



COURSE OVERVIEW HE2435 **Confined Space & Working at Height**

Course Title

Confined Space & Working at Height

Course Date/Venue

November 16-20, 2026/TBA Meeting Room, Royal Rose Hotel Abu Dhabi, a Curio Collection by Hilton Affiliated Hotel, Abu Dhabi, UAE

Course Reference

HE2435

Course Duration/Credits

Five days/3.0 CEUs/30 PDHs



Course Description



This practical and highly-interactive course includes real-life case studies and exercises where participants will be engaged in a series of interactive small groups and class workshops.

This course is designed to provide participants with a detailed and up-to-date overview of Confined Space and Working at Height. It covers the confined space safety and regulatory requirements; the confined space hazard identification and risk assessment; the confined space entry planning and permit-to-work systems; the atmospheric testing, gas detection and monitoring; and the confined space ventilation, hazard control measures and personal protective equipment (PPE) for confined space entry.



Further, the course will also discuss the safe confined space entry and work procedures; the confined space roles, responsibilities and communication, equipment, safe work practices, emergency preparedness and response; the confined space rescue techniques, confined space entry and working at height safety; the working at height hazard identification and risk assessment as well as working at height planning and permit-to-work requirements; the fall prevention, fall protection systems and personal protective equipment for working at height; and the anchor points, lifelines and fall clearance requirements, ladder safety and safe access at height.





During this interactive course, participants will learn the scaffold safety and elevated working platforms, mobile elevated work platforms (MEWPs) and aerial lifts; the roof work, open edges and fragile surface protection including working at height emergency response and rescue planning; the integrated hazard management for high-risk work activities, advanced permit-to-work and safety management practices; and the equipment inspection, maintenance and safety compliance as well as emergency response coordination and rescue management.

Course Objectives/Outcomes & Benefits for the Participants

Upon the successful completion of this course, each participant will be able to:-

- Apply and gain an in-depth knowledge on confined space and working at height
- Discuss confined space safety and regulatory requirements and carryout confined space hazard identification and risk assessment
- Apply confined space entry planning and permit-to-work systems including atmospheric testing, gas detection and monitoring
- Employ confined space ventilation, hazard control measures and personal protective equipment (PPE) for confined space entry
- Carryout safe confined space entry and work procedures and discuss confined space roles, responsibilities and communication
- Apply confined space equipment and safe work practices including confined space emergency preparedness and response
- Implement confined space rescue techniques, confined space entry and working at height safety
- Employ working at height hazard identification and risk assessment as well as working at height planning and permit-to-work requirements
- Recognize fall prevention and fall protection systems and use personal protective equipment for working at height
- Identify anchor points, lifelines and fall clearance requirements and implement ladder safety and safe access at height
- Discuss scaffold safety and elevated working platforms, mobile elevated work platforms (MEWPs) and aerial lifts
- Apply roof work, open edges and fragile surface protection including working at height emergency response and rescue planning
- Carryout integrated hazard management for high-risk work activities, advanced permit-to-work and safety management practices
- Employ equipment inspection, maintenance and safety compliance as well as emergency response coordination and rescue management



Exclusive Smart Training Kit - H-STK®



*Participants of this course will receive the exclusive “Haward Smart Training Kit” (H-STK®). The H-STK® consists of a comprehensive set of technical content which includes **electronic version** of the course materials conveniently saved in a **Tablet PC**.*

Who Should Attend

This course provides an overview of all significant aspects and considerations of confined space and working at height for safety officers, HSE engineers, maintenance engineers, maintenance technicians, operations personnel, construction workers, site supervisors, mechanical and electrical technicians, permit-to-work coordinators, confined space entrants, attendants, entry supervisors and other personnel involved in confined space activities or working at height.

Training Methodology

Our courses employ an interactive, learner-centred methodology that integrates theoretical knowledge with practical application. The training is delivered through a suitable combination of some or all of the following methods, selected according to the course content and learning objectives:

- Instructor-led presentations and facilitated discussions
- Practical workshops and participant presentations
- Hands-on exercises and real-world case studies
- Equipment demonstrations and technical drawings
- Hardware- and software-based simulations
- Gamification & Role Play in soft-skills courses only
- Virtual Reality (VR) and Augmented Reality (AR)
- Instructional videos and other relevant training resources

This blended approach encourages active participation, strengthens practical skills and supports the effective application of acquired knowledge in the workplace.

Learning Design & Customization

This course can be customized to the exact requirements of clients. Haward Technology is so proud of our huge capabilities in tailoring our courses to the training needs of our valued clients.

