

## BASIC FIRE FIGHTING COURSE

**Directorate of Industrial Training (DIT) Course Level: II**

**Target Group:**

A member of an established fire fighting team or any other suitable person in the workplace.

**Duration:**

80 hours - 2 weeks

**Fees:**

US \$ 570 for tuition and training materials only

### GENERAL OBJECTIVES

To provide participant with the legal requirements that govern safety in the workplace i.e. The Occupational Safety and Health Act, 2007 (OSHA) and Fire Risk Reduction Rules, (Legal Notice No. 59 of 2007) and integrate it in the overall company emergency preparedness and response programme. The course also aims at equipping participants with the theory, principles and practice of first aid, rescue and fire fighting. Participants will also Acquire leadership skills necessary for fire safety at the workplace. The course is designed to meet the Guidelines and Code of Conduct for Directorate of Industrial Training (DIT) 2009 edition.

### OUTLINE

#### Module 1: Fire Hazards and Safety Measures

- Fire Safety legislation
- Introduction to Fire (classes of fire)
- Chemistry of Combustion; Sidebar (1. Fireball, 2. Smouldering.)
- Extinguishing Agents and their uses.
- Fire Safety at Work
- Fire Safety Audit
- Fire Investigation and Report Writing
- Principles of Fire Prevention
- Emergency Evacuation Procedures
- Why we should evacuate in an emergency
- Building Fires
- Practical Firemanship

#### Module 2: Basic First Aid

- Incident Management
- Patient Management
- Patient Assessment
  - ✓ Unconscious patient without breathing
  - ✓ Unconscious patient with breathing
- Drowning & Near Drowning
- Top To Toe Survey
- Respiratory disorders
- Circulatory disorders
- Wounds & Bleeding
- Burns

- Fractures
- Penetrating Chest Wounds
- Thermo Emergencies (Hyper & Hypo Thermia)
- Soft Tissue Injuries
- Head Injuries
- Lifting & carrying
- Poisoning & Overdose

### **Module 3: Safety Gears, Rescue and Fire-fighting Practicals**

- Small Gears
- Fire Fighting hose
- Personal Protective Equipment
- Case studies (Films, video clips)
- Complex Building Topography (Fire Engineering Features)
- Use of portable hand fire appliance in small fire
- Movement of casualty in an Emergency (Practical)
- Firefighting (Hot practical exercises)
- Hose running (Wet practical exercise)
- Hose running (Dry exercise)

### **ADMISSION REQUIREMENTS**

- Medically and physically fit
- Able to communicate in English

Participants are required to bring along their official uniform, as well as track suits, t-shirts and running shoes for physical training.

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