COURSE OVERVIEW HE0700

Confined Space Safety

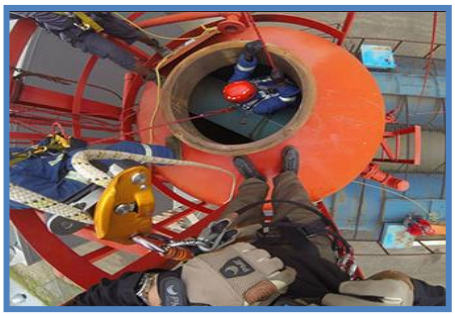
Course Title
Confined Space Safety

Course Date/Venue
Session 1: May 04-08, 2025/Boardroom 1, Elite Byblos Hotel Al Barsha, Sheikh Zayed Road, Dubai, UAE
Session 2: September 22-26, 2025/Glasshouse Meeting Room, Grand Millennium Al Wahda Hotel, Abu Dhabi, UAE

Course Reference
HE0700

Course Duration/Credits
Five days/3.0 CEUs/30 PDHs

Course Description



This practical and highly-interactive course includes practical sessions and demonstration where participants carryout confined space and rescue missions. Theory learnt in the class will be applied using a rope rescue methods and equipment.

Confined Space Entry (CSE) procedures are made for the safety of those working in confined space. They are designed to prevent accidents and injuries caused by the accidental release of energy. The use of these procedures prevents workers from accidentally being exposed to injurious and even life-threatening situations with energized machinery and equipment.

This course is designed to provide participants with a detailed and an up-to-date overview of confined space entry. It covers the types of confines spaces areas that incudes confined spaces and non-permit spaces; the hazards commonly found in confined spaces consisting of atmospheric hazards and physical hazards; the basic emergency activities during a confined space emergency; and the proper air monitoring equipment necessary for a hazardous confined space entry.

The course also covers the types of areas on confined spaces; the evaluation and assessment of the hazards commonly found in confined spaces that includes atmospheric hazards and physical hazards; the hazardous atmospheres comprising of hazardous configuration and other recognized serious safety or health hazard; the proper safety equipment, ventilation and air monitoring equipment necessary for a hazardous confined space entry such as respirators and PPE; the appropriate hazard controls; why preplanning is essential to a confined space program; the duties, rescue and emergency procedures during a confined space emergency including isolation and tag out/lockout procedures, entry procedures and permit; and the confined space programs/training.

At the completion of the course, participants will be able to explain confined space entry rules and the responsibilities; demonstrate better safety behaviors and performance; and conduct activities to avoid harm to the health of the employees.

Course Objectives

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

- Apply gain an in-depth knowledge on confined space safety and entry permit
- Identify the types of areas on confined spaces including permit-required confined spaces and non-permit spaces and define each term
- Evaluate and assess the hazards commonly found in confined spaces including atmospheric hazards and physical hazards
- Recognize hazardous atmospheres including hazardous configuration and other recognized serious safety or health hazard
- Identify and select the proper safety equipment, ventilation and air monitoring equipment necessary for a hazardous confined space entry including respirators and PPE
- Implement appropriate hazard controls (e.g. atmospheric monitoring, ventilation, retrieval methods)
- Explain why preplanning is essential to a confined space program
- Carryout the duties, rescue and emergency procedures during a confined space emergency including isolation and tag out/lockout procedures, entry procedures and permit as well as develop and explain confined space programs/training

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 safety for employees who may enter confined spaces with potential hazards are required to receive confined space safety training.

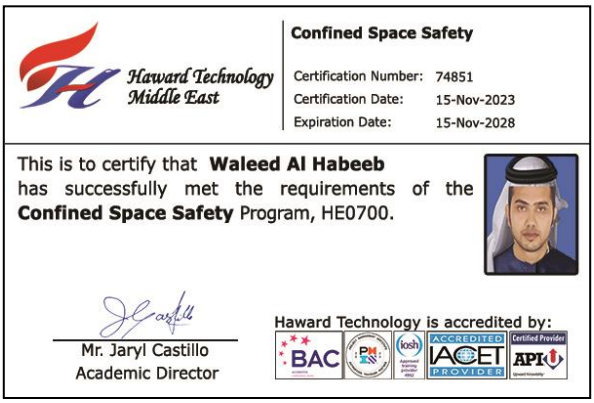
Course Certificate(s)

(1) Internationally recognized Competency Certificates and Plastic Wallet Cards will be issued to participants who completed a minimum of 80% of the total tuition hours and successfully passed the exam at the end of the course. Certificates are valid for 5 years.

