

# FIRETRAC Training Material Content

Basic Fire Prevention, Protection and Evacuation Course

## Part 1 Introduction to Course

★ Programme Activities ★ Course Objectives ★

## Part 2 Intro to Chemistry of Fire

★ Fire Triangle ★ Elements of Fire ★ Sources of Ignition ★ Definitions ★ Transfer of Heat  
★ Methods of Extinguishing ★ Classes of Fire  
★ Extinguishers Agents and Limitations ★

## Part 3 Intro to Fire Prevention

★ Overview - What to look for? ★ Class A Fires  
★ Class B Fires ★ Class C Fires ★ Class D Fires ★

## Part 4 Intro to Fire Protection

★ Protection from Fire ★ Introduction ★ Classes of Extinguishers ★ Other Fire Appliances ★  
Positioning and Location of Fire Equipment ★  
Symbolic Signs  
★ Recognition Test ★ Inspection of Fire Equipment  
★ Fire Equipment Register – Example ★

## Part 5 Intro to Fire Fighting

★ Objective ★ Discharging the Extinguisher ★ Do not fight the fire if ... ★ Establishing Fire Teams  
★ Fire Team Protective Equipment ★ Drills and Training ★ Duties of Team Members ★  
Maintenance of Extinguishers and Appliances ★

## Part 6 Intro to Emergency Planning

★ Objective ★ Potential Emergencies ★  
vEmergency Teams ★ Emergency Management ★

## Part 7 Responding to an Emergency

★ Fire Emergency Steps ★ Trapped? What to do?  
★ On Fire? What to do ★ Evacuation Procedures ★

## Part 8 Intro to Fire Inspections

★ Objective ★ Legal Requirements ★ Checklists and Registers ★ What to Look For ★ The Inspection Checklist ★ Highlight the Hazard ★ Prevent the Activity or use of the Article ★ Take Care ★

## Part 9 Fire Inspections - Visual Exercises

★ Preparing the Visuals ★ Preparing the Inspection Checklist ★ Projecting the Visuals ★ Practical ★

## Part 10 Conclusion

★ Test ★ Course Evaluation ★ In Conclusion  
★ Plan of Action ★



South African Institute of  
Occupational Safety and Health  
Verified - 2 CPD Points



**VALIANT COMPLIANCE SOLUTIONS (Pty) Ltd**

Reg No 2026/040838/07  
BEE Level 4

**Lee O'Reilly**

CEO / Founder  
C: +27 (0) 81 776 7791  
E: [lee@vcsgroup.co.za](mailto:lee@vcsgroup.co.za)

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