



## CONFINE SPACE RESCUE

SABAH SKILLS & TECHNOLOGY CENTRE

### INTRODUCTION

Confined space accidents don't happen often, but when they do they're usually fatal. Even more alarming is that many confined space accidents involve multiple fatalities. How is that these accidents, which occur so seldom, claim so many lives in single events?

### COURSE OBJECTIVES

This course is designed to help:

- Identify work hazard in sewers or confined space
- Identify safety measures when working in confined space
- Familiar with permit to work system
- Proper used of safety equipment i.e. safety harness, winch, tripod & barriers
- Proper and safe used of breathing apparatus when entering or exit confined spaces
- Proper and safe used of gas detector and familiar with emergency procedures when gas detector activate emergency sign

### COURSE CONTENTS

- Gas & gas detector
- Breathing apparatus / escape set
- Oxygen – deficient & oxygen enriched atmosphere testing
- Personal Protection Equipment (PPE)
- Respirators protection
- Emergency planning & rescue
- Entry & work permit

### WHO SHOULD ATTEND

Those working in confined space, cable tunnels, manhole and interested parties.

### METHODOLOGY

Lecture, discussion and practical

### RESOURCE PERSON

To be advised.

**Duration**  
2 Days

**SSTC Member**  
RM 742.00

**Non SSTC Member**  
RM 795.00

**FSI'S Member**  
RM 768.50

Fee is inclusive of refreshment, lunch, course materials and certificate of attendance

\*Rates inclusive of 6% GST

#### Sabah Skills & Technology Centre

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