Recertification is FOC for a lifetime.

Sample of Certificates

The following are the samples of the certificates that will be awarded to course participants:-



(2) Official Transcript of Records will be provided to the successful delegates with the equivalent number of ANSI/IACET accredited Continuing Education Units (CEUs) earned during the course.

Haward Technology Middle East

Continuing Professional Development (HTME-CPD)

CEU Official Transcript of Records

TOR Issuance Date: 15-Nov-23

HTME No. 74851

Participant Name: Waleed Al Habeeb

Program Ref.	Program Title	Program Date	No. of Contact Hours	CEU's
HE0700	Confined Space Safety	November 11-15, 2023	30	3.0

Total No. of CEU's Earned as of TOR Issuance Date **30**

TRUE COPY

Jaryl Castillo
Academic Director

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

P.O. Box 26070, Abu Dhabi, United Arab Emirates | Tel.: +971 2 3091 714 | E-mail: info@haward.org | Website: www.haward.org

Certificate Accreditations

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**. 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 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 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. Francis Almeida, PgDip, BSc, NEBOSH-ENV, NEBOSH-IGC, NEBOSH-IFC, NEBOSH-IOGC, NEBOSH-PSM, is a **Senior Health, Safety & Environmental** (**HSE**) **Consultant** with over **35 years** of practical experience within the **Oil** and **Gas** industry. He is a **NEBOSH Approved Instructor** for various certification programs. His expertise lies extensively in the areas of **NEBOSH** Environmental Management, **NEBOSH** International General Certificate, **NEBOSH** Fire Safety & Risk Management International Certificate, **NEBOSH** International Oil & Gas Certificate, **NEBOSH** Process Safety Management, **Confined Space Safety**, **Confined Space** and Rescue from Height, **Confined Space** Safety and Health Effect, **Rigging Safety Rules**, **Machinery & Hydraulic Lifting Equipment**, **Forklift** Inspection, **Forklift** Operations, **MEWP** Operations, Safe **Rigging & Lifting** Tools, **Scaffolding** Inspection, **Lifting & Slinging**, **Crane** Inspection, **Lifting & Rigging**, **Manlift** Safety Operations, **Scissor** Lift Operations, **HAZOP & HAZID**, **HAZMAT & HAZCOM** Storage & Disposal, As Low as Reasonably Practicable (**ALARP**), Process Hazard Analysis (**PHA**), Process Safety Management (**PSM**), **Hazardous Materials & Chemicals** Handling, **Pollution Control**, **Environment**, **Health & Safety** Management, **Process Risk** Analysis, Effective Tool Box Talks, Construction Sites Safety, **HSSE Management** System, **HSSE Audit & Inspection**, **HSEQ Procedures**, **Authorized Gas** Testing, **Confined Space Entry & Rescue**, **Risk** Management, **Quantitative & Qualitative Risk** Assessment, **Working at Height**, **Firefighting** Techniques, **Fire** & **Gas** Detection System, **Fire Fighter & Fire** Rescue, **Fire Risk** Assessment, **HSE Industrial Practices**, **Manual Handling**, **Warehouse Incidents & Accidents Reporting**, **Incident & Accident Investigation**, **Emergency Planning**, **Emergency Response & Crisis** Management Operations, **Waste Management** Monitoring, **Root Cause Analysis**, Hazard & Risk Assessment, Task Risk Assessment (**TRA**), **Incident Command**, Job Safety Analysis (**JSA**), Behavioral Based Safety (**BBS**), **Fall Protection**, **Work Permit & First Aid** and various international codes and standards such as the ISO 9001, OHSAS 18001, ISO 14001, SA8000, ISO 9001-2000 and ISO 9002. He was the **Offshore Safety Specialist** of **Chevron** wherein he was in-charged in HSE inspections, hazard analysis, incident investigation and implementing corrective actions.

