

Every's E-Learning Training Courses: Health & Safety

Course title	Provider	Length (mins)	Description
Abrasive Wheels Safety	iHasco	50	The Abrasive Wheels Safety course provides essential information that construction and trades workers require to safely handle, operate and maintain abrasive wheels. This course covers the dangers abrasive wheels pose and how to spot them; the legal responsibilities of both employers and employees; how to store and regularly inspect the safety of any wheels you use; as well as considering the different kinds of abrasive wheels available and which ones are most suited to specific jobs.
Accident Reporting	iHasco	15	This Accident Reporting course explains what accident reporting is, why it's important and what could be included in a report. It ensures that everyone in your workplace knows how to complete a clear and concise accident report if they're involved in an accident or incident at work, and it includes a downloadable Accident Report Form which can be used in your workplace for reporting accidents and incidents.
Anaphylaxis & Allergy Training for Schools & Carers	iHasco	40	This Anaphylaxis and Allergy Training for Schools & Carers course has been written for people who care for children with allergies. It explains how allergies are triggered, what to look out for with allergic reactions, and how to monitor and treat children with allergies. It covers allergens, preventative measures, what to do in emergencies and cases of anaphylaxis, and it discusses both the practical and emotional support a child may need on a daily basis.
Asbestos Awareness	iHasco	35	The Asbestos Awareness course is for anyone who works with, or might potentially come into contact with asbestos at work. It looks at what asbestos is, what an Asbestos Management Plan is; it considers some of the major diseases associated with working with asbestos and the effects they have on the human body; and it covers what you should do if you are ever accidentally exposed.
Asbestos Awareness (International)	iHasco	35	The Asbestos Awareness course is for anyone who works with, or might potentially come into contact with asbestos at work. It looks at what asbestos is, what an Asbestos Management Plan is; it considers some of the major diseases associated with working with asbestos and the effects they have on the human body; and it covers what you should do if you are ever accidentally exposed.

Asthma Training for Schools & Carers	iHasco	50	This Asthma Training for Schools & Carers course offers practical support for anyone who cares for children with asthma. It's ideal for those who work in schools, as well as parents, guardians, youth workers and childminders. It offers comprehensive guidance on how to monitor and manage a child's asthma while they're at school
Banksman Essentials	iHasco	20	This Banksman Essentials Training course aims to help reduce the risk of accidents occurring when carrying out large vehicle manoeuvres. The course provides demonstrations of the signals that are used by banksman (or traffic marshal) throughout the UK and Europe and helps your organisation work towards legislative compliance.
Bar Staff Training (Working in Licensed Premises)	iHasco	60	This Bar Staff Training course (Working in Licensed Premises) is for anyone who works anywhere alcohol is sold or served. It includes a step-by-step guide to the Age Verification process and explains how to refuse to serve someone.
Basic Life Support in Care	iHasco	30	This Basic Life Support course focuses on Standard 12 of the Care Certificate and educates users on the administration of basic life support. This course includes information about CPR, the respiratory system, obstructed airways (adults & children), and record-keeping.
Bombs Threats & Suspicious Packages	iHasco	20	The Bomb Threats and Suspicious Packages course is for all employees, and provides guidance to all employees on general day-to-day good practice regarding security - putting a strong emphasis on vigilance. It explains how important it is to remain alerted to the possibility of terrorism in the workplace. It explains what to do if a bomb threat is received or if a suspicious package is found.
CDM Regulations	iHasco	30	The CDM Regulations course covers everything you need to know about planning, managing, and maintaining everyone's safety throughout a construction project. This course will help guide you towards compliance with current legislation, understand the CDM Regulations, and learn how to effectively plan your projects.

