



Safety and Rescue Training  
for high-hazard work activities

**Confined Space  
Fall Protection  
Excavation  
Forklift**

## Confined Space Rescue > Operations

This course teaches students how to conduct a variety of rescues in permit-required confined spaces. This includes developing and updating pre-plans, conducting practice rescues, inspecting and maintaining equipment, and coordinating with other emergency responders.

Over two thirds of the class consists of field exercises and enactment training.

This class usually requires three days. Refresher training can usually be accomplished in a day.

**Prerequisites:** Before attending this class, students need to have completed confined space entrant/attendant and fall protection training . In addition, they may need to have previous training or a background in First Aid/CPR, respiratory protection, and hazardous materials.

### Course Outline

#### Module I: Rescue Basics

- Industrial Rescue Defined
- Industrial Rescue Process
- Rescue Requirements
- Rules and Standards

#### Module II: Safety Overview

- Safety Pyramid
- What is Stress?
- Safety Procedures

#### Module III: Rope Systems

- Definitions
- Basic Equipment
- Deploying a Rope System
- Anchors
- Mainline Systems
- Belays
- Rescue Knots

#### Module IV: Confined Space Operations

- Size Up
- Entry Team Preparation
- Patient Contact
- Patient Removal
- Documentation

#### Module V: Equipment

- Equipment Certifications
- Equipment Strength
- Safety Ratios
- Rope and Webbing
- Inspecting Software
- Cleaning Software
- Hardware Inspection/

### Course Objectives

At the completion of this training, students should be capable of serving as a member of their location's confined space rescue team.

This includes:

- Displaying a consistent commitment to safety.
- Performing the assigned rescue role.
- Selecting, inspecting, and using equipment according to requirements.
- Knowing and enforcing all safety procedures.
- Participating in continuous improvement processes.
- Understanding and following the team's rescue procedures.

Our programs reflect:

**ANSI/ASSE Z490.1** *Criteria for Accepted Practices in Safety, Health, and Environmental Training*

