



ST BERNARD'S
SAFETY TRAINING CENTRE

Fire Fighting & Prevention Course

Suitability: This course is suitable for anyone who would like learn what to do in order to prevent a fire from starting and if a fire starts, what could be done in order to limit damage. This course is also suitable to renew an existing Fire Fighting & Prevention qualification

Validity: 3 years

Course Duration: 3 hours

Course Assessment: At the end of the Fire Fighting & Prevention course, participants are assessed by a multiple choice assessment sheet in order for the tutor to assess understanding of main topics and address any weaknesses in understanding

Certification: Upon successfully completing the Fire Fighting & Prevention course, each participant will be issued with a certificate of competence in the subject

The Fire Fighting & Prevention course is made up of 6 sections, which are:

Introduction to Fire Safety

1. Costs to Businesses and Individuals
2. Causes of Workplace Fires
3. Fire Hazards & Human Health Risks
4. The Fire Triangle

Fire Spread Methods

5. Direct Contact
6. Radiation
7. Conduction
8. Convection
9. Flashover
10. Back draught

Fire Control Methods

11. Fire Prevention
12. Fire Protection
13. Active Control Methods
14. Passive Control Methods

Stopping Fire from Occurring

15. Housekeeping
16. Electrical Equipment and Wiring
17. Portable Heaters
18. Smoking

19. Arson

Saving Lives and Minimizing Damage

20. Fire Safety Signs

21. Means of Escape

22. Internal Fire Doors

23. Escape Routes and Fire Exits

24. Emergency Lighting

25. Alarms and Detectors

26. Fixed Fire Fighting Equipment

Extinguishing a Fire

27. Breaking the Fire Triangle

28. Fire Blankets

29. Classes of Fire

30. Fire Extinguisher Checks

31. Commonly Used Fire Extinguishers

32. Using a Fire Extinguisher to Extinguish a Fire

33. Actions on Discovering a Fire

34. Actions when Hearing the Fire Alarm

35. Fire Drills