



TRAINING OUTLINE

COURSE TITLE: _____ **DATE:** _____ **INSTRUCTOR:** _____

LOCATION: _____ **TIME:** _____ **COMPANY:** _____

Safety training was conducted on the above date by the instructor indicated. The following line items identify the topics covered during the training session.

SUMMARY OF TRAINING

1) Introduction

- a) Useful Terms & Definitions
- b) Entry
- c) Authorized Entrant & Attendant
- d) Acceptable Entry Conditions
- e) Testing
- f) IDLH
- g) Why Training?
- h) Defining the Space
- i) Characteristics
- j) Space Access
- k) Internal Configuration
- l) Elevation
- m) Portal Size
- n) Two Options for Entry
- o) Permit Required Confined Space
- p) Hazardous Atmosphere
- q) Non-Atmospheric Hazards
- r) Mechanical
- s) Skin Contact
- t) Ingress & Egress
- u) Thermal
- v) Noise
- w) Communication
- x) Electrical
- y) Impact
- z) Non-Permit Required Confined Space
- aa) Emergencies

2) Controls

- a) Hierarchy of Controls



TRAINING OUTLINE

- b) Elimination
- c) Substitution
- d) Engineering Controls
- e) Ventilators
- f) Short-Circuiting
- g) Recirculation
- h) Inspections
- i) Lockout & Tagout
- j) Energy Isolating Devices
- k) Tagout
- l) Durability
- m) Substantial
- n) Identifiable
- o) Standardized
- p) Lockout vs Tagout
- q) Types of LOTO Devices
- r) Circuit Breaker Lockout
- s) Applying a Circuit Breaker Lock
- t) Valve Lockout
- u) How to Apply a Valve Lock
- v) Plug Lockout
- w) How to Apply a Plug Lock
- x) Pneumatic Hose Lockout
- y) Applying a Pneumatic Hose Lock
- z) Wall Switch Lockout
- aa) Group Lock Boxes
- bb) Hasp Locks
- cc) Administrative Controls
- dd) Employee Training
- ee) PPE
- ff) Do you have the Right PPE?
- gg) Permeation
- hh) Degradation
- ii) Penetration
- jj) Durability
- kk) Flexibility
- ll) Other Considerations



TRAINING OUTLINE

mm)	Manufacturer Variations
nn)	Chemical Mixtures
oo)	Chemical Concentration
pp)	PPE Application
qq)	Inspection
rr)	Respirators
ss)	IDLH
tt)	Air Purifying Respirator
uu)	Mechanical Filter Respirators
vv)	Chemical Cartridge Respirators
ww)	Powered Air-Purifying Respirators
xx)	Air Supplying Respirators
yy)	Air-Line Respirators
zz)	Self-Contained Breathing Apparatus (SCBA)
aaa)	Respirator Selection
bbb)	Inspection
ccc)	Repairs
ddd)	Cleaning & Storage
eee)	Deep Cleaning
fff)	Cleaning Procedures
ggg)	Training
hhh)	Medical Evaluation
iii)	Fit Test
jjj)	Qualitative
kkk)	Quantitative
lll)	Specific to Employees
mmm)	User Seal Check
nnn)	Positive Pressure Check
ooo)	Negative Pressure Check
ppp)	Manufacturer Seal Check
qqq)	Emergency Respirator Packs
rrr)	Escape Mouth-Bit or Half Mask
sss)	Full Face Mask with Filter in a Sealed Bag
ttt)	Smoke Escape Hood
uuu)	Oxygen Self-Rescuer
vvv)	SAR/ESCBA With Escape Cylinder



TRAINING OUTLINE

www)	SCBA
xxx)	Training
yyy)	Fall Protection
zzz)	Body Harness
aaaa)	Material
bbbb)	Nylon
cccc)	Polyester
dddd)	Other Materials
eeee)	Retrieval Systems
ffff)	Obstructions or Turns
gggg)	Projections
hhhh)	Entanglement
iiii)	Inspection
jjjj)	Hardware
kkkk)	Capacity
llll)	Lanyards
mmmm)	Tripods
nnnn)	Frame
oooo)	Retrieval Systems
pppp)	Self-Retracting Lifeline
qqqq)	Setup
rrrr)	Ladders
ssss)	Lighting
tttt)	Fire Extinguisher
uuuu)	Other

