

# Confined Space Entry Quick Reference Guide

## Your Essential Safety Checklist for High-Risk Environments

Created by [Sentry Road](#) – Your trusted partner in safety training and compliance management.

## What Is a Confined Space?

A **confined space** is any space that:

- Is large enough for a worker to enter and perform work,
- Has limited or restricted entry or exit points, and
- Is not designed for continuous human occupancy.

## Permit-Required Confined Spaces

A confined space requires a permit if it contains—or has the potential to contain—**any of the following hazards**:

- A **hazardous atmosphere**
- Material that could **engulf** or **asphyxiate**
- Interior configurations that could **trap or suffocate**
- Any **serious safety or health risks**

 **Example:** Merely placing your head inside a cargo tank dome collar qualifies as confined space entry.

## Cargo Tanks: Always Assume “Permit Required”

Every cargo tank that must be entered before cleaning is classified as a **Permit-Required Confined Space**.

**Do not enter** without:

- Authorized training
- A completed hazard assessment
- Appropriate monitoring and PPE

## Step 1: Hazard Assessment

### Employers must:

- Identify all confined spaces (indoor and outdoor)
- Maintain a master list of locations and types
- Clearly label each space as **Confined** or **Permit-Required Confined**

## Step 2: Hazard Control

### Your facility must implement:

- A written **Confined Space Entry Program**
- Employee **training** for recognition, entry, and rescue
- Certified **atmospheric testing meters**
- Required **Personal Protective Equipment (PPE)**

## Step 3: Atmospheric Testing

To ensure a safe environment, test the air at **three levels**: high, middle, and low. Different gases concentrate at different elevations.

### Oxygen (O<sub>2</sub>)

- Normal = **20.9%**
- Dangerous if:
  - Below **19.5%** (deficiency)
  - Above **23.5%** (enrichment)

### Toxic Gases

- **Carbon Monoxide (CO):** <35 ppm
- **Hydrogen Sulfide (H<sub>2</sub>S):** <15 ppm
- *Always aim for 0 ppm*

### Flammable Vapors (LEL)

- Goal before entry: **<10% LEL**
- **Best practice:** 0%

### Nitrogen Hazards

- Common in cargo tank blankets
- Displaces oxygen silently and rapidly
- Always test, never assume it's safe

## Before Entry: Use the Right Form

For **non-permit spaces**, a documented entry form is required:

- Must be posted at the entry site
- Documents safe atmospheric levels
- Retained at the facility

## Know the Symptoms: Exposure Can Kill

### Oxygen Deficiency or Enrichment:

- Confusion, fatigue, poor coordination
- Breathing difficulty, convulsions, **death within minutes**

### Toxic Gas Exposure:

- Disorientation, euphoria, poor judgment
- Ringing ears, muscle spasms, loss of consciousness

## Rescue Readiness

### In-House Rescue Teams Must:

- Complete **confined space rescue training**
- Conduct **annual drills**
- Hold **First Aid & CPR certification**

### Outside Rescue Teams:

- Typically your local **fire department** or contracted emergency services
- Must be notified and briefed **before** entry if relied upon

# Your Safety Training Partner

Train your workforce. Pass every OSHA and DOT audit. Protect your reputation.



## Custom Training Programs

Tailored safety workshops designed for your specific transportation needs.



## OSHA Compliance

Stay current with regulations and avoid costly violations.



## Expert Instructors

Learn from industry veterans with decades of transportation safety experience.

Ready to elevate your safety standards? [Contact us today.](#)

### Phone

(203) 273-4165

### Email

[jtormey@sentryroad.com](mailto:jtormey@sentryroad.com)

### Website

[www.sentryroad.com](http://www.sentryroad.com)

**Sentry Road Safety Solutions** — Ensure safety. Achieve compliance.