



# Course Outline

## Confined Space Rescue

### Level 1

CSRL1 / 8 hrs Course #6491

### Course Start

#### Course Introduction

(30 minutes)

- 1.1 Instructor Introduction
- 1.2 The Purpose of the Course
- 1.3 Course Requirements
- 1.4 Course Completion
- 1.5 Student Record

#### Rescue Fundamentals

(60 minutes)

- 2.1 Regulatory Requirements
- 2.2 Company Program
- 2.3 Rescuer Safety
- 2.4 Human Dynamics
- 2.5 Communication
- 2.6 Rescue Planning
- 2.7 Leadership and Rescuer Roles
- 2.8 Scene Management
- 2.9 Safe Entry Protocol

#### Rescue Equipment

(20 minutes)

- 3.1 Personal Rescuer Equipment
- 3.2 Confined Space Entry Equipment
- 3.3 Rescue Equipment Essentials

### 15 minute break

#### Workshop #1 Essential Rescue Skills

(100 minutes)

- **Personal Fall Arrest System**  
Students are challenged to properly don a full body harness and select proper connectors for rescuer applications.
- **Anchorage Supports**  
Students will explore the various anchorage supports, including tripods, davit arms, side entry systems, or any site-specific supports being used by the student group. Students will be challenged to set up the various anchorage supports used for worker entry.
- **Retrieval Devices**  
The instructor will provide demonstrations and guided practice for the set up and use of various retrieval devices to include winches, retractable lifelines, and pre-assembled rescue system.

#### Rescue Techniques

(15 minutes)

- 4.1 Risk Management
- 4.2 Rescue Categories
  - Self Rescue
  - Non-Entry Rescue
  - Entry Rescue

### 45 minute break/lunch

#### Workshop #2 Non-Entry Techniques

(60 minutes)

- **Vertical Extrications**  
Instructor will demonstrate basic non entry rescue techniques and provide students with guided practice using the applicable anchorage supports and retrieval devices.
- **Horizontal Extrications**  
Instructor will demonstrate basic non entry rescue techniques and provide students with guided practice using the applicable anchorage supports and retrieval devices.
- **Technique Considerations**  
The instructor and students will review various considerations of the non-entry techniques presented.

### 15 minute break

#### Workshop #3 Standard Entry Techniques

(120 minutes)

- **Pre-entry preparations**  
Students will be challenged to identify and execute the necessary procedures before entry into a confined space for rescue.
- **Vertical Extrications**  
Students will be challenged to safely descend into a vertical confined space to assist in extricating a worker in need. The instructor will present different options and technique considerations.
- **Horizontal Extrications**  
Students will be challenged to safely enter a horizontal confined space to assist in the extrication of a worker in need. The instructor will present different options and technique considerations.
- **Confined Space Scenarios**  
Instructor will set up a few scenarios to challenge students to complete. These scenarios will provide opportunities to practice skills to enhance learning retention.

#### Summary and Review

(30 minutes)

- 5.1 Key Learning Concepts
- 5.2 Building a Confined Space Rescue Kit