

NEBOSH National General Certificate in Occupational Health and Safety – Sample Lesson Plan Activities (Extract)

Element 10: Fire (Tuition time: 4 hours)

Approx. timing	Content and tutor activity	Training intent	Aids and equipment	Learner activity
10.1.3 Principles of heat transmission and fire spread				
15 minutes	<p>Activity (Data extraction) Learners (individually) to consider the scenario on the slide, and identify the ways in which heat could be transferred around the building. Tutor to encourage feedback.</p>	To apply understanding of heat transmission and fire spread.	Slides	<p>Individual activity</p> <p>Feedback to tutor/class Active listening</p>
10.2.1 Control measures to minimise the risk of fire				
10 minutes	<p>Activity (Pair and share): Learners to reflect on their own organisations (or their current location) and consider whether the ignition sources are being controlled correctly. If they are not, what other controls would be recommended?</p>	To apply understanding on the control of ignition sources.	Slides	Paired activity
10.4.1 Means of escape				
15 minutes	<p>Activity – (Group and share) Tutor to divide class into small groups. Each group to consider what needs to be taken into account when providing a means of escape. Tutor to collate feedback from each group on a flipchart/whiteboard.</p>	To understand what should be taken into consideration for a means of escape.	Flipchart/ Whiteboard/pens	<p>Participate in group activity</p> <p>Feedback to tutor/class</p>
10 minutes	Tutor to go through the summary slides for each of the following areas, highlighting any information missed in the activity:		Slides	Active listening

Approx. timing	Content and tutor activity	Training intent	Aids and equipment	Learner activity
	<ul style="list-style-type: none"> construction of the building travel distances stairs and passageways fire doors final exit doors emergency lighting directional and exit signage assembly points 			
10 minutes	<p>Activity (Pair and share)</p> <p>Learners to consider the fire doors in their current location. Learners to make a note of the fire ratings on the doors and decide if the fire doors in the area have the appropriate fire rating.</p>	To apply understanding of features of a means of escape, especially fire doors.	Slides	Paired activity
5 minutes	<p>10.4.4 Fire drills</p> <p>Tutor to explain the purpose and requirements of a fire drill.</p>	To understand the purpose and requirements of a fire drill and to apply this understanding.	Slides	Active listening
10 minutes	<p>Activity (Group discussion/structured debate)</p> <p>Learners to reflect on fire drills that they have taken part in. They should consider what went well, what did not go well and what should be done to improve the evacuation/fire drill.</p> <p>(Alternative activity- Video clip) Conducting a fire drill: https://youtu.be/TuMWWquiqV0)</p> <p>What should be done to improve the evacuation/fire drill in your organisation?</p>		Whiteboard/ flipchart/pens	Participate in group activity