Condition Surveys in Schools	Every® by IRIS	7	Get to grips with your site priority works. This bite-sized course will introduce you to condition surveys for schools, covering what condition surveys are, how condition is measured, and how you can use them as part of your Good Estates Management for Schools (GEMS) and other ongoing maintenance. Condition Surveys in Schools is an ideal course for anyone involved in site maintenance, estates planning, and capital expenditure for schools.
COSHH	iHasco	25	The COSHH course covers all the information necessary to keep your staff safe from substances that could be potentially harmful to their health. This includes chemicals, products containing chemicals, fumes, dust, biological agents, and more.
CPR and AED Refresher	iHasco	10	This CPR & AED Refresher Training course demonstrates what can be done to help someone who is in cardiac arrest, including performing CPR and using an AED. You don't need formal first aid training to perform CPR or use an AED and everyone can benefit from completing this course.
Dangerous Substances and Explosive Atmospheres Regulations (DSEAR)	iHasco	15	This Dangerous Substances and Explosive Atmospheres Regulations (DSEAR) course provides users with an understanding of the DSEAR regulations. This course teaches the user about DSEAR and what it covers, what responsibilities employers have to keep everyone safe, and what employees must do to help their organisation comply with the regulations.
Diabetes Training for Schools & Carers	iHasco	40	This Diabetes Training for Schools & Carers course is for anyone who cares for children with diabetes. It's ideal for those who work in schools, as well as parents, guardians, youth workers and childminders. It explains how to monitor, treat and care for children with diabetes in all aspects of their school life.
Display Screen Equipment	Every® by IRIS	25	'Display Screen Equipment' provides learning and practical advice required to set your workstation up in the best possible way to avoid injury. Anyone who regularly uses a computer or portable device as part of their role legally requires DSE training. Completing this course will not only comply with the law but also keep you comfortable and healthy.

Display Screen Equipment	iHasco	30	This Display Screen Equipment course has been designed to increase safety and awareness and to aid compliance with workplace regulations. This course ensures that your employees understand how best to take care of their health by ensuring that their immediate working environment is the best it can be.
Driver Awareness	iHasco	25	This Driver Awareness course aims to highlight the daily risks associated with driving. Upon successful completion of the course, learners will have a heightened awareness of what's going on around them, where other drivers and road users are, what they are doing and what they might do next.
Electrical Safety	iHasco	30	Electrical Safety is designed to help you understand why electrical safety is so important and explains what you can do to keep yourself and others safe around electrical and electronic equipment. The course looks at the laws surrounding electricity at work such as the Electricity at Work Regulations 1989, as well as covering best practice for safe use of electrical appliances and what to do in emergency situations.
Emergency First Aid at Work (Refresher)	iHasco	50	The Emergency First Aid at Work Refresher course is perfect for all emergency first aiders across all industries. Your staff will refresh their understanding of: the role of an emergency first aider and the need for recording incidents and preventing cross-infection; how to assess a situation and circumstances to act safely and effectively in an emergency; how to administer first aid to those who are unconscious, choking, burned, wounded, bleeding, or suffering from shock; how to administer CPR and how to use an AED; and how to provide first aid for minor injuries (cuts, grazes, bruises, minor burns, etc.)
Epilepsy Training for Schools & Carers	iHasco	45	This Epilepsy Training for Schools & Carers course has been written for anyone who cares for children with epilepsy. It's ideal for those who work in schools, as well as parents, guardians, youth workers and childminders. It explains the different types of epilepsy and what to do if a child is having a seizure.
Eye Protection	iHasco	30	Completing this Eye Protection course will help you identify hazards and the risk they pose to your eyes. It will cover how to use the correct Personal Protective Equipment (PPE), first-aid advice, and how to manage risks – overall keeping your eyesight safe.

Fire Awareness	iHasco	30	In this Fire Awareness course you'll learn about the nature of fire and what it takes for a fire to start and how it can easily travel through a building. This course will also introduce you to fire signage, allow you to participate in interactive fire extinguisher training, and gain an informed overview of evacuation procedures. You'll also learn how to react in the case of an emergency and learn which procedures should already be in place at your place of work.
Fire Awareness in Care	iHasco	45	This Fire Awareness in Care course covers a variety of topics, including an introduction to fire hazards; fires in care settings; a guide to common fire signage; the different types of fire extinguishers and what to do in the event of an emergency. Due to the nature of staff responsibility within Healthcare, this fire training looks at the correct way to plan and implement an evacuation, as well as perform adequate risk assessments.
Fire Awareness in Construction	iHasco	55	Fire Awareness for Construction is a course specifically aimed at educating those in the construction sector about the risks posed by fire to health and safety. This training course is an essential guide, covering fire prevention, use of fire extinguishers, recognition of fire signs and emergency procedure and safe evacuation.
Fire Awareness in Education	iHasco	35	This Fire Awareness in Education will introduce you to fire signage, explain how different extinguishers are needed for different types of fires and show you how to use them. It also looks at safe evacuation and what you should do in emergency situations.
Fire Extinguishers and How To Use Them	Every® by IRIS	8	Get to grips with fire extinguishers. This short course introduces common types of fire extinguishers, giving practical advice on when and how to use them. It is suitable for making sure that everyone in the workplace has the right information to use fire extinguishers safely, regardless of their role. Use this alongside the 'Fire Safety in Education' e-Learning course, or as a standalone refresher.
Fire Extinguisher Use	iHasco	10	This course helps learners to recognise the different types of fire extinguishers, know which should be used for different types of fires and how they should use each type.

