

GWO-BST 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.

Only if there is a significant change in the start time of the first day of training and the end time of the last day, We will contact the person in charge of the application by email one week in advance.

MH/WAH

Day 1		Topic	Time
AM	Theory / Practical	Work at Height + Manual Handling	8:30
PM	(Lunch)		
	Theory / Practical	Work at Height + Manual Handling	
	Sign-out		18:10

MH/WAH

Day 2		Topic	Time
AM	Theory / Practical	Work at Height	8:30
PM	(Lunch)		
	Theory / Practical	Work at Height	
	Sign-out		17:55

FA

Day 3		Topic	Time
AM	Theory / Practical	First Aid	8:30
PM	(Lunch)		
	Theory / Practical	First Aid	
	Sign-out		17:10

SS

Day 4		Topic	Time
AM	Theory	Sea Survival	8:30
PM	(Lunch)		
	Practical	Sea Survival	
	Sign-out		17:10

FAW

Day 5		Topic	Time
AM	Theory / Practical	Fire Awareness	8:30
	Sign-out		13:20