Course Fee

US\$ 5,500 per Delegate + **VAT**. This rate includes H-STK® (Haward Smart Training Kit), buffet lunch, coffee/tea on arrival, morning & afternoon of each day.

Accommodation

Accommodation is not included in the course fees. However, any accommodation required can be arranged at the time of booking.



Course Certificate(s)

Internationally recognized certificates will be issued to all participants of the course who completed a minimum of 80% of the total tuition hours.

Certificate Accreditations

Haward's certificates are accredited by the following international accreditation organizations: -

-  British Accreditation Council (BAC)

Haward Technology is accredited by the **British Accreditation Council** for **Independent Further and Higher Education** as an **International Centre**. Haward's certificates are internationally recognized and accredited by the British Accreditation Council (BAC). BAC is the British accrediting body responsible for setting standards within independent further and higher education sector in the UK and overseas. As a BAC-accredited international centre, Haward Technology meets all of the international higher education criteria and standards set by BAC.

-  The International Accreditors for Continuing Education and Training (IACET - USA)

Haward Technology is an Authorized Training Provider by the International Accreditors for Continuing Education and Training (IACET), 2201 Cooperative Way, Suite 600, Herndon, VA 20171, USA. In obtaining this authority, Haward Technology has demonstrated that it complies with the **ANSI/IACET 2018-1 Standard** which is widely recognized as the standard of good practice internationally. As a result of our Authorized Provider membership status, Haward Technology is authorized to offer IACET CEUs for its programs that qualify under the **ANSI/IACET 2018-1 Standard**.

Haward Technology's courses meet the professional certification and continuing education requirements for participants seeking **Continuing Education Units** (CEUs) in accordance with the rules & regulations of the International Accreditors for Continuing Education & Training (IACET). IACET is an international authority that evaluates programs according to strict, research-based criteria and guidelines. The CEU is an internationally accepted uniform unit of measurement in qualified courses of continuing education.

Haward Technology Middle East will award **3.0 CEUs** (Continuing Education Units) or **30 PDHs** (Professional Development Hours) for participants who completed the total tuition hours of this program. One CEU is equivalent to ten Professional Development Hours (PDHs) or ten contact hours of the participation in and completion of Haward Technology programs. A permanent record of a participant's involvement and awarding of CEU will be maintained by Haward Technology. Haward Technology will provide a copy of the participant's CEU and PDH Transcript of Records upon request.



Course Instructor(s)

This course will be conducted by the following instructor(s). However, we have the right to change the course instructor(s) prior to the course date and inform participants accordingly:



Mr. Ron Jansen is a **Senior HSE Consultant** with extensive years of experience within the **Oil & Gas** industry. His broad expertise widely covers in the areas of **Confined Space Entry, Confined Space Entry, First Aid & SCBA Management, Manual Handling, Permit-to-Work & Risk Assessment, Crane & Lifting Operation, Forklift Maintenance, Mobile Elevated Work Platform (MEWP), Mobile & Gantry Crane, Banksman/Slinger, Scaffolding, Rigging & Slings, Controlled-Substance Units (SATCU) Operations, Workplace Substance Abuse Prevention Strategies, Substance Abuse Policy Development for Employers, Substance Abuse Testing Unit Management, Controlled Substance Identification and Recognition, HAZMAT, HAZCOM, Process Hazard Analysis (PHA), Process Safety Management (PSM), Process Risk Analysis, Occupational Health, Effective Tool Box Talks, Disaster Management, Firefighting & Fire Safety, Fire Detection & Suppression Systems, Fire Risk Assessments, General Health and Safety, Job Observation, Fire Rescue, Fire Protection, Fire Prevention, Rescue Operations, Firefighting Techniques, Accident/Incident Investigation, HAZOP & HAZID, Permit to Work (PTW) System, Working at Height, Behavioral Based Safety (BBS), Hazard identification and Risk Assessments (HIRA), HSE Risk Assessment & Management Concepts, HSE Management Policy & Standards, HSSE Emergency Response & Crisis Management Operations, Authorized Gas Testing, Quantitative & Qualitative Analysis, Fall Protection & Rescue, Defensive Driving, Hazardous Materials & Chemicals Handling, Pollution Control, Environmental & Pollution Management, HSE Industrial Practices, Emergency Response & Crisis Management Operations, Waste Management, Job Safety Analysis (JSA), Overhead & Gantry Crane Safety, Lifting & Rigging, Machinery & Hydraulic Lifting Equipment, Rigging & Slings Operation, Scaffolding Inspection, ISO 9001, OSHAS 18001, 19011, Rigging Safety Rules, Machinery & Hydraulic Lifting Equipment and Excavation & Trenching.**

