

Basic Fire-Fighting Course

Course Duration: 2-day; Instructor-led

Time Schedule: 9am-5pm

Lunch: 1:00pm- 2:00pm

Morning Tea-break: 10:30am-10:45am

Afternoon Tea-break: 3:30pm -3:45pm



OVERVIEW

This Basic Firefighting Course is suitable for all construction workers, factory employees, office staff, executives, engineers and management. This Two-day course teaches the inherent danger of fire hazards, legislation surrounding modern firefighting, history of firefighting, prevention measures, firefighting equipment and techniques. The second day of the course is an actual demonstration of a small fire and how the fire is extinguished using a common ABC Dry Powder fire extinguisher.

LEARNING OUTCOME

Participants will learn about legislation surrounding modern firefighting, theory of the Fire Triangle. In addition, he or she will know how to recognize fire hazards, conduct fire prevention measures, raise the alarm, conduct proper evacuation, fight small fires and effectively contact the Fire and Rescue Department. More importantly this course will instil a sense of confidence into the individual on facing fire hazards. All participants who have attended both the morning and afternoon sessions of both days will be awarded a Certificate of Participation each.

METHODOLOGY

- Theory
- Images and Video presentation
- Display and demonstration of various PPEs
- Role play and practise.
- Case studies

COURSE OUTLINE

Day 1

Morning Session

- Welcome and Checking attendance
- Safety briefing
- Introduction to Trainer



- Participant's Introductions
- Purpose of Training.
- Uniform and Building Bylaws (UBBL) 1984
- Fire Services Act 1988
- OSHA 1994, 2022A – “General duties...”
- Where does the word “BOMBA” come from?
- Fire Hazards
- Fire Triangle & Combustion process
- History of Fire Fighting from Roman antiquity till today.

Afternoon Session

- Checking attendance
- Typical Fire Hazards in Industry
- Typical Building materials
- Fire Prevention
- Sprinklers and drenchers
- Foam systems, FM 200 etc.
- Gaseous systems, Halon etc.
- Fire Hydrants
- Hose reels and hoses, Types, Use and Maintenance
- Types of Fires – A, B, C, D etc.
- Extinguishing materials
- Fire extinguishers
- P.A.S.S. Method.



Above: Fire watch during cutting and welding works, vehicle assembly plant. Note the sparks.
Batu Kawan, Penang, 2018.

Day 2

Morning Session

- Attendance check
- EVs – a new threat?
- Fire blanket and application
- Fire watch and prevention
- Fire watch during hot works
- Emergency Response Plan
- Raising the Alarm
- Orderly Evacuation
- Assembly Point
- Smoke and chemical Hazards
- Calling the Fire Brigade
- PPE and SCBA
- Quiz



Afternoon Session

- Attendance check
- Firefighting demonstration
- Firefighting Practice
- Award of certificates.
- Course ends

