



CONFINED SPACE RESCUE AND FIRST RESPONSE TRAINING



MTBM Group Sdn. Bhd. (1600656-M)

Level 8, MCT Tower, Sky Park, One City, Jalan USJ 25/1, 47650 Subang Jaya, Selangor

Course Title: Confined Space Rescue and First Response Training

Course Validity: 3 Days

Validity: 3 Years

HRD Corp Scheme: Claimable

INTRODUCTION:

This 3-day competency-based program equips participants with comprehensive knowledge and hands-on rescue skills required for safe confined space entry, atmospheric monitoring, emergency preparedness, and rescue operations. The training is aligned with the Occupational Safety and Health Act (Amendment) 2022, Industry Code of Practice (ICOP) for Safe Working in Confined Spaces 2010, DOSH guidelines, and international rescue protocols (NFPA 350 & 1670).

OBJECTIVE(S):

- Understand legal requirements, employer duties and worker responsibilities for confined space work.
- Identify confined space hazards, atmospheric risks, and mitigation controls.
- Perform gas detection, atmospheric testing, and ventilation procedures.
- Apply isolation techniques and lockout/tagout (LOTO) systems.
- Establish roles of Authorised Entrant, Standby Person, Entry Supervisor & Rescue Team.
- Develop and implement a Confined Space Emergency Response Plan (ERP).
- Execute safe rescue operations using retrieval systems (tripod, winch, lifeline, SCBA).
- Conduct casualty assessment, handling, and safe extraction techniques.
- Strengthen organisational preparedness and reduce confined space incident risks.

TARGET GROUP(S):

- Safety & Health Officers / Site Safety Supervisors
- Emergency Response Team (ERT) Members
- Confined Space Attendants / Standby Personnel
- Maintenance & Engineering Teams
- Supervisors, Team Leaders & Line Leaders
- Any personnel involved in confined space entry or rescue activities

ENTRY REQUIREMENT(S):

- Able to read, write and communicate in Malay or English
- Physically fit for confined space practical rescue activities
- Basic understanding of workplace safety (recommended)

TOPIC(S):

1. Introduction to Confined Spaces & Definitions
2. Legal Requirements (OSHA 1994, Amendment 2022, ICOP 2010)
3. Roles & Responsibilities (Entry Supervisor, Attendant, Entrant, Rescue Team)
4. Hazards in Confined Spaces (Atmospheric, Physical, Biological, Mechanical)
5. Gas Testing & Atmospheric Monitoring (Theory + Practical)
6. Isolation, Lockout/Tagout (LOTO) & Ventilation Procedures
7. Personal Protective Equipment (Full PPE, SCBA, Lifeline Systems)
8. Permit-to-Work System & Communication Procedures
9. Emergency Response Planning (ERP) for Confined Spaces
10. Rescue Techniques (Entry & Non-Entry, Horizontal/Vertical Retrieval)
11. Rescue Equipment Setup (Tripod, Winch, Lifeline, SCBA)
12. First Response Techniques (Primary Survey, CPR Overview)
13. Casualty Handling & Extraction

LIST OF REFERENCE BOOK(S):

- Industry Code of Practice for Safe Working in Confined Spaces 2010
- OSHA 1994 & OSHA (Amendment) Act 2022
- DOSH Guidelines for Confined Space 2010
- ISO 45001: Emergency Preparedness & Response
- NFPA 350 & international confined space rescue guidelines

LIST OF TEACHING AID(S):

- LCD projector
- Gas detector (demo unit)
- SCBA demo set
- Full confined space PPE set
- Tripod, winch, lifeline
- Rescue mannequins
- Checklists & PTW forms
- Flip chart / whiteboard

METHODOLOGY(S):

- Interactive lecture
- Group discussions
- Case study reviews
- Demonstration of rescue & detection equipment
- Hands-on practical sessions
- Full simulation rescue exercise
- Practical competency assessment

TRAINING SCHEDULE

Day 1

Time	Activity / Topic
8:30 – 9:00 am	Registration & Introduction
9:00 – 10:15 am	Topic 1: Introduction to Confined Spaces
10:15 – 10:30 am	Morning Tea Break
10:30 – 12:30 pm	Topic 2: Legal Requirements & Roles
12:30 – 1:30 pm	Lunch Break
1:30 – 3:00 pm	Topic 3: Confined Space Hazards
3:00 – 3:15 pm	Afternoon Tea Break
3:15 – 5:00 pm	Topic 4: Gas Testing & Atmospheric Monitoring (Theory & Demo)

TRAINING SCHEDULE

Day 2

Time	Activity / Topic
8:30 – 9:00 am	Recap of Day 1
9:00 – 10:15 am	Topic 5: Isolation, LOTO & Ventilation
10:15 – 10:30 am	Morning Tea Break
10:30 – 12:30 pm	Topic 6: PPE & SCBA Familiarisation
12:30 – 1:30 pm	Lunch Break
1:30 – 3:00 pm	Topic 7: Communication & PTW Procedures
3:00 – 3:15 pm	Afternoon Tea Break
3:15 – 5:00 pm	Topic 8: Emergency Response Planning (ERP)

TRAINING SCHEDULE

Day 3

Time	Activity / Topic
8:30 – 9:00 am	Recap of Day 2
9:00 – 10:30 am	Topic 9: Rescue Techniques (Horizontal & Vertical)
10:30 – 10:45 am	Morning Tea Break
10:45 – 12:30 pm	Topic 10: Practical – Tripod, Winch, Lifeline, SCBA Setup
12:30 – 1:30 pm	Lunch Break
1:30 – 3:00 pm	Topic 11: Casualty Handling & Extraction (Mannequin Practical)
3:00 – 3:15 pm	Afternoon Tea Break
3:15 – 5:00 pm	Final Full Rescue Simulation & Assessment (Team & Individual)