

## GWO-BSTR Time-table(example)

✘ The above schedule is a sample for reference only.

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

### MH/WAH

Day 1		Topic	Time
AM	Theory / Practical	Work at Height + Manual Handling	8:30
PM	(Lunch)		Work at Height + Manual Handling
	Theory / Practical		
	Sign-out	17:55	

### SS

Day 2		Topic	Time
AM	Theory	Sea Survival	8:30
PM	(Lunch)		Sea Survival
	Practical		
	Sign-out	17:05	

### FAW/FA

Day 3		Topic	Time
AM	Theory / Practical	Fire Awareness	8:30
PM	(Lunch)		First Aid
	Theory / Practical		
	Sign-out	18:10	