



Confined Space Awareness and Compliance: Safe Work Practices for Confined Space Entry

22 – 26 November 2026
Muscat (Oman)



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Introduction

The hazards of confined spaces are not new. Yet, every year, fatalities and injuries occur among workers who, during their jobs, are required to enter confined spaces. Entry into confined spaces may be for maintenance, repair, or statutory inspections. Accidents occur because of inherent or induced hazards of wrong decisions. Personnel may need to be more trained or have had their awareness blunted by experience.

Upon completing the confined space entry training course, participants will receive a confined space awareness certificate, demonstrating their proficiency in understanding the critical elements of safe confined space entry protocols and proving their ability to comply with the rigorous safety requirements integral to confined space work.

Confined Space Entry Safety Program Development

Creating a robust confined space entry safety program is vital for ensuring the safety of all personnel involved in entering and working within confined spaces. This confined space entry and safety compliance course will enable participants to gain the knowledge and skills needed to develop and maintain an effective confined space entry safety plan, focusing on the safety requirements for confined space entry and ensuring compliance with the confined space compliance code.

Trainees in the confined space entry and safety compliance course will learn how to devise a confined space entry plan tailored to the specific needs of their work environment and will explore best practices for maintaining a safe work environment during confined space entry.

Participants will also have the opportunity to obtain a confined space entry training certificate, indicating their understanding and capability to manage the various aspects of confined space safety awareness. Moreover, training will cover the role of a confined space entry supervisor, expanding on the necessary confined space awareness training requirements. By the end of this confined space awareness course, each delegate will clearly understand what constitutes a stringent confined space safety program.

Targeted Groups

- Safety Personnel.
- Planning Engineers.
- Entry Supervisors.
- Authorized Entrants.

Course Objectives

At the end of this confined space entry and safety compliance course, the participants will be able to:

- Become familiar with OSHA and Confined Spaces Regulations 1997 Approved Code of Practice, HSE.
- Become familiar with the hazards of a confined space.
- Take all the necessary precautions before entering.
- Maintain the confined space as a safe place to work.
- Familiarize the delegates with different methods of cleaning and isolation.

Targeted Competencies

By the end of this confined space entry and safety compliance course, the target competencies will be able to:

- The OSHA standard for permit-required confined spaces.
- The HSE Standard on Confined Space Entry.
- The inherent hazards of confined spaces.
- The required precautions are necessary before and during entry.
- 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 is necessary for all involved in confined space entry.

Course Content

Unit 1: Introduction, Definitions, and Risk Assessment

- Introduction.
- Definitions of OSHA terminology.
- Risk assessment.
- Reading PIDs.
- Work permit systems.
- Contractors.

Unit 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.

Unit 3: Atmospheric Testing, Cleaning and Emergency Arrangements

- Atmosphere testing.
- Cleaning of confined spaces before entry.
- What is gas freeing of tanks and vessels? What are the uses and hazards of steam water inert gas and chemicals?
- Isolation includes positive isolation, lockout/tagout, and maintaining isolation.
- Personnel training and duties.
- Rescue arrangements.

Unit 4: PPE, Common Tasks, and Maintaining Safety

- PPE requirements.
- Entry with breathing apparatus/entry without breathing apparatus.
- Ventilation and lighting.
- Everyday maintenance tasks and problems in confined spaces, furnaces, vessels, and tanks.
- Checklists.
- Boxing up, handover, and de-isolation.

Unit 5: Table Top Exercise

Understand 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 must program the steps and precautions for entry and cleaning before maintenance. For the maintenance tasks, de-pressure, initial isolation, gas freeing and precautions, final positive isolation, isolation positioning, cordoning off the area, and PPE are required.

- Presentation and discussion.