



# Element Safety Ltd

## CONFINED SPACE SKILLS RECORD (CS3 HIGH RISK)

NAME	COURSE	DATE

Course	THEORY	Initials
CS3	Requirement for a rescue team	
CS3	Self-Contained Breathing Apparatus – general description	
CS3	Scott Sigma2 & Contour 100 – technical description	
CS3	Scott Panaseal & Vision 3 full face mask – technical description	
CS3	Scott steal cylinders – 200 & 300 bar	
CS3	How the SCBA set works	
CS3	SCBA duration – calculating the duration	
CS3	Calculating turnaround times	
CS3	Pre-use and monthly checks – general visual examination	
CS3	Fitting a cylinder	
CS3	Demand valve check	
CS3	Facemask check	
CS3	Positive pressure, bypass and leak test	
CS3	Whistle test	
CS3	Replacing a cylinder (changing cylinder sizes)	
CS3	Donning procedure	
CS3	Doffing procedure	
CS3	Cleaning and checking	
CS3	Recording checks and use in BA log book	
CS3	BA Emergency procedures	
CS3	SCBA set removal for restricted spaces	
CS3	Supervision of Level 3 (SCBA) entry teams	
CS3	Use of Entry Control Board for SCBA	
CS3	Use of atmospheric monitors in Level 3 confined spaces	
	<b>PRACTICAL</b>	
CS3	Safe use of a fall arrest harness & work restraint	
CS3	Safe use of tripod & fall arrest/retrieval block	
CS3	Correct use of atmospheric monitors, pre-entry check (peak hold)	
CS3	Correct use of ventilation equipment	
CS3	Correct pre-entry checks of SCBA	
CS3	Correct use of Entry Control Board	
CS3	Correct method of set removal for restricted spaces	
CS3	Correct actions in an emergency situation	
CS3	Safe & effective colleague emergency recovery	
CS3	Correct use of rescue winch for colleague recovery	
CS3	<b>***FIT AND WELL AT END OF TRAINING***</b>	

NOTES:

Student Signature	Instructor Name	Instructor Signature