



*Training Course:
Safe Work Practices for Confined Space Entry*

*4 - 8 October 2026
Dubai (UAE)*

Training Course: Safe Work Practices for Confined Space Entry

Training Course code: HE7010 From: 4 - 8 October 2026 Venue: Dubai (UAE) - Training Course Fees: 5390 € Euro

Introduction

Confined spaces present serious workplace hazards that can lead to severe injuries or fatalities if not properly managed. Many accidents occur due to inadequate hazard identification, improper atmospheric testing, insufficient isolation procedures, or lack of emergency preparedness. This training program is designed to provide participants with the essential knowledge and practical skills required to safely plan, supervise, and perform confined space entry operations in accordance with international safety standards and best practices.

The course focuses on hazard recognition, risk assessment, atmospheric monitoring, permit-to-work systems, isolation procedures, emergency response planning, and the proper use of personal protective equipment PPE. Participants will also gain practical understanding through case studies and a comprehensive tabletop exercise simulating real confined space entry operations.

Objectives

By the end of this training program, participants will be able to:

- Understand OSHA 1910.146 and Confined Spaces Regulations requirements.
- Identify hazards associated with confined space entry operations.
- Conduct effective risk assessments for confined spaces.
- Apply safe work practices before, during, and after confined space entry.
- Understand atmospheric testing and gas monitoring requirements.
- Implement proper isolation and Lockout/Tagout LOTO procedures.
- Select and use appropriate PPE and breathing apparatus.
- Develop emergency rescue and response arrangements.
- Maintain confined spaces as safe working environments during operations.

Target Audience

- Safety Personnel
- HSE Officers and Supervisors
- Planning Engineers
- Entry Supervisors
- Authorized Entrants
- Maintenance Personnel
- Operations and Production Staff
- Permit-to-Work Coordinators
- Emergency Response Personnel
- Engineers and Technicians involved in confined space activities

Training Outline

Day 1: Introduction, Definitions & Risk Assessment

- Introduction to confined space safety
- Definitions and OSHA terminology
- Types of confined spaces
- Hazard identification and risk assessment
- Reading P&IDs and process diagrams
- Permit-to-work systems
- Contractor safety management

Day 2: Occupational Health Hazards in Confined Spaces

- Occupational health hazards in confined spaces
- Chemical hazards and toxic substances
- Physical hazards and environmental risks
- H₂S hazards and pyrophoric iron
- Hygiene and welfare facilities
- Contaminated area control measures
- Exposure prevention techniques

Day 3: Atmospheric Testing, Cleaning and Emergency Arrangements

- Atmospheric testing procedures and gas detection
- Cleaning and preparation of confined spaces before entry
- Gas freeing of tanks and vessels
- Hazards associated with steam, water, inert gases, and chemicals
- Isolation methods and Lockout/Tagout LOTO
- Personnel responsibilities and competency requirements
- Emergency rescue arrangements and procedures

Day 4: PPE, Common Tasks and Maintaining Safety

- PPE requirements for confined space work
- Breathing apparatus entry procedures
- Ventilation and lighting requirements
- Common maintenance tasks and associated hazards
- Safety checklists and inspections
- Boxing up, handover, and de-isolation procedures
- Maintaining continuous safety during operations

Day 5: Practical Tabletop Exercise

- Confined space entry planning exercise
- Reviewing P&IDs and process details
- Isolation and de-pressurization procedures
- Gas freeing and atmospheric safety precautions
- PPE selection and safety controls



- Rescue planning and emergency response coordination
- Group presentations and discussions
- Course evaluation and final review

Registration form on the Training Course: Safe Work Practices for Confined Space Entry

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