



London TDM

# Health, Safety, and Environment (HSE) Training

**Course Venue:** United Arab Emirates - Dubai

**Course Date:** From 18 January 2026 To 22 January 2026

**Course Place:** Downtown Dubai

**Course Fees:** 5,000 USD

## Introduction

This 5-day professional course on "Confined Space Entry and Rescue Procedures" is designed to equip participants with the essential skills and knowledge involved in safely entering and operating in confined spaces. The course will cover best safety practices, legal requirements, and life-saving rescue techniques critical for professionals working in industries where confined space entry is required.

## Objectives

- Understand the definition and types of confined spaces.
- Identify hazards associated with confined space entry.
- Learn legal and regulatory requirements for confined space work.
- Develop skills in risk assessment and hazard control.
- Master emergency response and rescue operations.

## Course Outlines

### Day 1: Understanding Confined Spaces

- Introduction to confined spaces and their characteristics.
- Legal definitions and classifications of confined spaces.
- Exploration of industries and applications involving confined spaces.
- Overview of common hazards found in confined spaces.
- Case studies: Confined space incidents and lessons learned.

### Day 2: Hazard Identification and Control

- Methods for identifying hazards in confined spaces.
- Use of gas detection equipment and personal protective equipment (PPE).
- Ventilation and atmospheric testing techniques.
- Developing and implementing control measures.
- Hands-on exercises for detecting and controlling hazards.

### Day 3: Regulatory Compliance and Safety Procedures

- Review of relevant laws and regulations (OSHA, NFPA, etc.).
- Permit-required confined space entry procedures.
- Roles and responsibilities of confined space workers.
- The importance of training and competency.
- Documentation and record-keeping requirements.

### Day 4: Emergency Response Planning

- Components of an emergency response plan for confined spaces.
- Incident command and communication strategies.
- Identifying and training the rescue team.
- Ensuring equipment readiness and availability.
- Scenario-based emergency response drills and evaluations.

## **Day 5: Confined Space Rescue Techniques**

- Introduction to confined space rescue operations.
- Review of different rescue equipment and tools.
- Rescue scenarios and techniques for different confined space types.
- Conducting a confined space rescue simulation.
- Assessing and improving rescue plans and procedures.