The information in this document is intended for training delegates, please share this document with all delegates due to attend training courses

Delegate Joining Instruction – Confined Spaces

Requirements for Training:

Personal Protective Equipment (PPE): ESS locations require all visitors to wear a minimum the following PPE: Hi-Vis (vest or similar) and Protective Safety Footwear.
For purposes of practical training, it is also a requirement to have Safety Helmet, Gloves, Overalls or similar as well as the Hi-Vis and Safety Footwear.

Proof of Identity – Delegates must provide proof of identity (Driving license, Passport, National Identity Card) which states their full name.

Respiratory Protective Equipment (RPE): Different types of RPE are used during training dependent on the Confined Space Risk Level. Most RPE requires the user to be clean shaven to ensure safe and optimum use. Medium Risk courses use Escape Sets or Self-Contained Breathing Apparatus, optional Hooded Escape Sets maybe available where notified in advance. For High-Risk courses being clean shaven is mandatory.

Physical Health & Fitness - Delegates must be physically fit to undertake training. Consideration should be given to the side effects of medication and temporary conditions such as colds, flu and COVID. If there are any doubts in regard to the fitness of a student reference should be made to a GP.
Delegates must not exceed 136kg in weight as this is the SWL of standard Confined Space & Working at Height equipment used.

Learning difficulties and language barriers – A reasonable understanding of the English language is required as all courses will be conducted in English. Arrangements can be made, where notified and registered in advance of the training, for Verbal Assessment for delegates with confirmed disabilities and learning difficulties. Reasonable adjustments may be made on the day subject to available resources.

Start times - Delegates must arrive at least 15 minutes prior to the course start time and late arrivals may be refused for training. Delegates due to arrive after this time must contact the ESS Training Team on 0800 000 346.

Further course information:

Delegates can download relevant HSE guidance onto their devices to refer to before or after the course by following the link below;

https://www.hse.gov.uk/confinedspace/resources.htm

For further information on Respiratory Protective Equipment please refer to our Facial Hair & Breathing Apparatus Guidance.

Additional information on our Training Services can be found at –

ESS | Training Courses | Vp ESS (vp-ess.com)

ESS accepts no liability for any injury or accident that results from a delegate/using advice and training they have been given by ESS inappropriately.