GWO BST4 (Excluding Sea Survival) General Time-table

Due to schedule adjustments, ensure to bring necessary items such as swim wear on the first day.

* The lecture room will be opened 30 minutes before the start.

	Day 1	Topic	Time
AM	Theory / Practical	Manual Handling	08 : 30
PM	(Lunch)		
	Theory / Practical	Fire Awareness	
	Sign-out		17 : 15

*Due to schedule adjustments, ensure to bring necessary items such as swim wear on the first day.

	Day 2	Topic	Time
AM	Theory	Work at Height	08 : 30
PM	(Lunch)		
	Theory / Practical	Work at Height	
	Sign-out		17 : 25

	Day 3	Topic	Time
AM	Theory / Practical	Work at Height	08 : 30
PM	(Lunch)		
	Practical	Work at Height	
	Sign-out		17 : 30

	Day 4	Topic	Time
AM	Theory	First Aid	08 : 30
PM	(Lunch)		
	Theory / Practical	First Aid	
	Sign-out		17 : 15

	Day 5	Topic	Time
AM	Practical	First Aid	08 : 30
PM	(Lunch)		
	Practical	First Aid	
	Sign-out		15 : 30

* The lecture room will be opened 30 minutes before the start.

Please Note:

The above schedule is a sample for reference only, there are times when the days will be rearranged for scheduling purposes, weather, etc.

※Please bring necessary items such as swimwear to the first day of training.

※The start time after the second day may be changed.
If the schedule is changed to the earlier time, you will be informed the day before training by staff.

※NSTC provides transportation to the Wakamatsu Fire Training Facility.
If you miss the transportation to Wakamatsu, you will be required to hire a taxi to the facility. All expenses for the taxi will be borne by the trainee/delegate. It is vital to not be late.

※The end time for the training is approximate and may change depending on varying circumstances. Please plan your return reservations home with an ample safety margin for time.