

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

**COURSE**

**Elementary Course in General Fire Fighting for Government Candidates  
of Recruit Sub-Officer/Driver Operator/Watch Room Operator  
and Fire Fighters (Government Sponsored)**

**COURSE DURATION**

1. Duration of Course : 06 Months (24 Weeks)
2. No. of working days available : 120 (except Sundays – 24 days, Saturdays – 24 days & 02 Government Holidays/Study preparation days)
3. Full working days : 118
4. No. of Half days for MFR & : 03  
USAR/CSSR
5. Nos. of Periods in full working day : 06 (06 x 118 = 708)
6. No. of Period in half working day : 03 (03 x 03 = 09)
7. No. of Periods available : 717

**DAILY SCHEDULE**

Duration	Programme
06.25 – 06.30	Roll Call
06.30 – 08.00	P.T. Exercise/Yoga on Saturday
08.00 – 08.30	Tea Break
08.30 – 09.30	Squad Drill
09.30 – 09.45	Goa State Fire Service Anthem
09.45 – 10.35	1 <sup>st</sup> Period
10.45 – 11.35	2 <sup>nd</sup> Period
11.45 – 12.35	3 <sup>rd</sup> Period

Duration	Programme
12.35 – 14.30	Lunch Break
14.30 – 15.20	4 <sup>th</sup> Period
15.20– 16.10	5 <sup>th</sup> Period
16.15 – 17.00	6 <sup>th</sup> Period
17.15 – 18.00	Games
18.00 – 19.30	Break
19.30 – 19 45	Evening Roll Call

**BLOCK SYLLABUS**

Sr. No.	Subject	Periods to be assigned			
		Theory	Demo	Practical	Total
1.	Inauguration of Course	02	-	-	02
2.	Introduction to Course	01	-	-	01
3.	Course Review, Feedback & Valedictory	09	-	--	09
4.	Instructional Films.	--	-	--	18
5.	<b>Fire Prevention – Paper I</b>	<b>40</b>	-	<b>18</b>	<b>58</b>
6.	<b>Fire Extinction – Paper II</b>	<b>74</b>	-	<b>141</b>	<b>215</b>
7.	<b>Science – Paper III</b>	<b>48</b>	-	<b>75</b>	<b>123</b>
8.	<b>General – Paper IV</b>	<b>69</b>	--	<b>36</b>	<b>105</b>
9.	Medical First Responder (MFR)	22	07	22	51
10.	Collapsed Structure Search and Rescue/Urban Search and Rescue.	15	08	22	45
11.	Examination	42	-	36	78
12.	Miscellaneous Visits for practical exposure and knowledge.	--	-	12	12
<b>TOTAL:-</b>		<b>314</b>	<b>16</b>	<b>346</b>	<b>717</b>
13.	Squad Drill	--		<b>144</b>	<b>144</b>
<b>TOTAL:-</b>		<b>299</b>	<b>16</b>	<b>526</b>	<b>862</b>
14.	Preparation/Study	12	-	--	12