Fire Safety in Education	Every® by IRIS	26	This course provides the fire awareness and safety training as required by law for all employees within your organisation, ensuring that everyone who completes this course understands the dangers of fire and their own personal responsibilities regarding fire safety on site. The course offers practical advice so that all users are equipped with the necessary knowledge to act appropriately in emergencies and comply with health and safety requirements.
Fire Warden	iHasco	40	This course will equip you with all the knowledge you need to become a fully trained Fire Warden or Fire Marshal. The course is broken down into 5 sections: the nature of fire and how it occurs, fire signs (and what they mean), your proactive duties as a fire warden, your reactive duties and what fire extinguishers to use and when.
Fire Warden (Care)	iHasco	75	This course will equip you with all the knowledge you need to become a fully trained Fire Warden or Fire Marshal, with content aimed specifically at professionals in the Care industry. The course will be broken down into 5 sections: an introduction into what a fire warden's responsibilities are, what preventative measures can be taken, what to do in an evacuation, the different fire extinguishers and a look into the relevant legislation.
Fire Warden (Construction)	iHasco	100	This course will equip you with all the knowledge you need to become a fully trained Fire Warden or Fire Marshal, with content aimed specifically at professionals in the Construction industry. The course will be broken down into 5 sections: an introduction into what a fire warden's responsibilities are, what preventative measures can be taken, what to do in an evacuation, the different fire extinguishers and a look into the relevant legislation.
Fire Warden (Education)	iHasco	100	This course will equip you with all the knowledge you need to become a fully trained Fire Warden or Fire Marshal in a school. The course will be broken down into 5 sections: an introduction into what a fire warden's responsibilities are, what preventative measures can be taken, what to do in an evacuation, the different fire extinguishers and a look into the relevant legislation.
First Aid Appointed Person	iHasco	20	The First Aid Appointed Person course explains exactly what the role of First Aid Appointed Person requires a member of staff to do, as well as introducing best practice in the event of an accident or injury at work. It is intended to be used alongside First Aid Requirements in the Workplace (including RIDDOR).

First Aid at Work (Refresher)	iHasco	80	This First Aid at Work (Refresher) course is perfect for all emergency first aiders across all industries. Your staff will refresh their understanding of: the role of an emergency first aider and the need for recording incidents and preventing cross-infection; how to assess a situation and circumstances to act safely and effectively in an emergency; how to administer first aid to those who are unconscious, choking, burned, wounded, bleeding, or suffering from shock; how to administer CPR and how to use an AED; and how to provide first aid for minor injuries (cuts, grazes, bruises, minor burns, etc.)
First Aid Requirements & RIDDOR	iHasco	15	This First Aid Requirements and RIDDOR course is designed to be used by both managers and employers to help decide what first aid personnel they require. It also explains what has to be reported to RIDDOR, who should do this and how.
Fluids & Nutrition in Care	iHasco	25	The Fluids & Nutrition in Care course works alongside Standard 8 of the Care Certificate and provides information on the importance of a balanced and nutritious diet for the elderly in a care setting.
Food Allergy Awareness	iHasco	35	This Food Allergy Awareness course is an essential piece of training for those producing, selling or handling food. All staff handling food should have a thorough understanding of allergens and the potential dangers surrounding them. This course also includes the requirements for pre-packed for direct sale (PPDS) food labelling legislation changes that come into effect on the 1st October 2021 (Also known as Natasha's law).
Food Safety & Hygiene (Level 1)	iHasco	50	This Food Safety & Hygiene (Level 1) course is broken down into 4 easy-to-follow sections: an introduction to food safety, personal hygiene, cleanliness and cross-contamination, the storage of food and time and temperature controls.
Food Safety & Hygiene (Level 2)	iHasco	70	This Food Safety & Hygiene (Level 2) course provides an in-depth understanding of food hygiene regulations; food safety hazards (and avoiding food poisoning); personal hygiene; cleanliness; food storage and temperatures and cross-contamination hazards with food. The course is designed to help caterers, chefs, hospitality staff and other food handlers improve their food hygiene practices and remain compliant with UK legislation.

