








GWO BST 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  	Work at Height + Manual Handling	08 : 30
(Lunch)			
PM	Theory / Practical  	Work at Height + Manual Handling	
Sign-out			17 : 45

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

Day 2		Topic	Time
AM	Theory / Practical  	Work at Height + Manual Handling	08 : 30
(Lunch)			
PM	Practical 	Work at Height + Manual Handling	
Sign-out			17 : 50

Day 3		Topic	Time
AM	Theory / Practical 	Sea Survival	08 : 30
(Lunch)			
PM	Practical 	Sea Survival	
Sign-out			17 : 55

Day 4		Topic	Time
AM	Theory 	First Aid	08 : 30
PM	(Lunch)		
	Theory / Practical 	First Aid	
Sign-out			17 : 25

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

Day 6		Topic	Time
AM	Theory / Practical  	Fire Awareness	08 : 30
	Sign-out		13 : 10

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

↓ ↓ Please be sure to read the following notes.

Please Note:

The above schedule is a sample for reference only.

The timetable is subject to change depending on the training conditions on the day, etc.

※NSTC will contact the person in charge directly if there is any change in the first day of training.

※NSTC will inform you at reception on the first day of training if there are any changes to the start time of the training on the second day or later.

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

※NSTC provides transportation to the Wakamatsu training facility (for firefighting training or Work at Heights) . If you miss the transportation to Wakamatsu, you will be required to hire taxi. Please not to be late, as you will be responsible for the actual costs for your transportation in that case.

※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.