## DETAILED SYLLABUS

Sr. No.	Subject	Periods to be assigned		
		Theory	Practical	Total
1.	Inauguration of Course	02	-	02
2.	Introduction to Course	01	-	01
3.	Course Review, Discussion, Feedback	09	-	09
4.	Examination	42	36	78
5.	Instructional Films.	--	--	18
6.	Miscellaneous visits and practical.	--	12	12
<b>Total:-</b>		<b>54</b>	<b>48</b>	<b>120</b>
	<b>Fire Prevention – Paper I</b>			
1.	Building Construction	07	--	07
2.	Means of Escape	06	--	06
3.	Fixed Fire Fighting Installation	06	06	12
4.	Rural Fire	09	--	09
5.	Air Craft Fire and Rescue	06	06	12
6.	Ship Fire	06	06	12
<b>Total:-</b>		<b>40</b>	<b>18</b>	<b>58</b>
	<b>Fire Extinction – Paper II</b>			
1.	Fire Service Hose	15	21	36
2.	Hose Fittings	09	09	18
3.	Pumps and Pump Operation	09	36	45
4.	Foam and Foam Making Equipment	09	36	45
5.	Small and Special Gears	08	--	08
6.	Ladders	12	30	42
7.	Water Tender	06	09	15
8.	Practical Firemanship	06	--	06
<b>Total:-</b>		<b>74</b>	<b>141</b>	<b>215</b>
	<b>Science – Paper III</b>			
1.	Basic Physics and Chemistry	06	--	06
2.	Extinguishers	09	09	18
3.	Electricity	06	--	06
4.	Hydraulics	06	-	06
5.	Hydrants and Fittings	09	12	21
6.	Water Relay	06	09	15
7.	Breathing Apparatus	06	45	51
<b>Total:-</b>		<b>48</b>	<b>75</b>	<b>123</b>
	<b>General – Paper IV</b>			
1.	Discipline	06	--	06
2.	Fire Service Administration	09	--	09
3.	Special Service	06	--	06
4.	Watch Room Procedure and Mobilising	07	--	07
5.	Salvage	06	--	06
6.	First-Aid and Ambulance Aid	06	06	12
7.	Resuscitation	06	06	12
8.	Ropes and Lines	11	12	23
9.	Nomenclature of Fire Fighting Equipment and Drill Revision.	12	12	24
<b>Total:-</b>		<b>69</b>	<b>36</b>	<b>105</b>
7.	Squad Drill	--	<b>144</b>	<b>144</b>

### **MEDICAL FIRST RESPONDER (MFR)**

<b>Sr. No.</b>	<b>Subject</b>	<b>Theory</b>	<b>Demo</b>	<b>Practical</b>	<b>Total</b>
1.	Introduction of MFR (Medical First Responder).	1	-	-	1
2.	The Emergency Medical Services System and the Medical First Responder.	1	-	-	1
3.	The Incident	1	-	-	1
4.	Infectious Disease precautions	1	-	-	1
5.	Anatomical Reference	1	-	-	1
6.	Patient Assessment	2	1	2	5
7.	Basic Life Support and Cardiopulmonary Resuscitation (BLS & CPR)	1	1	2	4
8.	Oxygen Therapy	1	-	1	2
9.	Hemorrhage and Shock	1	-	-	1
10.	Soft Tissue Injuries	1	1	1	3
11.	Musculoskeletal Injuries	2	1	2	5
12.	Skull, Spinal and Chest Injuries	2	2	1	5
13.	Burns and environmental emergencies.	1	-	-	1
14.	Poisoning, Bites and Stings.	1	-	-	1
15.	Medical Emergencies Part 1 – Cardiovascular Emergencies and Abdominal Distress.	1	-	-	1
16.	Medical Emergencies Part 2 – Respiratory Emergencies.	1	-	-	1
17.	Medical Emergencies Part 3 – Seizures, Diabetic Emergencies and Cardiovascular Accidents.	1	-	-	1
18.	Lifting and moving patients	1	2	2	5
19.	Report writing and preparing for next call	-	-	1	1
20.	Multiple Casualty Incident and Triage.	1	-	3	4
21.	Presentation of MFR by Participants.	-	-	6	6
<b>Total Periods:-</b>		<b>22</b>	<b>08</b>	<b>21</b>	<b>51</b>

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

<b>Sr. No.</b>	<b>Subject</b>	<b>Theory</b>	<b>Demo</b>	<b>Practical</b>	<b>Total</b>
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.	2	3	-	5
5.	Operational Safety	1	-	-	1
6.	Search and Location Techniques	2	1	1	4
7.	Tools, Equipments and Accessories (TEA)	1	1	3	5
8.	Rescue Strategies and Techniques.	2	1	3	6
9.	Shoring Methods	3	1	2	6
10.	Lifting and Stabilizing Loads	1	1	2	4
11.	Pre-Hospital Treatment	1	-	1	2
12.	Simulation exercise on USAR/CSSR	-	-	6	6
13.	Maintenance of Equipment	--	--	3	3
<b>Total Periods:-</b>		<b>15</b>	<b>08</b>	<b>22</b>	<b>45</b>