

# Instructions for conducting practical extinguishing exercise

COURSE IN FIRE PROTECTION WHEN PERFORMING HOT WORKS



## CONFIRMATION OF COMPLETED PRACTICAL FIRE EXERCISE

### Information about the course participant:

Name:
Date of birth:
Company:
Adress:
Postcode/City:

### Information about the extinguishing exercise:

Name of course-/fire instructor:
Phone number:
Company:
Date:
Place:
Description of the execution of the extinguishing exercise:
Exercise equipment used:
Extinguishing agent used: <input type="checkbox"/> Powder <input type="checkbox"/> Foam <input type="checkbox"/> CO <sub>2</sub> <input type="checkbox"/> Water
Number of extinguishing attempts:

<input type="checkbox"/>	I confirm that the participant/employee has completed practical extinguishing exercise over the past two years.
<input type="checkbox"/>	The extinguishing exercise satisfies the requirements for execution of extinguishing exercise in the scheme "Fire protection during hot work".

Place, date:
Signature of the employee's manager / course instructor / extinguisher*:

The requirements of the norm for instructors in the scheme "Fire protection when performing hot work" must be followed. The practical extinguishing exercise is part of the hot work course and must be completed for the course to be approved. This instruction sets minimum requirements for carrying out an extinguishing exercise.

### **Objective**

Upon completion of the course the participant should possess fundamental skills in extinguishing small fires that may occur during hot work. To achieve these skills the participant must:

- have knowledge about various methods of fire extinguishing and different types of extinguishing equipment
- be familiar with routines and know how to act in case of fire
- have completed a practical fire extinguishing exercise

### **Requirements for carrying out the extinguishing exercise**

- The exercise must be performed on an approved location. You must ensure that you obtain the necessary permission from the landowner/fire department.
- As the instructor, you are responsible for the safety during the practical exercise. It is recommended that you prepare a written routine for the execution of the extinguishing exercise.
- A job safety analysis must be performed before the exercise.
- Never carry out exercises that you have not done before.
- Make sure that you have access to first aid equipment and that you can assist with first aid.
- Use a flame generator with a minimum of capacity of 0,7m<sup>2</sup> for gas in water and with a minimum capacity of 1m<sup>2</sup> for use with flammable liquids
- Make sure there are enough hand-held extinguishers for the exercise. You can use extinguishers with powder, foam or water. CO<sub>2</sub> can be used as a supplement.

- Each participant must complete the following tasks:
  - carry the extinguisher by the handle
  - remove the safety pin
  - choose and apply correct fire extinguish strategy (for instance aim at the base of the fire)
  - extinguish a fire
  
- Each participant must extinguish a fire at least two times during the exercise.
  
- Make sure each participant has enough time to complete all the tasks above.
  
- Feel free to do the fire extinguish exercise with other practical tasks such as;
  - extinguish fire on clothing
  - fire extinguishing exercise with fire hose
  - demonstration of combustible gas in different gas phases (gas bottle up / down)

**NB: Remember suitable protective equipment!**

**ALWAYS REMEMBER SAFETY!**

### **Digital extinguish exercise**

A digital extinguish exercise is accepted as a supplement to a practical extinguish exercise but should not replace it.

**Whether the practical extinguish exercise cannot be accomplished on the course day.**

If the practical extinguish exercise cannot be done on det course day, for example due to the weather, it must be done at later time.

Participants must not be approved and submitted to the Fire Protection Association until the practical exercise has been completed.

**The extinguishing exercise and course reporting must be completed within three (3) months of the completion of the course.**