3) Testing

- a) Oxygen
- b) Oxygen Deficiencies
- c) Consumption
- d) Displacement
- e) Reaction
- f) Toxicity
- g) PEL
- h) TWA
- i) Ceiling Value
- j) Asphyxiants
- k) Irritants
- l) Sampling



TRAINING OUTLINE

- m) Sample Draw
- n) Disadvantages
- o) Diffusion
- p) Testing Equipment
- q) Measuring Limits
- r) Operational Limits
- s) RFI Protection
- t) Response Time
- u) Accuracy & Precision
- v) Sensitivity
- w) Selectivity & Specificity
- x) Reading Drifts
- y) LEL
- z) Testing Equipment
- aa) Bump Testing
- bb) Calibration
- cc) When to Test
- dd) How to Test
- ee) Additional Notes

4) Operations

- a) Assigned Duties
- b) Entrant
- c) Attendant
- d) Entry Supervisor
- e) Others
- f) Employer
- g) Signage
- h) Protecting the Entrance
- i) Permit Program
- j) Permits
- k) Hot Work
- l) Fire Watch
- m) Contracting CS Work
- n) Engulfment & Entrapment
- o) Engulfment
- p) Caught-In
- q) Repairs
- r) Machine Guarding



TRAINING OUTLINE

- s) Permits & Permit Programs
- t) Permits
- u) Program Review
- v) Construction
- w) Multiple Employers
- x) Worksite Evaluation
- y) Atmospheric Monitoring
- z) Engulfment Hazards
- aa) Permit Suspension

5) Rescue

- a) Evaluate
- b) Initial Evaluation
- c) Reaction Time
- d) Contact Time
- e) Response Time
- f) Assessment Time
- g) Preparation & Rescue Time
- h) Communication
- i) Performance Evaluation
- j) Practice
- k) Training
- l) Self-Rescue
- m) Emergency Respirator Packs
- n) Selecting Your Escape Respirator
- o) Emergency Respirator Features
- p) Rescue by Non-Entry
- q) Rescue by Trained Employees
- r) Rescue by Others
- s) Rescue Roles
- t) Assess the Situation
- u) Determining Rescue Type
- v) Offensive Rescues
- w) Defensive Rescues
- x) Developing the Rescue Plan
- y) Planning for Responder Safety
- z) Planning for Victim Safety
- aa) Planning for Public Control
- bb) After the Rescue



TRAINING OUTLINE

6) Hazards

- a) Oxygen Deficiency
- b) Toxic Atmosphere
- c) Flammable or Explosive Atmospheres
- d) Engulfment
- e) Distractions
- f) Fatigue
- g) Heat & Cold
- h) Emotional & Physical Health

7) Conclusion

- a) Confined Space
- b) Training
- c) Refresher Training
- d) Permit vs non-Permit
- e) Permit Required Confined Spaces
- f) Non-Permit Confined Space
- g) Permits
- h) Entry Via Permit
- i) Elimination
- j) Atmospheric Testing
- k) Monitors
- l) Bump Tests
- m) Results
- n) When to Test
- o) Testing Order
- p) Oxygen Content
- q) IDLH
- r) Ensuring Worker Safety
- s) Ventilation
- t) Lockout/Tagout
- u) Equipment
- v) PPE
- w) Fit Testing
- x) Seal Checks
- y) Body Harness Inspection
- z) Fire Extinguisher
- aa) Definitions & Duties



TRAINING OUTLINE

bb) Attendant
cc) Entry Supervisor
dd) Entrant
ee) Signs
ff) Hot Work
gg) Engulfment
hh) Rescue