



VARME ARBEIDER

# **Fire protection when performing hot works**

**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 live exercise or with a VR extinguishing simulator approved by the Fire Protection Association.

**The instructor for practical extinguishing exercise can be:**

- Approved instructor in the scheme "Fire protection when performing hot work"
- Employee in the fire service with expertise in conducting practical extinguishing exercises
- A qualified person with expertise in conducting a practical extinguishing exercise

**The expected competencies for the person conducting the fire extinguishing exercise include:**

- Operation of certain extinguishing agents
- How the extinguishing agent affects the fire
- Correct extinguishing technique for the different extinguishing agents
- Basic fire competence; Including fire theory, fire outbreak, and what participants should consider before extinguishing

**Control**

Spot checks may be held to document the competence of the person performing the extinguishing exercise. This can be done either by the Fire Protection Association or someone on behalf of the Fire Protection Association.

**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, 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.
- Conduct the exercise in a suitable location, such as a gravel field, a parking lot, a training area, or similar, that is free from flammable materials.
- You must obtain the necessary permission from the landowner/fire department.
- Use a flame generator with a minimum of capacity of 0,5m<sup>2</sup> for gas in water and with a minimum capacity of 0,7m<sup>2</sup> for use with flammable liquids.
- Make sure there are enough hand-held extinguishers for the exercise. You can use extinguishers with powder, foam or water. CO<sub>2</sub> 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 at least twice
- 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 the digital (VR) extinguish exercise:**

- Each participant will practice the different 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 practitioner's work (e.g. sheet metal worker, roofer, electrician).
- The participant must extinguish in at least two different scenarios.
- The participant must extinguish with at least two different extinguishing agents.
- The participant will try to extinguish with the wrong extinguishing agent for a given scenario.
- The participant must choose a suitable extinguishing agent based on the scenario.
- Conduct the extinguishing exercise so that each participant has the time they need to complete the steps.

**Instructor requirements for digital fire extinguishing drills:**

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

**ALWAYS REMEMBER SAFETY!****If 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 a later time. The course and extinguishing 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.

**Course reporting must be completed within three (3) months of the completion of the course.**

## CONFIRMATION OF COMPLETED PRACTICAL FIRE EXERCISE

### Information about the course participant:

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

### Information about the extinguishing exercise:

Name of course-/fire instructor:				
Phone number:				
Hot work instructor:	<input type="checkbox"/>			
Employee in fire department:	<input type="checkbox"/>			
Qualified person:	<input type="checkbox"/>			
Company/Fire Department				
Date:				
Place:				
Description of the execution of the extinguishing exercise:				
Exercise equipment used:				
Live exercise:	<input type="checkbox"/>			
Digital (VR) exercise:	<input type="checkbox"/>			
Extinguishing agent used:	<input type="checkbox"/> Powder	<input type="checkbox"/> Foam	<input type="checkbox"/> CO <sub>2</sub>	<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:	