



Consulting and Training | Reach New Heights

Course Name

Emergency and Fire Fighting Plan and HSE Process

Sector Name

Health, Safety and Environment

Document Type

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Emergency and Fire Fighting Plan and HSE Process

Course Introduction

The safety of the building and utilities

The purpose of this course is to increase the safety of building and utilities occupants and emergency responders by streamlining fire service interaction with building features and fire protection systems.

The guidance in this course is expected to decrease the injuries to responding and operating fire service personnel. When an incident can be mitigated faster, there is less time for the hazardous situation to grow in proportion. With less potential exposure, employees occupying buildings will be afforded greater protection.

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Target Audience

- ✓ All Safety Professionals
- ✓ Safety Committee Members
- ✓ Security personnel / Specialist
- ✓ Managers and heads of the HSEC department
- ✓ Technicians and competent personnel
- ✓ Human Resource personnel

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Learning Objectives

- ✓ Know all the probable causes of fire outbreaks
- ✓ Identify the conditions able to cause a fire outbreak
- ✓ Identify and know how to use a fire extinguisher
- ✓ Recognize signals used in case of fire
- ✓ Have the required behavior to prevent fire outbreaks
- ✓ Perform the first basic intervention
- ✓ Be able to follow an emergency evacuation plan in case of a fire outbreak
- ✓ Understand an alert and the organisation of an evacuation plan
- ✓ Reach the “Zero Accident” objective
- ✓ Be able to respect and follow the procedures

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Course Outline

✓ DAY 01

Module (01) Fire Outbreaks Generalities

- ✓ 1.1 Introductions
- ✓ 1.2 Combustion, fire, and fire outbreak
- ✓ 1.3 Oxidation
- ✓ 1.4 Fire triangle
- ✓ 1.5 How does fire work?
- ✓ 1.6 Types of fire
 - ✓ 1.6.1 Class A: Solid fire
 - ✓ 1.6.2 Class B: Liquid fire
 - ✓ 1.6.3 Class C: Gas fire
 - ✓ 1.6.4 Class D: Metal fire
- ✓ 1.7 Principle of fire extinction
 - ✓ 1.7.1 Chemical process
 - ✓ 1.7.2 Thermal process
 - ✓ 1.7.3 Mechanical process
- ✓ 1.8 Means of protection against fire outbreak
- ✓ 1.9 First intervention: first emergency
- ✓ 1.10 Second intervention: professional firefighters

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Course Outline

✓ Day 02

Module (02) Mobile Fire Extinguishers

- ✓ 2.1 Definitions
- ✓ 2.2 Rules
- ✓ 2.3 Fire extinguishers functioning
 - ✓ 2.3.1 Extinguishers with permanent pressure
 - ✓ 2.3.2 Extinguishers with auxiliary pressure
- ✓ 2.4 Category of fire extinguisher (different extinguishing agents)
- ✓ 2.5 Use of fire extinguishers (use in terms of quality and quantity)
- ✓ 2.6 Maintenance and verification of fire extinguishers
- ✓ 2.7 Professional firefighters' intervention

Module (03) Work Sites Fire Outbreaks

- ✓ 3.1 Plausible origin of fire
 - ✓ 3.1.1 Mechanical origin
 - ✓ 3.1.2 Electrical origin
 - ✓ 3.1.3 Hydrocarbons
 - ✓ 3.1.4 Negligence and ignorance
- ✓ 3.2 Some examples of work site fires
- ✓ 3.3 Industrial factories v. Offices
 - ✓ 3.3.1 Causes
 - ✓ 3.3.2 Consequences
- ✓ 3.4 Prevention and protection

- ✓ 3.4.1 Dispositions
- ✓ 3.4.2 Equipment
- ✓ 3.5 Spontaneous inflammations
- ✓ 3.6 Friction
- ✓ 3.7 Basic procedures for fire-fighting and prevention

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Course Outline

✓ Day 03

Module (04) Emergency Evacuation Plan

- ✓ 4.1 How to behave before leaving the building
- ✓ 4.2 Forbidden behavior
- ✓ 4.3 At the muster point
- ✓ 4.4 Concrete means
 - ✓ 4.4.1 An evacuation plan giving the procedures to follow
 - ✓ 4.4.2 A luminous sign showing the emergency exit and doors leading outside
 - ✓ 4.4.3 A means of sound alarm (sirens)
 - ✓ 4.4.4 An identification of the muster point/assembly point
- ✓ 4.5 Fire extinguishers
- ✓ 4.6 Specific equipment
- ✓ 4.7 Alert organization
- ✓ 4.8 Evacuation organization
- ✓ 4.9 Evacuation procedures

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Course Outline

✓ Day 04

Module (05) Fire Department Connections

- ✓ 5.1 General
- ✓ 5.2 Quantity
- ✓ 5.3 Inlets
- ✓ 5.4 Location
- ✓ 5.5 Position
- ✓ 5.6 Marking
- ✓ 5.7 Temporary connections

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Course Outline

✓ Day 05

Modules (06) Fire-fighting Equipment Inspect And Maintain

- ✓ 6.1 Prepare for installation and servicing operations
- ✓ 6.2 Maintain quality of work and promote continuous improvement
- ✓ 6.3 Inspect, test, and maintain gaseous fire suppression systems
- ✓ 6.4 Inspect, test, and maintain emergency/exit lighting systems

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Confirmed Sessions

FROM	TO	DURATION	FEES	LOCATION
July 13, 2026	July 17, 2026	5 days	4950.00 \$	Turkey , Istanbul
April 19, 2027	April 23, 2027	5 days	2150.00 \$	Virtual , Online
Oct. 12, 2026	Oct. 16, 2026	5 days	4250.00 \$	UAE , Dubai
Jan. 17, 2027	Jan. 21, 2027	5 days	4250.00 \$	KSA , Riyadh

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