



<b>COURSE TITLE</b>	: Confined Space Trainer	<b>COURSE CODE</b>	: CST
<b>COURSE DURATION</b>	: 5 day(s) / 19 hour(s)	<b>COURSE LEVEL</b>	: Advance
<b>COURSE CATEGORY</b>	: Competency	<b>EXAMINATION FEE</b>	: RM1,000.00
<b>HRDF SCHEME</b>	: SBL		
<b>COURSE FEE</b>	: RM3,180.00 (inclusive of SST)		

**1. OBJECTIVES:**

At the end of the course, the participant will be able to:

- i) Perform and elaborate confined space risk assessment;
- ii) Explain and demonstrate the application of confined space equipment; and
- iii) Facilitate confined space training effectively.

**2. TARGET GROUPS:**

- i. Registered Authorised Gas Tester and Entry Supervisor; and
- ii. Any person who are interested to become Confined Space Trainer

**3. ENTRY REQUIREMENT(S):**

- i. Possessed first degree in the field of engineering/ science/ medical recognised by MQA with at least 5 years working experience in confined space field; **OR**
- ii. Possessed diploma in the field of engineering/ science/ medical recognised by MQA with at least 8 years working experience in confined space field; **OR**
- iii. Possessed SPM with credit in science AND 10 years working experience in confined space field; **AND**
- iv. Possessed Train The Trainer certificate organised by NIOSH or equivalent course recognised by Human Resource Development Fund (HRDF); **AND**
- v. Able to communicate in both Bahasa Melayu and English; **AND**
- vi. Registered as an Authorised Gas Tester AND Entry Supervisor for Confined Space with Department of Occupational Safety and Health; **AND**
- vii. Possessed 3 years experience as an Authorised Gas Tester AND Entry Supervisor for Confined Space; **AND**
- viii. Possessed 2 years experience as OSH Trainer.



**4. TOPICS:**

- Chapter 1: Overview of confined space program.
- Chapter 2: Confined space risk assessment.
- Chapter 3: Usage and maintenance of gas detection equipment.
- Chapter 4: Usage and maintenance breathing apparatus equipment.
- Chapter 5: Usage and maintenance of ventilation equipment.
- Chapter 6: Demonstration on confined space equipment and MTU.

**5. LIST OF REFERENCE BOOKS:**



- i. Occupational Safety and Health Act 1994.
- ii. Factories and Machinery Act 1967.
- iii. Industry Code of Practice for Safe Working in a Confined Space 2010.

**6. LIST OF TEACHING AIDS:**

- i. LCD Projector and laptop.
- ii. Confined space equipment.
  - a) Ventilator and accessories.
  - b) Gas Detector and accessories.
  - c) Breathing Apparatus and accessories.
- iii. Mobile Training Unit (MTU).
- iv. Stationery.

**7. LIST OF CLASSROOM ACTIVITIES:**

- i. Demonstration on confined space equipment and MTU (Practical).
- ii. Practical on confined space risk assessment.
- iii. Classroom discussion.
- iv. Video.
- v. Presentation.

 	<b>NATIONAL INSTITUTE OF OCCUPATIONAL SAFETY AND HEALTH</b>			
	<b>COURSE SCHEDULE</b>			
	No. Dokumen	No. Pindaan	Tarikh	Muka Surat
NIOSH-PDD-CS-CST	00	29 May 2013	1 / 3	



**COURSE TITLE: CONFINED SPACE TRAINER**

**DAY ONE**

TIME	HOUR	TOPICS	TRAINER / FACILITATOR
0830 - 0900	0.50	Registration	
0900 - 0930	0.50	Briefing on Examination	ECD
0930 - 1030	1.00	Chapter 1 Overview of Confined Space Program	
1030 - 1045	0.25	Morning Tea Break	
1045 - 1115	0.50	Continuation	
1115 - 1245	1.50	Chapter 2 Confined Space Risk Assessment	
1245 - 1400	1.25	Lunch	
1400 - 1530	1.50	Practical on Confined Space Risk Assessment	
1530 - 1545	0.25	Afternoon Tea Break	
1545 - 1715	1.50	Continuation	
	<b>6.0</b>	<b>END OF DAY ONE</b>	

**DAY TWO**

TIME	HOUR	TOPICS	TRAINER / FACILITATOR
0900 - 1030	1.50	Chapter 3 Usage and Maintenance of Gas Detection Equipment (T)	
1030 - 1045	0.25	Morning Tea Break	
1045 - 1300	2.25	Continuation (Practical)	
1300 - 1400	1.00	Lunch	
1400 - 1530	1.50	Chapter 4 Usage and Maintenance Breathing Apparatus Equipment (T)	
1530 - 1545	0.25	Afternoon Tea Break	
1545 - 1700	1.25	Continuation (Practical)	
	<b>6.5</b>	<b>END OF DAY TWO</b>	



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NIOSH-PDD-CS-CST	00	29 May 2013	2 / 3	

### DAY THREE

TIME	HOUR	TOPICS	TRAINER / FACILITATOR
0900 - 1030	1.50	Chapter 5 Usage and Maintenance of Ventilation Equipment	
1030 - 1045	0.25	Morning Tea Break	
1045 - 1115	0.5	Continuation	
1115 - 1300	1.75	Chapter 6 Demonstration on Confined Space Equipment and MTU (Practical)	
1300 - 1400	1.00	Lunch	
1400 - 1530	1.50	Continuation	
1530 - 1545	0.25	Afternoon Tea Break	
1545 - 1700	1.25	Continuation	
	<b>6.5</b>	<b>END OF DAY THREE</b>	

### DAY FOUR

TIME	HOUR	TOPICS	TRAINER / FACILITATOR
0900 - 1030	1.50	Paper 1	ECD
1030 - 1045	0.25	Morning Tea Break	
1045 - 1300	2.25	Examination for: <ul style="list-style-type: none"> <li>• Paper 3 - SCBA Skill Station</li> <li>• Paper 4 - Gas Detection Skill Station</li> </ul>	ECD
1300 - 1400	1.00	Lunch	
1400 - 1530	1.50	Continuation	ECD
1530 - 1545	0.25	Afternoon Tea Break	
1545 - 1700	1.25	Continuation	ECD
		<b>END OF DAY FOUR</b>	

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NIOSH-PDD-CS-CST	00	29 May 2013	3 / 3	

### DAY FIVE

TIME	HOUR	TOPICS	TRAINER / FACILITATOR
0900 - 1000	1.00	Paper 2 – Part B	ECD
1000 - 1015	0.25	Morning Tea Break	
1015 - 1230	2.25	Continuation	ECD
1230 - 1430	2.00	Lunch & Friday Prayer	
1430 - 1530	1.00	Continuation	ECD
1530 - 1600	0.50	Closing & Evaluation	
1600		Afternoon Tea Break	
		<b>END OF THE COURSE</b>	

Last updated on 17<sup>th</sup> September 2013 by PDD