



DURATION 4 Hours	GROUP SIZE Up to 12 Learners	LEVEL Awareness / Foundation
LEGISLATION Confined Spaces Regulations 1997	RESOURCES Handout, Quiz, Slides	ASSESSMENT Knowledge Check Quiz

LEARNING OBJECTIVES

- Understand the legal requirements of the Confined Spaces Regulations 1997
- Identify confined spaces and the hazards associated with them
- Conduct a risk assessment for confined space entry
- Understand the Permit to Work system for confined space entry
- Know how to test the atmosphere before and during confined space entry

SESSION PLAN

0:00–0:15	Welcome	Welcome & Introductions Trainer intro, housekeeping, fire exits, learning outcomes for Confined Spaces
0:15–0:30	Icebreaker	Warm-Up Activity Icebreaker to engage learners and introduce the topic of Confined Spaces
0:30–1:00	Theory	Key Legislation & Background Confined Spaces Regulations 1997 — why it matters, employer duties, employee responsibilities
1:00–1:30	Theory	Core Knowledge — Part 1 Key facts, statistics, risk factors, and underpinning knowledge for Confined Spaces
1:30–1:45	Break	Morning Break 15-minute comfort break — trainer to prepare practical equipment
1:45–2:15	Theory	Core Knowledge — Part 2 Deeper dive into Confined Spaces — common hazards, control measures, best practice
2:15–2:50	Practical	Demonstration & Supervised Practice Trainer demonstrates key techniques; learners practise in pairs with trainer feedback
2:50–3:00	Break	Short Break 10-minute break — distribute quiz papers
3:00–3:20	Assessment	Knowledge Check Quiz Learners complete the quiz individually; trainer collects and marks
3:20–3:40	Activity	Group Scenario Exercise Teams work through a realistic scenario applying Confined Spaces knowledge
3:40–3:55	Review	Quiz Review & Q&A Go through quiz answers; address any misconceptions; open Q&A session
3:55–4:00	Close	Summary & Close Recap key learning points, issue certificates, signpost further resources