

# Welcome to the Hard Hat Training Series!



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Welcome to the Hard Hat Training Series. Today we will talk about permit-required confined space rescue. By the end of this training, you will understand how to safely rescue a victim without becoming one yourself.

Did you know that 60% of confined space victims are would-be rescuers? Confined space emergencies can quickly cause multiple deaths if rescuers are not properly trained. Consider the story of three confined space workers: Harry, Dan, and Craig.







One afternoon, Harry, Dan, and Craig were replacing a sump pump in an underground lift station. Harry entered the station to get to work, unaware of a deadly volume of hydrogen sulfide gas that had been building up inside. Almost immediately, he was overcome by the gas and fell unconscious. Outside the station, Dan noticed that Harry was in trouble and wasted no time rushing in to assist.

Within seconds, Dan had also inhaled the hydrogen sulfide and passed out. Soon after, Craig arrived at the station and looked around for Harry and Dan. When he realized they were inside the station, he promptly ran inside to try and bring them back out. Like his unfortunate co-workers, however, he was soon unconscious.



Emergency services eventually arrived on the scene, but it was too late to save the three men. Rescuers who performed air quality monitoring discovered that the concentration of hydrogen sulfide gas inside the station was 200 PPM. Harry, Dan, and Craig had entered a permit-required confined space without even knowing it.





Unfortunately, this story is not an isolated incident. In fact, there are many professions that deal with confined spaces on a regular basis, such as farmers and ranchers, plumbers, maintenance employees, material handlers, and more.



2.1  
million

employees enter confined  
spaces each year.

Construction workers have  
the highest rate of injuries  
involving confined spaces.

More than

1000

employees die each year in  
confined spaces.



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## The Rescuer's Mindset

This training is designed to help you learn how to perform a confined space rescue safely. With that in mind, the first priority in any emergency rescue is to keep the rescuers alive. Remember, you can only be helpful to the victim if you yourself are alive and well.



Rescue situations are very stressful and emotionally taxing for the people involved. As you've likely noticed before, high-stakes situations can cause people to act rashly. If you're involved in a rescue, you must be able to remain calm so that you can accomplish it tactically and efficiently.



Image: New York National Guard (CC 2.0)





If you are the one in charge during a rescue, remember that you can choose to isolate yourself during the rescue. This can separate you from the emotions of any bystanders. You may also have an easier time accessing communications facilities and technical information if you aren't leading from the scene. Of course, this is up to your personal judgment. No matter what you choose, be sure it allows you to keep a level head.

Image: Virginia Guard Public Affairs CC2.0



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While you should be efficient in performing a rescue, remember to never take shortcuts. It may seem like a good idea to shave some extra seconds off your operating time, the mistakes you make while doing so can cost you even more time. Instead, focus on effective practice, frequent training, and thorough preparation.



Image: NAVFAC (CC 2.0)





A successful rescue involves multiple stages, so throughout this training, we will address each part of the process. We will discuss some general information and definitions you will need to know throughout the course. Then, we will cover different equipment that may be necessary on your worksite. Finally, we will look at the steps you must take before, during, and after a rescue.



# The Life & Times

Monday, September 18, 2019

Safety in the Workplace A3

## Investigators looking into recent worker fatality

Federal Way – Early in the morning last Saturday, local construction workers hired to install several utility poles were involved in an accident that killed two and injured four.

The horrific chain of events started with a relatively minor accident at 7 a.m. during which a pole was knocked into a water line.



Throughout this training, we will look at real, investigated accident profiles. In some cases, two or three similar accidents have been combined for the purpose of illustrating key safety principles. They will show just how quickly things can go wrong when safety procedures are ignored, resulting in injuries or fatalities.



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# STANDARDS

29 CFR Part 1926.1201-1206 – Confined Spaces in Construction

29 CFR 1926.1207 – Training

29 CFR 1910.146 – Permit-Required Confined Spaces

29 CFR Part 1910.146 Appendix A-E

29 CFR 1926 Subpart AA

**General Duty Clause 5(a)(1)** - *“Each employer shall furnish to each of his employees employment and a place of employment which are free from recognized hazards that are causing or are likely to cause death or serious physical harm to his employees.”*

These are some of the main standards concerning confined space rescue. Many states or provinces have additional standards, as do some industries. We have provided these as a guide, but it's your responsibility to know all federal, local, and company rules that apply to your job site.



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## Why Training?

No matter the situation, it is common to hear workers and even employers ask, “Where does it state we need to be trained?” Can’t a worker also be deemed “qualified” based on experience? The answer is “no.” Experience helps, yes, but regulations are very clear that employees must be trained (no matter how long they’ve been on the job) and that it is the employer who is responsible for overseeing that safety training, ensuring employees have the understanding, knowledge, and skills needed to operate safely.





Initial training and refresher training, as well as any written and practical evaluations, must be documented and filed. At the very least, employers need to show proof of proper and consistent training (in the way of training outlines, class lists, training goals, tests, certificates, and so on.) These documents should include the name of the person who taught the class or conducted the evaluation.

## WORKERS MUST RECEIVE REFRESHER TRAINING WHEN...

1. There are changes in their assigned duties.

2. There are changes regarding potential exposure to hazards, for which the employee has not received training.

3. If any deficiency has been noted in an employee's work performance that is related to the safety and health of themselves or other workers.

4. If an accident has occurred, or anytime an employee is injured or nearly injured during operations.

Note: In some areas, refresher training is required at least every three years (if not sooner).

Training is not just a one-and-done occurrence; it is on-going. In fact, training should take place whenever there is a demonstrated need for it. We have listed several instances when refresher training would be required. Can you think of any others?







The extent of training will be determined by the employer, but at the very least it should include classroom instruction followed by a written and practical examination that prove continued competency.





In the next section, we are going to look at some of the basic terms and knowledge you will need in order to identify a permit-required confined space and the different types of confined space rescue. Because every worksite is different, we will provide a general overview of various methods that may be used in these emergency situations.



# General

# SAMPLE



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