During his career life, Mr. Jansen has gained his practical and field experience through his various significant positions and dedication as the **SHEQ Manager, SHEQ System Auditor, Safety Practitioner, Safety Officer** and **Senior Instructor/Consultant** from various international companies such as the **WI Corporation, ISO Internal Auditors SHEQ Management Systems, Truibuilt Engineering, TCS Hydraulic Engineering, OR Thambo Airport, Eskom Transmission Section and Aquarius Mine Kroondal Rustenburg.**



Course Program

The following program is planned for this course. However, the course instructor(s) may modify this program before or during the workshop for technical reasons with no prior notice to participants. Nevertheless, the course objectives will always be met:

Day 1: Monday, 16th of November 2026

0730 – 0800	Registration & Coffee
0800 – 0815	Welcome & Introduction
0815 – 0830	PRE-TEST
0830 – 0930	Introduction to Confined Space Safety & Regulatory Requirements Definition, Classification & Characteristics of Confined Spaces • Types of Confined Spaces in Industrial, Construction & Maintenance Environments • Applicable OSHA, HSE & International Confined Space Safety Requirements • Roles, Responsibilities & Legal Obligations of Employers, Supervisors & Workers
0930 – 0945	Break
0945 – 1030	Confined Space Hazard Identification & Risk Assessment Identification of Physical, Chemical, Biological & Environmental Hazards • Atmospheric Hazards Including Oxygen Deficiency, Toxic Gases & Flammable Atmospheres • Mechanical, Electrical, Thermal & Engulfment Hazards in Confined Spaces • Hazard Identification, Risk Assessment & Risk Control (HIRARC) Techniques
1030 – 1130	Confined Space Entry Planning & Permit-to-Work Systems Confined Space Entry Procedures & Pre-Entry Safety Requirements • Permit-to-Work (PTW) Systems, Authorization & Documentation • Job Safety Analysis (JSA), Task Risk Assessment & Toolbox Talks • Entry Permit Issuance, Verification, Suspension & Closure Procedures
1130 – 1215	Atmospheric Testing, Gas Detection & Monitoring Principles of Atmospheric Testing & Safe Entry Conditions • Oxygen Concentration, Flammable Gas Limits & Toxic Gas Exposure • Selection, Inspection, Bump Testing & Calibration of Gas Detection Instruments • Atmospheric Testing Sequence, Continuous Monitoring & Alarm Response Procedures
1215 – 1230	Break
1230 – 1330	Confined Space Ventilation & Hazard Control Measures Natural & Mechanical Ventilation Systems for Confined Spaces • Forced-Air Ventilation, Exhaust Systems & Airflow Management • Isolation of Hazardous Energy Sources Using Lockout/Tagout (LOTO) • Prevention of Hazardous Atmospheres Through Engineering & Administrative Controls
1330 – 1420	Personal Protective Equipment (PPE) for Confined Space Entry Selection & Proper Use of Confined Space PPE • Respiratory Protection, Supplied-Air Respirators & Self-Contained Breathing Apparatus (SCBA) • Protective Clothing, Safety Helmets, Gloves & Specialized Safety Equipment • PPE Inspection, Maintenance, Limitations & Practical Demonstrations
1420 – 1430	Recap Using this Course Overview, the Instructor(s) will Brief Participants about the Topics that were Discussed Today and Advise Them of the Topics to be Discussed Tomorrow
1430	Lunch & End of Day One



