



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 Exercises

Breaks: 10 minutes (approximately every hour)

Lunch: 1 Hour (if applicable)

Course Outline

About Rescue

- Rescue and Emergency Services
 - Regulatory Requirements for Rescue
 - Employer Responsibilities
 - Rescue Personnel Requirements
- Outside Rescue Team Requirements
- Danger of Rescue

Personal Protective Equipment (PPE)

- Hazard Recognition
 - Safety Data Sheet (SDS)
 - Emergency Response Guidebook (ERG)
 - 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
- Rescue Tripod
- Block & Tackle
- Self-Retracting Lanyards
- Personnel Hoists
- Retrieval Line Attachment Points
- Stretcher/Immobilization Equipment
 - SKEDs
- Figure-8 Knot
- Communication



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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