

Confined Spaces Training



Working in a confined space can prove fatal for those entering the space and for those who try to rescue them. With limited routes of entry and exit, a lack of natural ventilation and sudden atmospheric and physical changes, confined spaces are among the most dangerous environments in which to work. It only takes a couple of breaths to render a worker unconscious and unable to escape an oxygen-deficient confined space.

Almost every workplace has some sort of confined space. A few examples include caissons, boilers, enclosed crawl spaces, furnaces, pits, vessels, digesters, silos, storage tanks, reactors, ducts, septic tanks, sewers, tunnels and vaults.

To safeguard the health of workers entering confined spaces and performing related work, Ontario's *Occupational Health and Safety Act* and regulations established a number of minimum requirements to effectively control the risks associated with working in this type of hazardous environment. Chief among these requirements is training.

The Workers Health & Safety Centre (WHSC) offers four high-quality training programs to help prepare joint health and safety committee members, employers, supervisors, workers and other workplace parties to meet and exceed, Ontario's confined space requirements.

Confined Spaces*

Program Duration: 3 hours

This three-hour hazard awareness program is aimed at workplace parties who want a general knowledge of confined spaces. Participants discuss the definition and characteristics of a confined space, as well as the potential related hazards. Further, they review legal requirements for confined space entry as outlined in Ontario's *Confined Spaces Regulation*.

Participants also review and discuss the key elements of a confined space entry program and the importance of developing workplace-specific procedures in consultation with the worker members of the joint health and safety committee. Finally, program participants cover the importance of providing effective worker training as well as strategies and control measures for ensuring worker health and safety.

Note: *This program is not designed to satisfy the legal training requirements for workers entering confined spaces or performing related work.*

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Confined Spaces Training *cont'd*

Confined Spaces (Construction)

Program Duration: 6 hours

The ever-changing work environment of a construction site poses numerous and dangerous confined spaces of which construction workers need to be aware. *Confined Spaces – Construction* is a one-day program designed for construction workers who are required to enter a confined space. It represents the first in a two-step process for meeting the legal duty to provide workers with confined space training that is specific to construction work. The program addresses the specific legal requirements for confined space entry on a construction site. These requirements include a program composed of hazard identification, assessment and controls, a plan of entry for each confined space, training for confined space entry workers, an entry permit system, testing of toxic atmospheres, as well as emergency equipment and emergency response procedures. Also covered are control measures including air testing, monitoring, and purging, communication, duties of attendants, use of entry permits, maintenance and inspection of respirators and rescue operation considerations.

Confined Spaces Entry and Hazard Recognition

Program Duration: 6 hours

This one-day program is designed for workers required to enter confined spaces and those who perform related work. It is the first in a two-step process of confined spaces training employers are legally required to provide in Ontario. Participants review the legally required components of a workplace/plan-specific confined space program – focussing on hazard assessment, entry permits, atmospheric testing and on-site rescue procedures. They will then explore the hazards of confined spaces and discuss the work procedures and strategies for identifying potential hazards. Various measures for eliminating these hazards will also be identified and discussed. In addition, specific attention will be paid on the use and maintenance of respirators and other personal protective equipment (PPE) along with duties of attendants and the aspects of on-site rescue.

Note: *After completion of the WHSC Confined Spaces (Construction) or Confined Spaces Entry and Hazard Recognition, workers must also receive workplace and plan-specific training in order to comply with confined space entry requirements as set out by law. This training must be developed in consultation with the joint health and safety committee or worker representative.*

Confined Spaces Plan and Program

Program Duration: 12 hours

This comprehensive two-day program prepares participants to play a proactive role in the development and implementation of a confined space program and plan(s) as required by Ontario's health and safety legislation. Participants will first identify and discuss characteristics of a confined space and explore the unique hazards that may pose a risk to worker health and safety. These hazards include the accumulation of toxic gas, oxygen deficiency and exit and entry impairment. The minimum legal requirements for developing a confined space program and plan(s) will also be outlined in the program. Building upon these minimums, participants will explore the key elements of an effective confined space program, including hazard assessment, entry permit systems, worker training methods and the development of specific confined space plan(s). Throughout participants will be encouraged to link the discussion back to their own workplaces and work experiences with an eye to ensuring participants are properly equipped to prevent confined space tragedies in their workplaces.

* *Participant materials are available in French for programs marked with an asterisk. Upon request, any of our training programs are available for delivery by a French-speaking, WHSC-qualified instructor.*