

## **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.
- Review 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.
- Grades shall be calculated by dividing the number of questions answered correctly by the total number of exam questions.
- Delegates will have no more than thirty (30) minutes to complete the exam.
- Successful completion of practical session is mandatory.

### **Course Content Summary**

- Classroom
- Practicals

**Breaks:** 10 minutes (approximately every hour)

**Lunch:** 1 Hour (if applicable)

### **Course Outline**

Fire Related Statistics

- GOM Fires

Phases of Fire

- Incipient

## **Fire Watch/Incipient Course Outline**

- Free Burning
- Smoldering

### **Incipient Fire**

- Fire Tetrahedron
  - 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 (CO<sub>2</sub>) – Function, extinguishing properties
- Dry Chemical – Function, extinguishing properties
- Cartridge Operated Dry Chemical
- Dry Chemical Wheeled Units
- Halon
- Foam – Function, extinguishing properties
- Extinguisher Limitations
  - UL Ratings
    - Class A, B, C Ratings
- Fire Blankets

## **Fire Watch/Incipient Course Outline**

### 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
- Emergency Response Plan
- Emergency Evacuation

### Hot Work/Fire Watch

- BSEE Regulations – 30 CFR Part 250.109 – 250.113
- Hot Work Permits
- Welding Plan

## **Fire Watch/Incipient Course Outline**

- 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:

- 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 fire extinguishing procedures
- Remove used extinguishers from service properly

### **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

OSHA 29 CFR 1926.150 Fire Protection

BSEE 30 CFR 250.109 – 250.113 (Welding & Burning)