

Confined Spaces in Construction / CSE-C Course Outline

Lesson A. Course introduction	30 minutes
A.1. Course introduction	
A.2. Course objectives	
A.3. The most important safety rule	
A.4. Confined space responsibilities	
A.5. The three categories of confined spaces	
Lesson B. OSHA standards and why they are important	30 minutes
B.1. The two OSHA confined space standards	
B.2. A typical example of confined space fatalities	
B.3. Sobering fatality statistics	
B.4. A common lethal mistake	
B.5. The benefit of confined-space-specific training	
Lesson C. OSHA 1926 subpart AA Confined spaces in construction	150 minutes
C.01. OSHA 1926.1201 Scope	
C.02. OSHA 1926.1202 Definitions	
C.03. OSHA 1926.1203 General requirements	
C.04. OSHA 1926.1204 Permit-required confined space program	
C.05. OSHA 1926.1205 Permitting process	
C.06. OSHA 1926.1206 Entry permit	
C.07. OSHA 1926.1207 Training	
C.08. OSHA 1926.1208 Duties of authorized entrants	
C.09. OSHA 1926.1209 Duties of attendants	
C.10. OSHA 1926.1210 Duties of entry supervisors	
C.11. OSHA 1926.1211 Rescue and emergency services	
C.12. OSHA 1926.1212 Employee participation	
C.13. OSHA 1926.1213 Provision of documents to Secretary	
C.14. Helpful resources for confined spaces	
C.14a. Decision flow chart for permit-required confined spaces	
C.14b. Procedures for atmospheric testing of confined spaces	
C.14c. Examples of confined space entry permits	
C.14d. Sewer system entry information	
C.14e. Rescue service evaluation	

Lesson D. Typical confined space hazards

60 minutes

- D. 1. Introduction
- D. 2. Atmospheric hazards
 - D. 2a. Normal atmosphere
 - D. 2b. Oxygen deficient atmosphere
 - D. 2c. Oxygen enriched atmosphere
 - D. 2d. Flammable atmosphere
 - D. 2e. Toxic atmosphere
 - D. 2f. Carbon monoxide poisoning
 - D. 2g. Hydrogen sulfide poisoning
 - D. 2h. Confined space entry
- D. 3. Engulfment
- D. 4. Internal configuration
- D. 5. Mechanical hazards
- D. 6. Extreme temperatures
- D. 7. Slips, trips, and falls
- D. 8. Electrical shock
- D. 9. Noise and vibration
- D. 10. Biological hazards
- D. 11. Sample pre-entry checklist

Lesson E. Confined Space entry guidelines & emergency response checklist

15 minutes

Lesson F. On the job

15 minutes

- F.1. On the job: Plan for your life! Introduction
- F.2. On the job: Plan for your life! Identify hazards
- F.3. On the job: Plan for your life! Equipping for hazards

Lesson G. A word from rescue services

15 minutes

Lesson H. Protective systems and how to use them

15 minutes

Lesson I. Hazardous atmosphere solutions

15 minutes

Lesson J. Frequently asked questions

15 minutes

Test & Review