

**GOVERNMENT OF GOA
REGIONAL TRAINING CENTRE
C/o GOA STATE FIRE FORCE TRAINING CENTRE
DIRECTORATE OF FIRE & EMERGENCY SERVICES
ST. INEZ, PANAJI, GOA**

COURSE

**TRAINING PROGRAMME OF PRACTICAL ATTACHMENT OF
EXTERNAL SUB-OFFICER'S COURSE OF
NATIONAL FIRE SERVICE COLLEGE, MINISTRY OF HOME AFFAIRS, NAGPUR.**

COURSE DURATION

1. Duration of Course : 01 Month (04 Weeks)
2. No. of working days available : 24 (except Sundays – 4 days, & Government Holidays)
3. Full working days : 24
4. Nos. of Periods in full working day : 07 (07 x 26 = 168)
5. No. of Periods available : 168

DAILY SCHEDULE

Duration	Programme
09.30 – 09.40	Morning Roll Call
09.40 – 10.20	1 st Period
10.20 – 11.00	2 nd Period
11.00 – 11.20	Tea Break
11.20 – 12.00	3 rd Period
12.00 – 12.40	4 th Period

Duration	Programme
12.40 – 14.40	Lunch Break
14.40 – 15.20	5 th Period
15.20 – 16.00	6 th Period
16.00 – 16.20	Tea Break
16.20 – 17.00	7 th Period

BLOCK SYLLABUS

Sr. No.	Subject	Periods to be assigned			
		Theory	Demo	Practical	Total
1.	Practical Attachment Duties at Fire Station	--	-	35	35
2.	Industrial/High Rise Building Visit	--	--	40	40
3.	Introduction of Medical First Response (MFR) and Collapsed Structure Search and Rescue/Urban Search and Rescue (CSSR/USAR) Course.	2	-	-	2
4.	Medical First Response. (MFR).	20	06	17	43
5.	Collapsed Structure Search and Rescue/Urban Search and Rescue (CSSR/USAR).	11	07	14	32
6.	Examination	--	-	07	07
7.	Maintenance of Equipments.	-	-	01	01
8.	Inauguration, Course Review, Feedback & Valedictory	05	-	-	05
Total Periods:-		45	13	107	168

DETAILED SYLLABUS

Sr. No.	Subject	Theory	Demo	Practical	Total
1.	Inauguration, Course Introduction Purpose, Objectives and methodology, inaugurations.	2	-	-	2
2.	Practical Attachment Duties at Fire Station	--	-	38	38
3.	Industrial and High Rise Building Visits.	--	--	40	40
4.	Examination	--	--	7	7
5.	Course Review, Feedback and Valedictory.	3	--	--	3
Total Periods		5	--	82	90
MEDICAL FIRST RESPONDER (MFR)					
6.	Introduction of MFR (Medical First Responder).	1	-	-	1
7.	The Emergency Medical Services System and the Medical First Responder.	1	-	-	1
8.	The Incident	1	-	-	1
9.	Infectious Disease precautions	1	-	-	1
10.	Anatomical Reference	1	-	-	1
11.	Patient Assessment	2	1	2	5
12.	Basic Life Support and Cardiopulmonary Resuscitation (BLS & CPR)	1	1	2	4
13.	Oxygen Therapy	1	-	1	2
14.	Hemorrhage and Shock	1	-	-	1
15.	Soft Tissue Injuries	1	1	2	4
16.	Musculoskeletal Injuries	1	1	2	4
17.	Skull, Spinal and Chest Injuries	1	1	2	4
18.	Burns and environmental emergencies.	1	-	-	1
19.	Poisoning, Bites and Stings.	1	-	-	1
20.	Medical Emergencies Part 1 – Cardiovascular Emergencies and Abdominal Distress.	1	-	-	1
21.	Medical Emergencies Part 2 – Respiratory Emergencies.	1	-	-	1
22.	Medical Emergencies Part 3 – Seizures, Diabetic Emergencies and Cardiovascular Accidents.	1	-	-	1
23.	Lifting and moving patients	1	1	1	3
24.	Report writing and preparing for next call	-	-	1	1
25.	Multiple Casualty Incident and Triage.	1	-	1	2
26.	Presentation of MFR by Participants. (Group Presentation)	-	-	3	3
Total Periods:-		20	06	17	43

URBAN SEARCH AND RESCUE (USAR)/COLLAPSED STRUCTURE SEARCH AND RESCUE(CSSR)

Sr. No.	Subject	Theory	Demo	Practical	Total
1.	Introduction of USAR/CSSR	1	-	-	1
2.	Organizing and Starting a USAR/CSSR Operation	1	-	-	1
3.	Construction Materials Structures and Damage Types.	1	-	-	1
4.	Structural Triage and the INSARAG (International Search and Rescue Advisory Group) Marking System.	1	2	-	3
5.	Operational Safety	1	-	-	1
6.	Search and Location Techniques	1	1	1	3
7.	Tools, Equipments and Accessories (TEA)	1	1	2	2
8.	Rescue Strategies and Techniques.	1	1	2	4
9.	Shoring Methods	1	1	1	3
10.	Lifting and Stabilizing Loads	1	1	2	4
11.	Pre-Hospital Treatment	1	-	2	3
12.	Simulation exercise on USAR/CSSR	-	-	4	4
Total Periods:-		11	07	14	32
1.	Maintenance of Equipments	-	-	1	1