

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

Element 10: Fire (Tuition time: 4 hours)

Approx. timing	Content and tutor activity	Training intent	Aids and equipment	Learner activity
5 minutes	Introduce scope of Element 10 10.1: Fire principles 10.2: Preventing fire and fire spread 10.3: Fire alarms and firefighting 10.4: Fire evacuation	To introduce element.	Slides	Active listening
10.1 Fire principles				
10.1.1 The fire triangle				
5 minutes	Tutor to provide brief overview of fire safety enforcement and key legislation.	To direct learners to key pieces of fire safety legislation.	Slides	Active listening
10 minutes	Tutor to outline the fire triangle: <ul style="list-style-type: none">• Sources of ignition (heat)• Sources of fuel• Sources of oxygen (and oxidising materials)	To understand the components of the fire triangle.		
10.1.2 Classification of fires				
minutes				
10.1.3 Principles of heat transmission and fire spread				
15 minutes	Tutor to explain the principles of heat transmission and fire spread: <ul style="list-style-type: none">• Conduction• Convection• Radiation• Direct burning	To be familiar with the principles of heat transmission and fire spread.	Slides	Active listening
minutes				

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10.1.4 Common causes and consequences of fire				
15 minutes	<p>Tutor to outline the common causes and consequences of fire.</p> <p>Tutor to share the following video clip to illustrate a fire in an inspection pit due to accumulation of fumes.</p> <p>https://youtu.be/jqv555EA6bo</p>	To understand the common causes and consequences of fire.	Slides YouTube clip	Active listening
10.2: Preventing fire and fire spread				
10.2.1 Control measures to minimise the risk of fire				
minutes				
minutes				
10.2.2 Storage of flammable liquids in workrooms and other locations				
minutes				
10.2.3 Structural measures to prevent the spread of fire and smoke				
10.3: Fire alarms and firefighting				
10.3.1 Common fire-detection and alarm systems				
10 minutes	<p>Tutor to outline common fire-detection and alarm systems.</p> <p>Tutor to share the following clip illustrating the impact of a sprinkler system.</p> <p>https://youtu.be/ciNbVZ69ic0</p>	To understand common fire-detection and alarm systems.	Slides YouTube clip	Active listening
10.3.2 Portable firefighting equipment and 10.3.3 Extinguishing media				
minutes				
10.3.4 Access for fire and rescue services and vehicles				
minutes				
10.4: Fire evacuation				

Approx. timing	Content and tutor activity	Training intent	Aids and equipment	Learner activity
10.4 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.</p> <p>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	Participate in group activity
10 minutes	<p>Tutor to go through the summary slides for each of the following areas, highlighting any information missed in the activity:</p> <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 		Slides	Feedback to tutor/class Active listening
<p>10.4.1 Means of escape</p> <p>10.4.2 Emergency evacuation procedures; 10.4.3 Role and appointment of fire marshals</p> <p>10.4.4 Fire drills</p>				
10 minutes	<p>Tutor to outline what an emergency evacuation procedure should include.</p> <p>Tutor to outline the role and appointment of fire marshals.</p>	<p>To understand the recommended contents of an emergency evacuation procedure.</p> <p>To understand the role and appointment of fire marshals.</p>	Slides	Active listening
minutes			Slides	Active listening

Approx. timing	Content and tutor activity	Training intent	Aids and equipment	Learner activity
10.4.5 Provision for people with disabilities; 10.4.6 Emergency escape routes to be recorded in building plans				
minutes				
5 minutes	Closing Activity Tutor to recap the key points of Element 10.	To reinforce understanding of the key points.	Slides	Active listening