Food Safety & Hygiene (Level 3)	iHasco	180	This Food Safety & Hygiene (Level 3) course is aimed at supervisors, managers, or business owners working in the food industry. It identifies key areas within food safety and hygiene, allowing problems to be identified and resolved with the ultimate aim of ensuring good practices throughout the whole business. This course matches the CIEH syllabus and meets UK/EU legal requirements.
General Workshop Safety	iHasco	35	The General Workshop Safety course helps you identify specific hazards that may be found in a workshop, such as dangerous equipment and hazardous substances. For each type of hazard, it explains who needs to know about that particular type of hazard and what the dangers are.
HACCP (Level 2)	iHasco	35	HACCP is an internationally recognised system and it is vital to have a plan in place for training of all food staff. By following the 12 steps to HACCP employers will work towards compliance with legislation requiring them to manage food safety hazards.
Hand/Arm Vibration (HAV) Awareness	iHasco	20	This Hand Arm Vibration Awareness course looks at the effects of hand-arm vibration, who's at risk, how to recognise the damage it causes, and what can be done to reduce harmful exposure. Understand your responsibilities as an employee or employer and avoid HAVS.
Health & Safety	Every® by IRIS	26	This course contains information from The Health and Safety at Work Act 1974, and provides an essential overview of health and safety in the workplace training as required by law for all employees in an organisation. This course is an opportunity to introduce employees to this topic as part of their induction, or can alternatively be used as a refresher training for anyone changing roles.
Health & Safety Essentials	iHasco	50	This Health & Safety Essentials course gives you a good grounding in general health and safety at work. When you have completed it, you will be able to identify key health and safety laws and understand how to comply with them, implement a range of risk prevention methods, including those relating to manual handling, fire hazards and display screen equipment, Identify safety signage in the workplace, and list step-by-step procedures to follow in different types of emergency

Health & Safety for Homeworkers	iHasco	45	Everyone should have health and safety training, regardless of if they work in a fixed place of work or they work from home. This course is for people who work at home, some, or all of the time. It's to keep you safe while you're at work, when your workplace is your own home. This course includes access to a Homeworking Assessment Tool.
Health & Safety for Managers & Supervisors	iHasco	40	This Health & Safety course has been written for employers, managers and supervisors who have a responsibility for the health and safety of all personnel within their organisation. The course is a concise and easy-to-follow guide, which leads health and safety managers through the necessary steps to health and safety at work and provides information on the different laws and legislation which apply to health and safety.
Health & Safety in Care	iHasco	30	The Health & Safety in Care course works alongside and helps you understand Standard 13 of the Care Certificate. This Standard touches on the legislation, policies & responsibilities relating to Health & Safety in the Care sector, as well as looking at accidents and sudden illnesses.
Hot Work	iHasco	15	This Hot Work course is designed to help the user understand the common kinds of hot work, the hazards associated with it, and the responsibilities of employees who perform hot work, as well as the responsibilities of their employer.
Infection Prevention and Control	iHasco	40	This course looks at what kinds of infections are most prevalent, what they are, how they spread, and who's at risk. Most importantly, it considers what you can do to prevent the spread of infections at all. This added awareness will help staff members do what they can to help prevent diseases from spreading in the workplace.
Infection Prevention and Control in Care	iHasco	35	This Infection Prevention & Control in Care course explains to those working in Care exactly how the chain of infection works, how to break the chain to stop it spreading further and how important your own health and hygiene is when you work within the Care sector. This course will also touch upon hand hygiene, hand washing, disposing of waste, PPE and disposing of Sharps.

