



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

2 - 6 August 2026

Cairo (Egypt)

Holiday Inn & Suites Cairo Maadi, an IHG Hotel

Training Course: Safe Work Practices for Confined Space Entry

Training Course code: HE7010 From: 2 - 6 August 2026 Venue: Cairo (Egypt) - Holiday Inn & Suites Cairo Maadi, an IHG Hotel Training Course Fees: 4100 € Euro

Introduction

Confined spaces pose significant risks, with accidents often resulting from inherent hazards or poor decisions during entry for maintenance, repair, or inspections. This course covers confined space hazards, stringent precautions, and safe work systems, with practical application through a tabletop exercise. Topics include OSHA 1910.146 and HSE standards, inherent hazards, personnel training, and necessary precautions before and during entry.

Objectives

- Become familiar with OSHA 1910.146 and Confined Spaces Regulations 1997 Approved Code of Practice, HSE
- Become familiar with the hazards of a confined space
- To take all the necessary precautions before entering
- Be able to maintain the confined space as a safe place to work
- Familiarise the delegates with different methods of cleaning and isolation
- Safety Personnel
- Planning Engineers
- Entry Supervisors
- Authorized Entrants

Process

The programme is presented with slides and interactive videos that all require active participation. Several case studies, with accompanying videos, are presented. On the last day of the seminar the delegates undertake a desktop exercise in planning an entry into a confined space.

Benefits

- The risks of confined spaces
- A safe system of work for confined spaces
- The health hazards involved

- Common confined spaces tasks and precautions
- The training necessary for all involved in confined space entry

Results

- Efficient planning for confined space entry
- Time optimisation in confined space entry work
- Confidence that the company is following best practices
- Confidence of personnel that all safety measures are being taken
- Elimination of accidents in confined spaces

Core Competencies

- Understanding the regulations used by OSHA and the HSE
- Isolation procedure
- Gas Freeing
- Atmospheric Testing
- Emergency arrangements and assessing the risks
- The occupational health hazards of a confined space
- Permit to Work system

Outlines

Day 1

Introduction, Definitions & Risk Assessment

- Introduction
- Definitions - OSHA Terminology
- Risk Assessment
- Reading PIDs
- Work Permit Systems

- Contractors

Day 2

Occupational Health Hazards in Confined Spaces

- Occupational Health Hazards
 - Chemical substances Hazards
 - Physical Hazards
- H₂S and Pyrophoric iron
- Washing and Changing Facilities
- Contaminated Areas and Control

Day 3

Atmospheric Testing, Cleaning and Emergency Arrangements

- Atmosphere Testing
- Cleaning of Confined spaces prior to entry
- Gas freeing of Tanks, Vessels - Use and hazards of Steam water inert gas and chemicals
- Isolation - Positive Isolation, Lockout / Tag Out, Maintaining Isolation
- Personnel Training and Duties
- Rescue Arrangements

Day 4

PPE, Common Tasks and Maintaining Safety

- PPE Requirements
- Entry with Breathing Apparatus / Entry without Breathing Apparatus
- Ventilation & Lighting
- Common Maintenance task and problems in confined spaces - Furnaces, Vessels, Tanks
- Check Lists
- Boxing Up, Hand Over and De-Isolation

Day 5

Table Top Exercise

A desktop syndicate exercise to plan an entry into a confined space. The syndicates will be given a PID and written details of the process. They will be required to program the steps and precautions for entry and cleaning prior to maintenance, and the precautions for the maintenance tasks to be undertaken - de-pressure, initial isolation, gas freeing and precautions, final positive isolation and isolation positioning, cordoning off the area, PPE required etc.

- Presentation and discussion by the syndicate groups
- Course Evaluation
- Summary

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

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Complete & Mail or fax to Global Horizon Training Center (GHTC) at the address given below

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