During his career life, Mr. Almeida has gained his practical and field experience through his various significant positions and dedication as the **Quality Manager**, **HSE Specialist/Acting On-Scene Commander**, **Quality Auditor**, **Quality Supervisor**, **QHSE Engineer**, **Metallurgical Engineer**, **HSE Coordinator**, **Suppliers Auditor**, **Senior Instructor/Consultant**, **Oil & Gas Construction Specialist**, **Business Administration Specialist** and **Oil & Gas Management Technology Specialist** for various international companies and institutions such as the IBEC, Lopes & Almeida, IMA, EXPRO Group, UNESA, Vetco Aibel, ABB Oil & Gas, Brazilian Aluminum Foundry, DNV and ABIFA.

Mr. Almeida has a **Bachelor** degree in **Metallurgical Engineering** and a **Post Graduate Diplomas** in **Safety Engineering** and **Industrial Administration**. Further, he is a **Certified Instructor/Trainer**, an **Approved Lead Tutor** in **NEBOSH Environmental Management Certificate**, **NEBOSH International General Certificate**, **NEBOSH International Oil & Gas Certificate** and **NEBOSH Process Safety Management Certificate** and an **Approved Practical Assessor/Lead Tutor** in **NEBOSH Fire Safety & Risk Management**. Moreover, he is a **Certified ISO 9001:2000 Lead Auditor**, a **Certified Internal Verifier/Assessor/Trainer** by the **Institute of Leadership and Management** (**ILM**) and has further delivered numerous trainings, courses, seminars, conferences and workshops globally.

Training Methodology

All our Courses are including **Hands-on Practical Sessions** using equipment, State-of-the-Art Simulators, Drawings, Case Studies, Videos and Exercises. The courses include the following training methodologies as a percentage of the total tuition hours:-

30% Lectures
20% Practical Workshops & Work Presentations
30% Hands-on Practical Exercises & Case Studies
20% Simulators (Hardware & Software) & Videos

In an unlikely event, the course instructor may modify the above training methodology before or during the course for technical reasons.

Course Program

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

Day 1

0730 – 0800	*Registration and Coffee*
0800 – 0815	*Welcome & Introduction*
0815 – 0830	***PRE-TEST***
0830 – 0900	***Introduction to Confined Space Safety***
0900 – 0930	***Objectives***
0930 – 0945	*Break*
0945 – 1115	***Definition & Examples of Confined Space Hazards***
1115 – 1230	***Why a Permit-Required Confined Space Program?***
1230 – 1245	*Break*
1245 – 1420	***Evaluate Your Workplace***
1420 – 1430	***Recap***
1430	*Lunch & End of Day One*

Day 2

0730 – 0900	***Evaluating Confined Spaces for Hazards***
0900 – 0915	*Break*
0915 – 1045	***Hazardous Atmospheres*** *Oxygen Level (too high or too low?) ● Flammable/explosive Gas, Vapor, Mist ● Toxic Substances*
1045 – 1215	***Engulfment***
215 – 1230	*Break*
1230 – 1330	***Hazardous Configuration***
1330 – 1420	***Any Other Recognized Serious Safety or Health Hazard***
1420 – 1430	***Recap***
1430	*Lunch & End of Day Two*

Day 3

0730 – 0900	***Permit-required Confined Space Entry***
0900 – 0915	*Break*
0915 – 1045	***When contractors enter your permits spaces***
1045 – 1215	***Ventilating Confined Space***

1215 – 1230	*Break*
1230 – 1330	***Ventilation Equipment***
1330 – 1420	***Air Monitoring Equipment***
1420 – 1430	***Recap***
1430	*Lunch & End of Day Three*

Day 4

0730 – 0900	***Respirators & PPE***
0900 – 0915	*Break*
0915 – 1100	***Isolation & Tagout/Lockout Procedures***
1100 – 1230	***Safety Equipment***
1230 – 1245	*Break*
1245 – 1420	***The Entry Permit System***
1420 – 1430	***Recap***
1430	*Lunch & End of Day Four*

Day 5

0730 – 0900	***What is the Written Plan?***
0900 – 0915	*Break*
0915 – 1045	***Duties to the Entry Team***
1045 – 1215	***Rescue and Emergency Procedures***
1215 – 1230	*Break*
1230 – 1300	***Training***
1300 – 1315	***Course Conclusion***
1315 – 1415	***COMPETENCY EXAM***
1415 – 1430	*Presentation of Course Certificates*
1430	*Lunch & End of Course*

Practical Sessions/Site Visit

Site visit will be organized during the course for delegates to practice the theory learnt:-

Course Coordinator

Mari Nakintu, Tel: +971 2 30 91 714, Email: mari1@haward.org