



TRAINING THAT DEVELOPS
REAL CAPABILITY



Confined Space Entry

HS005

Confined Space Entry

Working in confined spaces presents significantly higher risks than most other workplace environments. The enclosed nature of such spaces amplifies hazards, increasing the potential for serious or even fatal accidents. This course is designed to equip learners with the knowledge, skills and confidence to work safely and effectively in confined spaces.

Delivered as a one-day, practical training experience, this programme empowers individuals and teams to identify risks, apply appropriate safety systems and respond efficiently to emergencies. It is tailored to meet the unique needs of each organisation, with a strong focus on real-world applicability.

Duration & Price

Duration: 1 day

Delivery mode: This programme is available In-Company

Dates & Locations

In-Company training programmes are customised for your organisations specific needs. Most In-Company training is now delivered virtually.

In-Company Training

Please [contact us](#) for more information on our In-Company training options

What's covered?

This highly focused one-day course covers all aspects of working safely in confined spaces, combining legislative context with practical application.

Topics include:

- Identification and classification of confined spaces
- Safety, Health and Welfare at Work (Confined Spaces) Regulations, 2001
- Typical confined space hazards
- Hierarchy of control and prevention strategies
- Risk assessment methodology
- Developing and following a safe system of work
- Permit-to-work systems
- Emergency and rescue procedures

Content can be tailored to suit specific organisational environments and risk profiles.

Who should participate?

This course is ideal for individuals involved in the planning, supervision, or execution of work in confined spaces. It is particularly beneficial for:

- Supervisors and managers responsible for confined space entry
- Safety officers and representatives
- Risk assessors and permit-to-work supervisors
- Individuals engaged in emergency response or rescue
- Operatives who regularly perform tasks in confined spaces

What will I learn?

On successful completion of this course, learners will be able to:

- Identify and describe confined space environments and their associated risks
- Interpret and apply relevant health and safety legislation
- Conduct effective confined space risk assessments
- Implement safe systems of work and permit-to-work procedures
- Plan and participate in emergency and rescue scenarios
- Promote a culture of safety awareness within their organisation

This course supports practical competence and safety leadership in high-risk work environments.

What are the entry requirements?

Organisations hosting the training must provide access to the following for the practical component:

- Safety harness and tripod
- A suitable confined space (e.g. tank, silo, or manhole)

These elements are essential to complete the practical demonstration segment of the course.

English Language Competency

A good standard of written and spoken English is important to engage effectively with this programme.

How do we train and support you?

SQT's training approach is centred on real-world application and learner engagement. This course incorporates practical demonstrations, scenario-based exercises and active participation.

Learners are supported through:

- Pre-training consultation to align with organisational context
- Comprehensive course notes, regularly updated to reflect the latest standards and best practices
- Real-time support from expert tutors

Class sizes are generally limited to 15 to support personalised learning and individual support.

How can you progress?

This course provides a strong foundation in confined space safety. Learners can may also consider:

- Health & Safety Hazard Identification & Risk Assessment
- Health & Safety Legislation
- Overview of Safety, Health & Welfare at Work (Construction) Regulations 2013
- ISO 45001:2018 Training

Continued training builds both competence and career development in safety-critical roles.

What Our Learners Say

We believe in excellence through transparency and continuous improvement. That's why we invite all our delegates to share their experiences on [CourseCheck.com](https://www.coursecheck.com), an independent platform dedicated to genuine, unfiltered feedback. Learner insights help us not only to enhance our training programmes but also empower potential learners to make informed decisions. Click on the link below to read firsthand experiences and testimonials from past learners.



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TRAINING THAT DEVELOPS *REAL* CAPABILITY

SQT provide a unique combination of high quality, accredited, practical training delivered by leading industry experts and supported by the most up to date learning technology and tools

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