

### Day 1

Lesson	Time	Theory (T) Practical (P) Discussion (D)	Subject
1	20 mins	T / D	Introductions
2	60 mins	T / D	<p><b>Understand requirements placed on a breathing apparatus wearer</b></p> <ul style="list-style-type: none"> <li>• Introduction</li> <li>• Training in breathing apparatus</li> <li>• Legal requirements for using respiratory protective equipment</li> <li>• Medical fitness of wearer</li> <li>• Facial characteristics of wearer</li> <li>• Physical characteristics of wearer</li> <li>• Use of spectacles / contact lenses</li> <li>• Fit of tight fitting face piece</li> </ul>
3	80 mins	T / D	<p><b>Understand how an open circuit breathing apparatus operates (1)</b></p> <ul style="list-style-type: none"> <li>• Types of breathing apparatus</li> <li>• Principal component parts</li> <li>• Principle of operation (include how set manages inspired and expired air)</li> <li>• Advantages and limitations of the open circuit breathing apparatus</li> </ul>
4	150 mins	T / P / D	<p><b>Conduct pre-donning checks and tests on open circuit breathing apparatus; Donning apparatus</b></p> <ul style="list-style-type: none"> <li>• Don and check open circuit breathing apparatus</li> <li>• Operate the open circuit breathing apparatus</li> <li>• Practical wearing session 1</li> </ul>
5	60 mins	T / P / D	<p><b>After use care of open circuit breathing apparatus</b></p> <ul style="list-style-type: none"> <li>• Doffing of open circuit breathing apparatus</li> <li>• After use servicing of open circuit breathing apparatus</li> <li>• After use storage of open circuit breathing apparatus</li> <li>• Records</li> <li>• Dealing with defective / faulty open circuit breathing apparatus</li> </ul>
6	30 mins	T / D	<p><b>Understand the anatomy and physiology of respiration</b></p> <ul style="list-style-type: none"> <li>• Explain the breathing process</li> <li>• Describe the composition of inspired and expired air</li> <li>• Explain the effects of exertion in relation to consumption of air and the use of Breathing Apparatus (BA)</li> </ul>
	20 mins	P	Recap of day 1
<b>End of Day 1</b>			

Day 2

Lesson	Time	Theory / Practical / Discussion (T P D)	Subject
7	60 mins	P	<b>Practical wearing session 2</b> After use care of open circuit breathing apparatus
8	70 mins	T / P / D	<b>Understand how an open circuit breathing apparatus operates (2)</b> Cylinders used with breathing apparatus Ancillary equipment that may be used with open circuit breathing apparatus <ul style="list-style-type: none"> <li>• Torch</li> <li>• Personal line and pouch</li> <li>• BA entry control board / tally</li> <li>• Automatic distress signal unit</li> </ul> Calculating – cylinder capacity, full duration, working duration, safety margin and turnaround points Communication equipment used with open circuit breathing apparatus Considerations when wearing breathing apparatus Emergency procedures when wearing breathing apparatus
9	60 mins	P	<b>Practical wearing session 3</b> After use care of open circuit breathing apparatus
10	170 mins	T / P	Written and practical assessments
11	60 mins	D	End of course evaluation
<b>End of Course</b>			