on a continual basis.
- The trainer will use practical tasks to assess the delegates competence and understanding.

### EQUIPMENT COVERED DURING TRAINING

- Rescue Harness
- Tripod
- Winch
- Recovery Block
- Stretcher (Optional Extra)

### FEEDBACK TO CLIENT AFTER COURSE

- Photo ID card for all delegates, valid for three years.
- Certificate for all delegates, valid for three years.

### RECORDS TO BE MAINTAINED BY SPANSET

- Course registration sheet, including results of the assessment.
- Digital photo for duplicate issue of ID cards.
- Course feedback forms where completed.

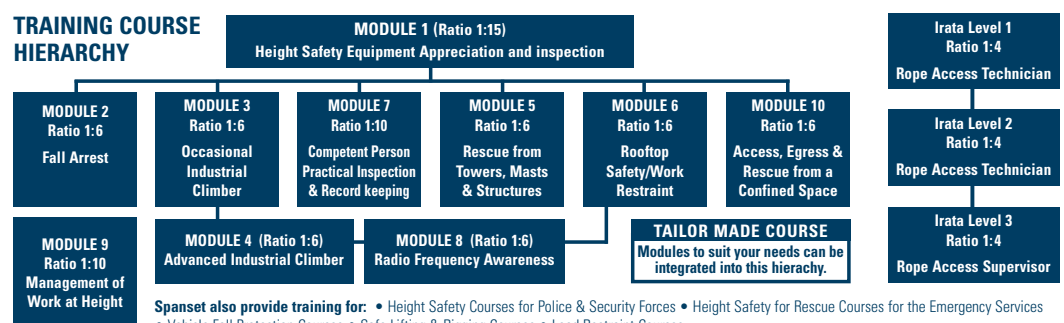


## Design • Manufacture • Supply • Training

SpanSet Limited

Telford Way, Middlewich,  
Cheshire, CW10 0HX, UK  
Tel +44 (0) 1606 738529  
Fax +44 (0) 1606 841666  
info@spanset.co.uk  
www.spanset.co.uk

### TRAINING COURSE HIERARCHY



Spanset also provide training for: • Height Safety Courses for Police & Security Forces • Height Safety for Rescue Courses for the Emergency Services • Vehicle Fall Protection Courses • Safe Lifting & Rigging Courses • Load Restraint Courses