

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		18:30