Ladder Safety	iHasco	25	This Ladder Safety course aims to help reduce the risk of ladder-related injuries and increase your knowledge and skills. It includes how to select, setup, and use a ladder correctly, as well as conduct pre-checks.
Ladder Safety (International)	iHasco	25	This Ladder Safety course aims to help reduce the risk of ladder-related injuries and increase your knowledge and skills. It includes how to select, setup, and use a ladder correctly, as well as conduct pre-checks.
Legionella Awareness	iHasco	25	Designed to highlight the risks of exposure to legionella bacteria, this Legionella Awareness course looks at what to look out for and how to protect your organisation from harmful Legionnaires' disease.
Lift Equipment and Lifting Operations (International)	iHasco	30	This course explains what you need to think about when planning a lifting operation.
Lock Out Tag Out (LOTO)	iHasco	15	This Lock Out Tag Out course is designed to help users understand what the procedure is and why it is so important, whilst covering their legislative responsibilities.
LOLER	iHasco	35	This LOLER course will take you through the fundamental requirements needed in order to work towards compliance with the Lifting Operations and Lifting Equipment Regulations 1998. The Lifting Operations and Lifting Equipment Regulations 1998 provide guidelines to show you how lifting operations should take place in the safest possible way. These lifting operations require adequate planning, safe systems of work, constant supervision and thorough examination.

Lone Working in the Workplace	Every® by IRIS	18	Anyone can be classed as a lone worker if they are in separated from the immediate support of their colleagues, regardless of how long they are separated for. This course gives important advice surrounding personal safety during a working day, specifically if you work alone or away from colleagues, and has been designed to be suitable for all users across an organisation.
Lone Worker Safety	iHasco	45	This Lone Worker Safety is an essential eLearning course that helps lone workers to stay safe when commuting and working alone. It covers planning ahead, diffusing tension, recognising signs of aggression, handling emergencies, and a variety of actions they can take to care for their mental and physical health whilst working alone, no matter what the location.
Manual Handling	iHasco	35	This course will teach you all you need to know about safe manual handling. It includes information on the lifting techniques, 'LITE' and 'TILE', and explains the importance of safe manual handling. Correct manual handling is so important to everyday health, especially if you're regularly lifting. Providing training on safe carrying and lifting techniques in the workplace is a legal requirement in any situation where your staff are required to do any lifting, lowering, pulling, or pushing as part of their job.
Manual Handling including Tyres	iHasco	40	This Manual Handling course introduces the importance of safe manual handling in the workplace; essentially, this means the task of moving, lifting and transporting potentially heavy objects. It covers safe techniques for moving and lifting (including LITE), as well as looking at the anatomy of your back - helping you understand why it is so important to adopt best practice for lifting heavy or awkwardly shaped objects.
Medication Awareness (Care)	iHasco	30	This Medication Awareness course is specifically targeted at care workers who look after residents in a care home. It provides an overview of how to manage residents' medical needs; the legal responsibilities involved; and how to deliver, store, and dispose of medication and effectively manage doses.
Medication Awareness (Education)	iHasco	40	This Medication Awareness for Schools course is specifically targeted at adults working in the education sector. It provides an overview of how to care for a child with medical needs; the legal responsibilities involved; and how to deliver, store, and dispose of medication and effectively manage dosing by various health and safety rules.

Moving & Handling People	iHasco	50	This Moving and Handling course explains the process of moving someone safely and gives step-by-step guidance, showing the most common lifts and moves. This training is ideal for those working in the care sector, where moving and handling people are regular occurrences.
Noise Awareness	iHasco	25	Noise Awareness Training looks at what can be done to recognise and reduce exposure to noise at work. It is particularly suitable for those working in Construction or Industrial environments, as well as Hospitality and Leisure professionals.
Paediatric First Aid (Refresher)	iHasco	20	This Paediatric First Aid (Refresher) is suitable for anyone working with children, infants or babies. It's a refresher or introductory course for those with a practical First Aid qualification and has been designed to work in conjunction with either our First Aid at Work Refresher or Emergency First Aid at Work Refresher programmes.
Personal Emergency Evacuation Plans (PEEP)	Every® by IRIS	4	Work together to keep everyone safe. This short video will introduce you to personal emergency evacuation plans, also known as PEEPs. The video covers who may require a personal emergency evacuation plan, and what one should include.
Personal Protective Equipment (PPE)	iHasco	35	This Personal Protective Equipment course is for people whose job requires them to wear PPE of any type. This PPE course explains the different kinds of hazards that PPE protects you from, as well covering the different types of Personal Protective Equipment and the laws in place that relate to the provision and use of PPE at work. It also looks into responsibilities, just because you are wearing your PPE, it doesn't mean you are 100% safe. It highlights the importance of wearing the PPE which has been provided, wearing it correctly and looking after it properly.
PUWER	iHasco	30	PUWER stands for The Provision and Use of Work Equipment Regulations. It provides needed guidelines to demonstrate how you can stay safe when using equipment at work.

