

Fire Watch/Incipient Course Outline

Prerequisites: This course shall have no formal pre-requisite.

Course Length – 4 hours - Course length shall vary depending on the number of delegates. Total course time includes breaks.

Class Size: The maximum number of delegates that may be trained and tested per instructor shall be thirty-five (35) in the classroom session and thirty-five (35) in the practical session.

Course Objective

- Provide delegates the necessary skills to safely perform incipient firefighting duties.
- General housekeeping rules to prevent fires.
- Discuss the classifications of fire.
- Discuss the classifications of fire extinguishers.
- Teach basic methods of fire extinguishment.
- Incipient firefighting hazards.
- Teach general industry hot work & fire watch regulations and procedures.
- Delegates should be able to demonstrate the necessary skills during practical examination and demonstrate knowledge during written examination.

Course Design

- Power Point© / Lecture / Audio Video / Visual Aids
- Demonstrations
- Practical Exercises

Successful Course Completion

- Requires a minimum score of 75% or better.
- Delegates will have no more than thirty (30) minutes to complete the exam.
- Grades shall be calculated by dividing the number of questions answered correctly by the total number of exam questions.
- Successful completion of practical session is mandatory.

Course Content Summary

- Classroom
- Practical's

Breaks: 10 minutes (approximately every hour)

Lunch: 1 Hour (if applicable)



M&A Safety Services

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Course Outline

Fire Related Statistics

- GOM Fires

Phases of Fire

- Incipient
- Free Burning
- Smoldering

Incipient Fire

- Fire Triangle
 - Fuel
 - Oxygen
 - Heat
 - Chemical Reaction
- Common Fuels
- Effect of Oxygen
- Effects of Heat

Fire Prevention

- Common Ignition Sources
- Static Sparks
- General Prevention
- Chemical Storage
- Storage Cabinets
- Cylinder Storage and Transport

Classes of Fire

- Class A – Properties, extinguishing methods, and labeling
- Class B – Properties, extinguishing methods, and labeling
- Class C – Properties, extinguishing methods, and labeling
- Class D – Properties, extinguishing methods, and labeling
- Class K – Properties, extinguishing methods, and labeling

Fire Extinguishers (Main Types)

- Water – Function, extinguishing properties
- Carbon Dioxide (CO₂) – Function, extinguishing properties
- Dry Chemical – Function, extinguishing properties
- Cartridge Operated Dry Chemical
- Dry Chemical Wheeled Units



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- Halon
- Foam – Function, extinguishing properties
- Extinguisher Limitations
 - UL Ratings
 - Class A, B, C Ratings
- Fire Blankets

Fire Extinguisher Inspection

- Monthly/Annual Inspections

Extinguishing Fire

- Steps for Extinguishing a Fire
 - Sounding Alarm
 - Sizing up the Fire
 - Gathering Equipment
 - Approaching Fire
 - Attack using “PASS” Method
 - Withdrawing
 - Re-attacking Fire
 - Wind Direction
- Limitations when fighting fire
- Extinguishing Methods
 - Starving
 - Inhibiting
 - Smothering
 - Quenching
- Common Extinguishing Agents

Fire Safety

- Common Hazards
 - Flames
 - Heat
 - Smoke
 - Toxic Vapors
 - Suffocation
 - Explosions
- Safety Equipment
 - Gas Detectors
 - Respirators
 - Self-Contained Breathing Apparatus
 - Protective Clothing
 - FRC's, Bunker Gear



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- Emergency Response Plan
- Emergency Evacuation

Hot Work/Fire Watch

- BSSE Regulations – 30 CFR Part 250.109 – 250.113
- Hot Work Permits
- Welding Plan
 - Requirements
 - Supervision
 - Welding Equipment Requirements
 - Before Welding Begins
 - Welding Restrictions
 - Well Bay Example
- Fire Watch Requirements
- Fire Watch Duties
- Gas Detectors
 - Function
 - Lower Explosive Limits
 - Upper Explosive Limits

Practical Session

Practical shall verify the following:

- Properly select and wear appropriate PPE during practical training
- Inspect and identify damaged extinguishers
- Select appropriate extinguisher and firefighting equipment
- Effectively communicate with others in the area using proper alerting techniques
- Demonstrate use of firefighting equipment
- Demonstrate firefighting techniques as discussed in theory
- Demonstrate how to extinguish a fire
- Properly remove used extinguishers from service

Training Center Provided Material

- PPE
- Fire Extinguisher

Delegate Requirements

- None

Reference Material / Documents

National Fire Protection Association Codes and Standards
OSHA 29 CFR 1910.157 Portable Fire Extinguishers



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OSHA 29 CFR 1926.150 Fire Protection
BSSE 30 CFR 250.109 – 250.113 (Welding & Burning)