



VARME ARBEIDER

Fire Protection when performing Hot Work

**Instructions for
conducting practical
extinguishing
exercise**

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.

The practical extinguishing exercise can be carried out as a real exercise or with a fire extinguishing simulator approved by the Fire Protection Association.

The instructor for practical extinguishing exercises must be an approved instructor in the scheme or an employee of fire service with expertise in conducting practical extinguishing exercises.

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

- As the instructor and exercise leader, 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.
- Carry out the exercise in a suitable location, such as a gravel road, a parking lot, a practice field or similar locations that do not have flammable material.
- You must ensure that you obtain the necessary permission from the landowner/fire department.

- Carry out the exercise with a fire extinguisher of at least 0,5 m² extinguishing area when using gas in a water bath and 0,7 m² extinguishing area when extinguishing a liquid fire (methylated spirits etc.).
- Make sure there are enough hand-held extinguishers for the exercise. You can use extinguishers with powder, foam or water. CO₂ 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!

Requirements for conducting a digital extinguish exercise

- 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)
 - push the handle down and apply fire extinguishing agent until the fire is extinguished for at least 3 seconds.
- Each participant must extinguish a fire at least two times during the exercise.
- Scenarios must be adapted to the participant's work field (for instance sheet metal worker, roofer, electrician)
- Each participant must extinguish the fire in/using at least two different scenarios

- Each participant must extinguish the fire with at least two different extinguish agents
- Each participant must attempt to extinguish the fire with the wrong extinguish agent for a given scenario
- The participant must choose a suitable extinguishing agent based on the scenario
- Make sure each participant has enough time to complete all the tasks above

Requirements for instructors for digital extinguish exercise

The instructor must have undergone training in the digital extinguishing system with the supplier.

ALWAYS REMEMBER SAFETY!

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

If the practical extinguish exercise cannot be done on the course day, for example due to the weather, it must be done at later time. Course and fire extinguish exercise must be completed within a period of three (3) months.

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.

CONFIRMATION OF COMPLETED PRACTICAL FIRE EXTINGUISHING EXERCISE

Information about the course participant:

Name:
Date of birth:
Phone number:
Company:
Address:

Information about fire extinguishing exercise:

Name of course/extinguishing instructor:				
Phone number:				
Hot Work instructor:	<input type="checkbox"/>			
Comapny:				
Fire service employee:	<input type="checkbox"/>			
Fire service:				
Date:				
Place:				
Description of the execution of the fire extinguishing exercise:				
Practice equipment used:				
Extinguishing agent used:	<input type="checkbox"/> Powder	<input type="checkbox"/> Foam	<input type="checkbox"/> CO ₂	<input type="checkbox"/> Water
Number of extinguishing attempts:				

<input type="checkbox"/>	The extinguishing exercise complies with the requirements for conducting an extinguishing exercise in the scheme "Fire protection when performing hot work".
Place, date:	
Signature of the fire extinguishing instructor:	