Risk Assessment	iHasco	30	This course gives a clear, structured overview of what a risk assessment is, as well as explaining each stage of how to perform one in a clear, step by step manner. As well as helping with legal compliance, this course will show you how to assign ratings to workplace risks, as well as put appropriate control measures in place.
School Trips for Management	iHasco	30	This School Trips for Management course looks at how the risks associated with School Trips are managed, and who is responsible for making sure this is done. It also looks at legal requirements, costs, contributions and consent. It's all about making sure that school trips are carefully planned, appropriately risk assessed and well managed.
School Trips for Organisers & Support	iHasco	45	This course is for the person who organises a school trip or for anyone who helps out (these people may also be known as an Educational Visits Coordinator). It takes a practical look at some of the things which must be considered when planning and delivering school trips, both in the UK and abroad.
Sharps Training	iHasco	20	This Sharps Training course focuses on the dangers associated with Sharps, the potential health risks and the handling and disposal of Sharps objects. It also looks at The Health and Safety (Sharp Instruments in Healthcare) Regulations 2013 and covers what PPE equipment is available.
Slips and Trips Mapping	Every® by IRIS	2	This short video provides a practical mapping tool for your organisation to review potential hazards and identify areas to manage the risk of slips and trips. Use this alongside the 'Slips Trips and Falls' e-Learning course, as a tool to create and manage risk assessments, or as part of your regular health and safety reviews.
Slips Trips & Falls	Every® by IRIS	17	'Slips Trips and Falls' includes legislation-based fall prevention information for users to recognise and manage the risks surrounding slips, trips, and falls in the workplace. This course can be used for all employees as part of your organisation's health and safety training.

Slips Trips & Falls Prevention	iHasco	30	This course focuses attention on awareness, prevention and personal responsibility; as well as providing clear steps of how to identify and endeavour to minimise this kind of risk in a variety of work environments. The course also looks at the steps involved in putting appropriate measures in place to help prevent this kind of accident occurring.
Spill Kits: Bodily Fluids	iHasco	15	This Spill Kits: Bodily Fluids course aims to teach you best practices when handling spillages of bodily fluids. It covers the best way to prevent spillages and how to use the equipment safely. We also look at the potential risks associated with these hazardous spills.
Spill Kits: Chemicals and Oils	iHasco	20	This Spill Kits: Chemicals & Oils course aims to teach you best practices when handling spillages of hazardous liquids, how to prevent spillages and how to use the equipment safely. We also look at the potential risks associated with these hazardous spills.
Working at Height	Every® by IRIS	20	'Working At Height' includes the necessary health and safety information for users to recognise and manage the risks of working at height in the workplace based on the Work at Height Regulations 2005 (WAHR). The course will support users in assessing risk, reviewing equipment, and taking steps to protect those who work at height from harm – keeping everybody safe in the workplace.
Working at Height	iHasco	35	Whether you work at height as part of your job or supervise those who do, this Working at Height course is essential. It covers the basic principles of Health & Safety, the legal obligations of both employers and employees, and it provides best-practice guidance designed to keep everyone safe.
Working at Height (Checklist)	Every® by IRIS	4	Prepare to work at height safely with this checklist. This short course introduces A.R.M. – a method to prepare to work from height while keeping yourself and others as safe as possible. Use this alongside the 'Working At Height' e-Learning course, before performing tasks at height, or as standalone refresher.

Working at Height (International)	iHasco	35	Whether you work at height as part of your job or supervise those who do, this Working at Height course is essential. It covers the basic principles of Health & Safety, the legal obligations of both employers and employees, and it provides best-practice guidance designed to keep everyone safe.
Working in Confined Spaces	iHasco	35	This Working in Confined Spaces course is ideal for those whose job involves working in poorly ventilated, confined spaces. Whether you work there all the time or only on some occasions, this course will equip you with the knowledge you need to spot hazards, properly follow safety instructions, and keep yourself and others safe whilst working in confined spaces.