Day 2: Tuesday, 17th of November 2026

0730 – 0830	Safe Confined Space Entry & Work Procedures Pre-Entry Inspections, Safety Checklists & Entry Authorization • Safe Entry, Movement & Exit Procedures in Restricted Spaces • Communication Protocols Between Entrants, Attendants & Entry Supervisors • Continuous Monitoring of Work Conditions & Safe Work Practices
0830 – 0930	Confined Space Roles, Responsibilities & Communication Duties & Responsibilities of Authorized Entrants • Responsibilities of Confined Space Attendants & Standby Personnel • Entry Supervisor Responsibilities, Safety Verification & Work Coordination • Communication Systems, Emergency Signals & Personnel Accountability
0930 – 0945	Break
0945 – 1100	Confined Space Equipment & Safe Work Practices Safe Use of Portable Lighting, Electrical Tools & Intrinsically Safe Equipment • Selection & Application of Tripods, Davit Arms, Winches & Retrieval Systems • Control of Slips, Trips, Falls & Restricted Movement Hazards • Safe Handling of Tools, Materials & Equipment Inside Confined Spaces
1100 – 1215	Confined Space Emergency Preparedness & Response Identification of Emergency Conditions & Evacuation Triggers • Emergency Response Planning, Rescue Arrangements & Coordination • Procedures for Atmospheric Emergencies, Equipment Failure & Worker Incapacitation • Emergency Communication, Alarm Activation & Incident Reporting
1215 – 1230	Break
1230 – 1330	Confined Space Rescue Techniques & Equipment Non-Entry Rescue Methods & Mechanical Retrieval Systems • Entry Rescue Requirements, Rescue Team Competency & Protective Equipment • Rescue Equipment Inspection, Setup & Operational Readiness • Casualty Recovery, First Aid Coordination & Post-Rescue Procedures
1330 – 1420	Practical Confined Space Entry & Rescue Exercises Practical Demonstration of Entry Permit Preparation & Hazard Assessment • Hands-On Atmospheric Testing, Gas Monitoring & Ventilation Setup • Simulation of Safe Confined Space Entry, Communication & Exit Procedures • Supervised Emergency Evacuation & Non-Entry Rescue Simulation
1420 – 1430	Recap Using this Course Overview, the Instructor(s) will Brief Participants about the Topics that were Discussed Today and Advise Them of the Topics to be Discussed Tomorrow
1430	Lunch & End of Day Two

Day 3: Wednesday, 18th of November 2026

0730 – 0830	Basics of Working at Height Safety Definition, Scope & Common Applications of Working at Height • Applicable OSHA, HSE & International Work-at-Height Safety Requirements • Common Causes of Falls & Lessons Learned from Workplace Incidents • Responsibilities of Employers, Supervisors, Competent Persons & Workers
0830 – 0930	Working at Height Hazard Identification & Risk Assessment Identification of Fall Hazards in Construction, Maintenance & Industrial Operations • Risk Assessment for Roofs, Platforms, Ladders, Scaffolds & Elevated Structures • Environmental Hazards Including Wind, Rain, Heat & Poor Visibility • Application of the Hierarchy of Controls & Fall Prevention Strategies



0930 – 0945	<i>Break</i>
0945 – 1100	Working at Height Planning & Permit-to-Work Requirements <i>Work-at-Height Planning, Safety Procedures & Task Preparation • Permit-to-Work Requirements & Pre-Work Safety Inspections • Job Safety Analysis, Method Statements & Toolbox Talks • Establishment of Exclusion Zones, Safe Access Routes & Emergency Arrangements</i>
1100 – 1215	Fall Prevention & Fall Protection Systems <i>Difference Between Fall Prevention, Fall Restraint & Fall Arrest Systems • Collective Protection Measures Including Guardrails, Covers & Working Platforms • Personal Fall Protection Systems & Their Appropriate Applications • Selection of Fall Protection Measures Based on Risk Assessment & Work Conditions</i>
1215 – 1230	<i>Break</i>
1230 – 1330	Personal Protective Equipment for Working at Height <i>Selection & Proper Fitting of Full-Body Safety Harnesses • Lanyards, Energy Absorbers, Self-Retracting Lifelines & Connectors • Safety Helmets, Footwear, Gloves & Other Height Safety Equipment • Pre-Use Inspection, Defect Identification, Storage & Maintenance of Fall Protection PPE</i>
1330 – 1420	Anchor Points, Lifelines & Fall Clearance Requirements <i>Types of Anchor Points & Anchorage Systems • Horizontal & Vertical Lifeline Systems & Their Applications • Fall Clearance Calculation, Free-Fall Distance & Swing-Fall Hazards • Anchorage Selection, Compatibility & Verification of Equipment Ratings</i>
1420 – 1430	Recap <i>Using this Course Overview, the Instructor(s) will Brief Participants about the Topics that were Discussed Today and Advise Them of the Topics to be Discussed Tomorrow</i>
1430	<i>Lunch & End of Day Three</i>

