



PST TRAINING (PTY) LTD

PST Training (Pty) Ltd

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Basic Fire Fighting

Overview

Fire poses a significant risk to people, property, and business continuity in any workplace. The Basic Fire Fighting course equips delegates with the essential knowledge and practical skills required to identify fire hazards, understand fire behaviour, select and operate the correct fire-fighting equipment, and respond effectively during fire-related emergencies.

This course emphasises personal safety, fire prevention, and correct emergency response, enabling employees to act confidently and responsibly while supporting organisational fire safety and legal compliance.

Course Objectives

On completion of this course, delegates will be able to:

- Understand the science of fire and the conditions required for combustion
- Identify common workplace fire hazards and fire risks
- Classify different types of fires and select the correct extinguishing methods
- Demonstrate the safe and correct use of portable fire-fighting equipment
- Apply fire prevention strategies to reduce workplace fire risks
- Respond appropriately during fire emergencies, including evacuation and rescue procedures
- Understand when not to fight a fire and prioritise personal safety

Course Prerequisite

- Communication: ABET / NQF Level 3 or equivalent
- Mathematical Literacy: ABET / NQF Level 3 or equivalent
- Copy of ID document (required for registration and certification purposes)
- English proficiency sufficient to engage with training materials

Language of Delivery

English

Delivery Methods

The course is facilitated by a competent subject matter expert using a combination of:

- Interactive discussions
- Practical demonstrations
- Case studies and real-life workplace scenarios
- Video and slide presentations
- Written questions and knowledge checks

Training & Evaluation

- Training conducted on a 70% theoretical and 30% practical basis
- Continuous evaluation throughout the course

Who should attend?

This course is suitable for employees with fire safety responsibilities, including:

- Appointed Workplace Firefighters
- Fire Marshals and Emergency Response Team Members
- Health and Safety Representatives
- Supervisors and Line Managers
- Facilities and Maintenance Personnel
- Warehouse and Production Staff
- Office-Based Employees seeking fire safety awareness

Course Outline

This course consists of the following 5 modules

Module 1	Fundamentals of Fire and Combustion • Definition of fire and fire behaviour • The Fire Triangle and Fire Tetrahedron • Components required to sustain combustion • Common causes of workplace fires • The importance of fire safety awareness and early intervention
Module 2	Fire Classes and Extinguishing Principles • Classification of fires: • Class A – Ordinary combustibles • Class B – Flammable liquids and gases • Class C – Energised electrical equipment • Class D – Combustible metals • Class F – Cooking oils and fats • Repellents and methods used to control combustion • Matching fire classes to appropriate extinguishing methods

Module 3	Fire-Fighting Equipment and Personal Safety • Types of portable fire extinguishers: • Water • Dry Chemical Powder • Foam • Carbon Dioxide (CO₂) • Fire blankets and sand buckets • Personal protective equipment and safety precautions • Limitations of fire-fighting equipment • Situations when it is unsafe or inappropriate to fight a fire
Module 4	Practical Fire-Fighting Techniques and Emergency Response • Correct use of fire extinguishers • PASS technique (Pull, Aim, Squeeze, Sweep) • RACE procedure (Rescue, Alarm, Contain, Extinguish/Evacuate) • REACT principles • Extinguishing small versus developing fires • Emergency evacuation procedures • Escape routes, assembly points, and rescue considerations • Do's and Don'ts during fire emergencies
Module 5	Fire Prevention, Equipment Maintenance, and Workplace Readiness • Fire prevention strategies and risk reduction • Good housekeeping and safe storage practices • Fixed hose reels – purpose and safe use • Inspection and maintenance of fire-fighting equipment: • Why inspections are required • Who is responsible? • Inspection frequency • Smoke alarms and early warning systems • Fire drills, training, and emergency preparedness • Fire safety signage and colour coding

Additional Information

Duration	1 Day	
Includes	• Comprehensive Training Manual • Lunch & Refreshments (not applicable to on-site / online training) • SAIOSH Accredited (2 CPD Credits/Points)	• Electronic Certificate (on successful completion) • Electronic Delegate Feedback Questionnaire