

Lesson Plan for Safety Training Course for Competent Persons of Confined Spaces Operation

Day 1

Section	Topic & Content	Time (Minutes)
1	Introduction to Arrangements of the Course	10
2	Relevant Occupational Safety and Health Legislation Applicable to Confined Spaces	35
3	Basic Concept of a Confined Space and Common Potential Hazards	60
Recess		15
4	Case Study and Analysis of Common Serious Accidents	70
5	Basic Concept of Safe System of Work and Permit-to-work System	135
Break between Half-day Sessions or Lunch Break		
5	Basic Concept of Safe System of Work and Permit-to-work System (continued)	
6	Emergency Situations and Response Procedures	55
Recess		15
6	Emergency Situations and Response Procedures (continued)	
7	Explanation, Display, Demonstration and Practice on Safety Equipment	85
Total Time of Day 1【Class】		480 (8 Hrs)

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Day 2

Section	Topic & Content	Time (Minutes)
7	Explanation, Display, Demonstration and Practice on Safety Equipment	130
Recess		15
8	Risk Assessment	225
Break between Half-day Sessions or Lunch Break		
8	Risk Assessment (continued)	
Recess		15
9	Air Testing Procedures and Points to Note	35
10	Practice on Use of Multiple-Sensor Air Monitoring Equipment	60
Total Time of Day 2【Class】		480 (8 Hrs)

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Day 3

Section	Topic & Content	Time (Minutes)
10	Practice on Use of Multiple-Sensor Air Monitoring Equipment	30
11	Application of Safe System of Work and Permit-to-work System	130
Recess		15
11	Application of Safe System of Work and Permit-to-work System (continued)	
12	Conclusion of the Course	10
13	Written Examination	45
14	Review of the Examination Paper After the Examination	10
Total Time of Day 3 [Class+Written Exam+Review]		240 (4 Hrs)
15	Practical Examination	

Lesson Plan for Safety Training Course for Top-Up to Competent Persons of Confined Spaces Operation

Day 1

Section	Topic & Content	Time (Minutes)
1	Introduction to Arrangements of the Course	10
2	Risk Assessment	225
Recess		15
2	Risk Assessment (continued)	
Break between Half-day Sessions or Lunch Break		
2	Risk Assessment (continued)	
3	Air Testing Procedures and Points to Note	35
4	Practice on Use of Multiple-Sensor Air Monitoring Equipment	90
Recess		15
5	Practice on Safety Equipment	90
Total Time of Day 1【Class】		480 (8 Hrs)

Lesson Plan for Safety Training Course for Top-Up to Competent Persons of Confined Spaces Operation

Day 2

Section	Topic & Content	Time (Minutes)
5	Practice on Safety Equipment	30
6	Application of Safe System of Work and Permit-to-work System	130
Recess		15
6	Application of Safe System of Work and Permit-to-work System (continued)	
7	Conclusion of the Course	10
8	Written Examination	45
9	Review of the Examination Paper After the Examination	10
Total Time of Day 2【Class+Written Exam+Review】		240 (4 Hrs)
10	Practical Examination	

Lesson Plan for Safety Training Revalidation Course for Competent Persons of Confined Spaces Operation

Day 1

Section	Topic & Content	Time (Minutes)
1	Introduction to Arrangements of the Course	5
2	Relevant Occupational Safety and Health Legislation Applicable to Confined Spaces	30
3	Basic Concept of a Confined Space and Common Potential Hazards	40
4	Case Study and Analysis of Common Serious Accidents	45
Recess		15
5	Basic Concept of Safe System of Work and Permit-to-work System	70
6	Emergency Situations and Response Procedures	45
Break between Half-day Sessions or Lunch Break		
6	Emergency Situations and Response Procedures (continued)	
7	Explanation, Display, Demonstration and Practice on Safety Equipment	215
Recess		15
7	Explanation, Display, Demonstration and Practice on Safety Equipment (continued)	
Total Time of Day 1 [Class]		480 (8 Hrs)

Lesson Plan for Safety Training Revalidation Course for Competent Persons of Confined Spaces Operation

Day 2

Section	Topic & Content	Time (Minutes)
8	Risk Assessment	145
Recess		15
9	Air Testing Procedures and Points to Note	35
10	Practice on Use of Multiple-Sensor Air Monitoring Equipment	75
Break between Half-day Sessions or Lunch Break		
10	Practice on Use of Multiple-Sensor Air Monitoring Equipment (continued)	
11	Application of Safe System of Work and Permit-to-work System	130
Recess		15
11	Application of Safe System of Work and Permit-to-work System (continued)	
12	Conclusion of the Course	10
13	Written Examination	45
14	Review of the Examination Paper After the Examination	10
Total Time of Day 2【Class+Written Exam+Review】		480 (8 Hrs)

Lesson Plan for Safety Training Revalidation Course for Competent Persons of Confined Spaces Operation

Day 3

Section	Topic & Content	Time (Minutes)
15	Practical Examination	