Day 4: Thursday, 19th of November 2026

0730 – 0830	Ladder Safety & Safe Access at Height <i>Types of Ladders & Selection for Different Work Applications • Ladder Inspection, Positioning, Securing & Stability Requirements • Safe Climbing Techniques, Three-Point Contact & Tool Handling • Common Ladder Hazards, Unsafe Practices & Preventive Measures</i>
0830 – 0930	Scaffold Safety & Elevated Working Platforms <i>Types of Scaffolding Systems & Their Industrial Applications • Scaffold Inspection, Tagging, Load Capacity & Safe Access Requirements • Guardrails, Toe Boards, Working Platforms & Falling Object Protection • Safe Scaffold Use, Unauthorized Modification Prevention & Defect Reporting</i>
0930 – 0945	<i>Break</i>
0945 – 1100	Mobile Elevated Work Platforms (MEWPs) & Aerial Lifts <i>Types of MEWPs Including Scissor Lifts & Boom Lifts • Pre-Operational Inspections, Ground Conditions & Stability Assessment • Safe Operating Procedures, Platform Capacity & Fall Protection Requirements • Emergency Lowering Procedures, Rescue Planning & Operator Responsibilities</i>
1100 – 1215	Roof Work, Open Edges & Fragile Surface Protection <i>Identification of Fragile Roofs, Skylights & Unprotected Openings • Safe Access, Walkways, Guardrails & Temporary Edge Protection • Prevention of Falls Through Openings & Unstable Surfaces • Control of Falling Objects, Tool Tethering & Exclusion Zone Management</i>



1215 – 1230	Break
1230 – 1330	Working at Height Emergency Response & Rescue Planning Development of Site-Specific Fall Rescue Plans • Recognition of Suspension Intolerance & Medical Emergencies Following a Fall • Rescue Equipment, Retrieval Devices & Safe Casualty Recovery Methods • Emergency Communication, Rescue Team Coordination & First Aid Response
1330 – 1420	Practical Working at Height Safety Exercises Hands-On Harness Fitting, Adjustment & Pre-Use Inspection • Practical Inspection of Ladders, Scaffolds & Fall Protection Equipment • Demonstration of Anchorage Selection, Lanyard Connection & Fall Clearance Assessment • Supervised Fall Protection Setup, Rescue Equipment Familiarization & Emergency Response Simulation
1420 – 1430	Recap Using this Course Overview, the Instructor(s) will Brief Participants about the Topics that were Discussed Today and Advise Them of the Topics to be Discussed Tomorrow
1430	Lunch & End of Day Four

Day 5: Friday, 20th of November 2026

0730 – 0830	Integrated Hazard Management for High-Risk Work Activities Identification of Combined Confined Space & Working at Height Hazards • Risk Assessment for Elevated Confined Spaces, Tanks, Vessels & Industrial Structures • Coordination of Simultaneous Operations (SIMOPS) & Multiple Work Teams • Application of Integrated Risk Controls, Safety Procedures & Emergency Arrangements
0830 – 0930	Advanced Permit-to-Work & Safety Management Practices Coordination of Confined Space Entry & Working at Height Permits • Verification of Isolation, Atmospheric Conditions & Fall Protection Arrangements • Roles of Permit Issuers, Area Authorities, Supervisors & Safety Personnel • Permit Auditing, Compliance Monitoring & Management of Changing Work Conditions
0930 – 0945	Break
0945 – 1100	Equipment Inspection, Maintenance & Safety Compliance Inspection Requirements for Gas Detectors, Ventilation Equipment & Retrieval Systems • Inspection of Harnesses, Lifelines, Connectors & Anchorage Systems • Equipment Defect Identification, Removal from Service & Maintenance Records • Periodic Inspection, Competency Requirements & Manufacturer Recommendations
1100 – 1230	Emergency Response Coordination & Rescue Management Integrated Emergency Response Planning for Confined Space & Height-Related Incidents • Rescue Team Mobilization, Communication & Emergency Scene Control • Coordination of Technical Rescue, Medical Assistance & Casualty Transfer • Post-Incident Reporting, Investigation & Corrective Action Implementation
1230 – 1245	Break
1245 – 1330	Practical Case Studies & Scenario-Based Safety Exercises Case Study: Atmospheric Hazard During Maintenance Inside an Industrial Tank • Case Study: Fall Protection Failure During Elevated Maintenance Activities • Group Exercise: Hazard Identification, Risk Assessment & Permit Preparation • Integrated Scenario: Safe Access, Confined Space Entry & Emergency Rescue Coordination



1330 - 1345	Final Practical Assessment, Competency Evaluation & Course Review Written Assessment Covering Confined Space & Working at Height Safety Principles • Practical Evaluation of Gas Testing, PPE Inspection & Safe Entry Preparation • Demonstration of Harness Inspection, Fall Protection Selection & Rescue Readiness • Review of Key Learning Outcomes, Individual Feedback & Continuous Safety Improvement
1345 - 1400	Course Conclusion Using this Course Overview, the Instructor(s) will Brief Participants about the Course Topics that were Covered During the Course
1400 - 1415	POST-TEST
1415 - 1430	Presentation of Course Certificates
1430	Lunch & End of Course

Practical Sessions

This practical and highly-interactive course includes real-life case studies and exercises:-



Course Coordinator

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