



Concept Note: One-Day Training Program on Basic Fire Safety and Basic Life Support (BLS) for PT Teachers

Organized by Gujarat State Fire Academy (GSFA)

Venue: Gujarat State Fire Academy, Raysan, Gandhinagar

Date & Duration: 1 Day, [23/09/2025], 10:00 AM to 5:00 PM

Target Audience: Physical Training (PT) Teachers from Government Schools

1. Background and Rationale

Schools are vital institutions that serve as learning hubs and gathering points for large numbers of young, vulnerable children, making them high-risk environments during fire emergencies. The potential for catastrophic outcomes is significant due to factors such as panic, limited awareness of safety protocols, and inadequate emergency response mechanisms. Historical fire incidents in educational settings, both in India and globally, have underscored the devastating consequences of unpreparedness. For instance, fires caused by electrical faults, laboratory chemicals, or kitchen LPG have led to injuries and fatalities, often exacerbated by the absence of trained personnel and structured evacuation plans. The *Handbook on Fire Safety in Educational Buildings* (GIDM, 2022) provides a comprehensive analysis of vulnerabilities in school infrastructures, identifying key hazards such as:

- **Combustible Materials:** Paper, wood, furniture, and chemicals in laboratories increase fire risks.
- **Electrical Hazards:** Faulty wiring, overloaded circuits, and outdated electrical systems are common triggers.
- **Kitchen Risks:** Use of LPG cylinders and open flames in school canteens poses significant threats.
- **Lack of Preparedness:** Infrequent or absent evacuation drills and limited staff training heighten vulnerability.

Physical Training (PT) teachers, who often oversee outdoor activities and manage large groups of students, are uniquely positioned to lead emergency responses. Their physical fitness, familiarity with school premises, and leadership skills make



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them ideal candidates for fire safety training. By equipping PT teachers with the knowledge and skills to act as first responders, this program aims to bridge critical gaps in school safety. Furthermore, PT teachers can champion the integration of fire safety education into the school curriculum and foster a culture of preparedness through regular drills and awareness campaigns. This training aligns with national and state priorities to enhance disaster resilience in educational institutions, as outlined in the National Building Code (NBC) 2016 and Gujarat Fire Prevention and Life Safety Measures Rules.

2. Objectives

The training program is designed to empower PT teachers with the knowledge, skills, and confidence to enhance fire safety and emergency preparedness in schools. The specific objectives are:

- **Raise Awareness of Fire Hazards:** Educate PT teachers on the causes of fires in school settings, including electrical faults, chemical mishandling, and kitchen-related incidents, to foster proactive hazard identification.
- **Understand Fire Dynamics:** Provide a clear understanding of the fire triangle (fuel, heat, oxygen) and the mechanisms of fire spread, enabling teachers to recognize how fires start and escalate in school environments.
- **Master Fire Extinguisher Use:** Train participants on the classification of fires (Classes A, B, C, D, F) and the appropriate use of extinguishers (water, foam, CO₂, dry powder), ensuring compliance with IS 15683 standards for safe and effective operation.
- **Develop Evacuation Skills:** Demonstrate and practice emergency evacuation protocols, including safe exit strategies, stairway management, and assembly point coordination, to prepare teachers to lead students during crises.
- **Equip with First Aid and BLS Knowledge:** Provide practical training in basic life support measures, including CPR, treatment of burns, management of smoke inhalation, and handling shock, to enable teachers to provide immediate care during incidents.
- **Ensure Regulatory Compliance:** Familiarize PT teachers with fire safety regulations, including NBC 2016, Gujarat Fire Prevention Rules, and the GIDM fire safety checklist, to promote adherence to legal and safety standards in schools.
- **Promote a Safety Culture:** Empower PT teachers to lead fire safety initiatives, such as organizing regular drills, conducting safety audits, and educating students and staff, to create a sustained culture of preparedness in schools.

3. Key Subtopics

- **Fire Chemistry:** Fire triangle and extinguishment methods (starvation, smothering, cooling).



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- **Fire Classes and Extinguishers:** Classes A–F, corresponding extinguishers, IS 15683 standards.
- **School Fire Hazards:** Electrical faults, LPG in kitchens, laboratory chemicals, open flames.
- **Fire Safety Equipment:** Fire extinguishers, hose reels, wet risers, manual call points.
- **Emergency Response:** Alarm activation, exit usage, stairway protocols.
- **First Aid and BLS:** Treating burns, CPR basics, managing smoke inhalation and shock.
- **Evacuation Planning:** Assembly points, exit signage, evacuation strategies.
- **Fire Safety Compliance:** GIDM checklist, NBC 2016, Gujarat regulations.

4. Methodology

- **Expert Lectures:** Sessions by fire safety and first aid experts.
- **Hands-on Demonstrations:** Practical training with fire extinguishers and equipment.
- **Group Activities:** Scenario-based discussions and role-playing.
- **Visual Aids:** Posters, videos, and infographics for fire safety and first aid.

5. Detailed Day-Wise Schedule

5.1 Day 1: [Insert Date], 10:30 AM – 5:00 PM

Time	Session Title	Objectives and Content	Resource Person
10:00–10:30 AM	Registration	Participant registration and distribution of training kits	GSFA
10:30–11:00 AM	Inaugural Session	Welcome address, importance of fire safety, program overview	GSFA
11:00–12:00 PM	Understanding Fire: Causes and Triangle	Fire chemistry (fire triangle), common school fire causes, visual aids	Fire Officer / Safety Expert
12:00–12:30 PM	Classes of Fire and Extinguishers	Fire classes, matching extinguishers, IS 15683 standards, maintenance tips	Fire Officer / Safety Expert
12:30–01:30 PM	Hands-on Fire Extinguisher Demonstration	Live demo and participant practice with CO2, and DCP extinguishers	Fire Officer / Demonstration Team
01:30–02:15 PM	Lunch Break	Break for lunch and informal networking	
02:15–03:15 PM	First Aid and Basic Life Support Measures	First aid principles relevant to schools set up, bleeding, Poison, handling burns, smoke inhalation, and shock Content of First Aid kit and its regular inspection	Certified First Aid Trainer
03:15–04:15 PM	Practical Demonstration	CPR and Recovery Position Demo, AED	Certified First Aid Trainer
04:15–04:45 PM	Understanding of Fire Safety Compliances	Safety audit, checklist, Guidelines	Fire Officer / All Facilitators



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Time	Session Title	Objectives and Content	Resource Person
04:45– 05:00 PM	Wrap-up	feedback, certificate distribution, closing remarks	GSFA Team

6. Expected Outcomes

- Enhanced awareness of fire hazards and response strategies.
- Practical skills in operating fire extinguishers.
- Competence in basic first aid and life-saving techniques.
- Ability to lead school evacuation drills.
- Improved school compliance with fire safety protocols.
- Establishment of a safety-conscious culture in schools.

7. Training Materials

- Fire Safety Inspection Checklist for Schools
- Fire Extinguisher Operation (PASS)
- Basic First aid, CPR, Burns

8. Compliance and Standards

Training aligns with:

- National Building Code (NBC) 2016
 - Gujarat Fire Prevention and Life Safety Measures Act & Rules
 - Indian Standards (IS 15683, IS 2190, IS 2189, IS 15325)
 - International Federation of Red Cross and Red Crescent societies Guidelines (IFRC)
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