

DAY 1

Lesson	Time (mins)	Theory (T) Practical (P) Discussion (D) Demonstration/Practical (DEM)	Subject
	10 mins	T / D	<ul style="list-style-type: none"> • Introductions
1	35 mins	T / D	<ul style="list-style-type: none"> • Dangers of fire on board the vessel • Conditions required for fire, its products, and likely consequences • How fires spread, means to prevent spreading
2	20 mins	T / D	<ul style="list-style-type: none"> • What is meant by flammable material, including terms used in fire and methods used to extinguish them
3	35 mins	T / D	<ul style="list-style-type: none"> • Classes of fire that may be encountered on board and their correct extinguishing medium • Common sources of ignition sources and fire • On board safety and good housekeeping practices
	15 mins		BREAK
4	50 mins	T / D / DEM	<ul style="list-style-type: none"> • Methods used to extinguish fires
5	30 mins	T / D / DEM	<ul style="list-style-type: none"> • Fire-fighting team organisation and equipment
	30 mins		LUNCH BREAK
6	120 mins	P	<ul style="list-style-type: none"> • Practical session on fire fighting with portable extinguishers - Scenario based training
	15 mins		BREAK
7	30 mins	T / D	<ul style="list-style-type: none"> • Basic principles of survival and personal safety on board
8	100 mins	P	<ul style="list-style-type: none"> • Test and use BA and associated equipment
	10 mins	T / D	End of day 1 summary

DAY 2

Lesson	Time (mins)	Theory (T) Practical (P) Discussion (D) Demonstration/Practical (DEM)	Subject
	20 Mins	T / D	<ul style="list-style-type: none"> Revision and discussion of Day 1.
9	40 mins	T / D	<ul style="list-style-type: none"> Typical shipboard fire-fighting organisation and related procedures Fire and smoke detection systems and how they work Typical fixed firefighting systems commonly found on board Typical shipboard design features and equipment
10	60 mins	P/DEM	<ul style="list-style-type: none"> Use of BA Control Board First aid firefighting door opening procedure Casualty Search Techniques
	15 mins		BREAK
11	120 Mins	P	<ul style="list-style-type: none"> Practical hose session - Hose handling, Hose Rolling, Y Piece connections, hose branches, First Aid hose.
	30 mins		Lunch Break
12	180 Mins	P	<ul style="list-style-type: none"> Practical BA session – Entering a smoke-filled environment.
	10 mins	T / D	End of day 2 summary

DAY 3

Lesson	Time (mins)	Theory (T) Practical (P) Discussion (D) Demonstration/Practical (DEM)	Subject
	20 Mins	T / D	<ul style="list-style-type: none"> Revision and discussion of Day 2.
13	130 mins	P	<ul style="list-style-type: none"> Practical Assessment
	30 Mins		LUNCH
14	45 mins	T	<ul style="list-style-type: none"> Written Assessment
	30 mins		<ul style="list-style-type: none"> Marking and Report Writing
	20 mins	T / D	<ul style="list-style-type: none"> Course Feedback and Evaluation