

## 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
(Lunch)			
PM	Theory / Practical	Work at Height + Manual Handling	
Sign-out			17:25

### MH/WAH

Day 2		Topic	Time
AM	Theory / Practical	Work at Height + Manual Handling	8:30
(Lunch)			
PM	Theory / Practical	Work at Height + Manual Handling	
Sign-out			17:20

### SS

Day 3		Topic	Time
AM	Theory	Sea Survival	8:30
(Lunch)			
PM	Practical	Sea Survival	
Sign-out			17:05

### FA

Day 4		Topic	時間
AM	Theory / Practical	First Aid	8:30
(Lunch)			
PM	Theory / Practical	First Aid	
Sign-out			17:30

### FAW

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