



# SAFETY CENTRE

Industrial and Hazardous Safety Training

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## Rope & Heights





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**COURSE TITLE:** CONFINED SPACE ENTRY AND RESCUE

**NO. OF DAYS:** 2

**COURSE OBJECTIVE:**

At the end of this course, trainees will have the knowledge and skills necessary to safely work in a confined space with an assessed safe atmosphere.

**AIM:**

The aim of this course is to provide participants with the knowledge and skills necessary to safely work in a confined space with a safe atmosphere.

**COURSE CONTENT:**

- Requirements of Mineral Oil Act Safety Regulation of Nigeria.
- Complete risk assessment procedures
- Methods for the isolation of services supplied to confined spaces, including lockout/tag out procedures
- Major atmospheric hazards and air quality limits as stated in the Mineral Oil Act Safety Regulation of Nigeria.
- The process of purging and ventilation
- Design and implementation of emergency procedures
- Standards and codes of practice that cover safe working at height
- Inspect, don, and store personal height safety equipment
- Selection, inspection and attachment procedures for fall arrest devices
- Vertical access and rescue techniques.

**ASSESSMENT.**

All trainees will be assessed by means of quizzes and participation in practical exercises.