## Absolute Kinetics Consultancy Pte Ltd, your safety partner Form No.:R3300-01 Rev1 **RESPOND TO FIRE & HAZMAT EMERGENCY**

About the course: This course is designed to enable a person to function as a member of an emergency response team in order to meet and respond to fire and Hazmat emergencies. The competency elements covered in this competency unit are: Prepare for Fire and Hazmat emergencies; Participate to contain fire emergencies; Participate to contain Hazmat emergencies; Assist in search and rescue operations

Target Audiences:

Emergency Response Team of Premises storing 5 or more metric tons of Petroleum and Flammable Materials. This course is for Company Emergency Response Team (CERT), Fire Safety officers and staffs who are first to respond to fire fighting and mitigation of hazardous materials emergencies in the industrial premises. Attaining competent in this course will enable the CERT to meet the requirements under the National CERT standard.

Assumed Skills & Knowledge:

Learners are assumed to:

- 1. Have received safety training related to a process plant
- 2. Have received training in wearing breathing apparatus (BA), search and rescue, casualty handling and fire command and control systems.
- 3. Have related training or work experience in Process Plant
- 4. Able to listen, read and write English at a proficiency level equivalent to ES Workplace literacy and numeracy level 6.

Entry requirements: Participant is required to fill up the Form A, (Self-Assessment Checklist & Fitness declaration form). If you have answered "Yes" to any of the questions, or if you are not 100% sure of the answer to any of the questions, in Form A, you will need to go through a medical screening before you can take part in the CERT courses. The certificate of fitness (Form C), needs to be endorsed by the examining doctor once he or she is satisfied that the participant is fit to attend the course. The participant will not be allowed to enroll for the course if he or she does not have a valid fitness declaration form or a certificate of fitness. Form A and Form C is attached below.

Medium of Instruction: English. Only participants with 100% attendance will be eligible to sit for the examination. Provide only the participant's FIN/NRIC number, in the registration form, to avail the CPD points, as work permit number is not accepted.

Course Duration: 3 Days course; 24 Hours (incl 3 hours assessment) Kindly refer to our website for the latest schedule. Exam format: Written assessment 30 MCQ + Practical assessment.

Course Fee: \$ 662.15 (Inclusive of GST). Course code: TGS-2015500158

Free Parking @ 64 Hillview Terrace (first come, first serve basis), free photo taking and safety card.

| Student Registration form  |              |               |                        |                  |  |  |  |
|--|--------------|---------------|------------------------|------------------|--|--|--|
| Company Name   |              |               |                        | Company Reg. no. |  |  |  |
| Company Address  |              |               |                        | Course Date      |  |  |  |
| Contact Person Name  |              |               |                        | Course Language  |  |  |  |
| Contact Person Email   |              |               | Course Venue           |                  |  |  |  |
| Contact Person Mobile  |              | Tel no:       |                        | Fax no:          |  |  |  |
| Participant details  |              |               |                        |                  |  |  |  |
| Participant Name   |              |               |                        | NRIC / FIN       |  |  |  |
| Participant Email  |              |               | Participant mobile no. |                  |  |  |  |
| Nationality  |              | Date of Birth |                        | Race             |  |  |  |
| Designation  |              | Education     |                        | Gender           |  |  |  |
| Salary Range : (1 - Below \$1000, 2 - \$1000-\$1499, 3 - \$1500-\$1999, 4 - \$2000-\$2499, 5- \$2500-\$2999, 6 - \$3000-\$3499, 7 - \$3500 & above)                  |              |               |                        |                  |  |  |  |
| Refund Policy: Request for refund must be submitted in writing, before the course date. Refund of course fees is subject to our terms and conditions (refer website) |              |               |                        |                  |  |  |  |
| Absolute Kinetics Consultancy Pte Ltd Tel : 6690 5555  |              |               |                        |                  |  |  |  |
| Website: w   | Company seal |               |                        |                  |  |  |  |

## COMPANY EMERGENCY RESPONSE TEAM COURSE SELF ASSESSMENT CHECKLIST & FITNESS DECLARATION FORM

This form applies to the following courses: WSQ Respond to Fire & Hazmat Emergency (3 days course) WSQ Respond to Fire Emergency in Buildings (2 days course)

The purpose of the following self-assessment checklist is to find out if you need to go through medical screening before signing up for a CERT course. Please read the questions carefully and answer each question honestly with a "YES" or a "NO".

| 1 | Has your doctor ever said that you have a heart condition and that you should only do physical activity recommended by a doctor?     | YES / NO |
|---|--|----------|
| 2 | Do you feel pain in your chest when you do physical activity?  | YES / NO |
| 3 | In the past month, have you had chest pain when you were not doing physical activity?  | YES / NO |
| 4 | Do you lose your balance because of dizziness or do you ever lose consciousness?   | YES / NO |
| 5 | Do you have a bone or joint problem (for example, back, knee or hip) that could be made worse by a change in your physical activity? | YES / NO |
| 6 | Is your doctor currently prescribing drugs (for example, water pills) for your blood pressure or heart condition?                    | YES / NO |
| 7 | Do you know of any other reason why you should not do physical activity?   | YES / NO |

If you answered "Yes" to any of the above questions, or if you are not 100% sure of the answer to any of the questions, you will need to go through a medical screening before you can take part in the CERT courses. Please download the information for doctors (Form B) and the certificate of fitness (Form C) for your doctor to endorse from our website at <u>https://www.scdf.gov.sg/home/fire-safety/cert</u>

If you answered "No" to all of the above questions, you may use this form as a declaration of fitness and sign up for CERT courses without further medical screening. Please complete the declaration below and submit this form as a declaration of fitness together with your registration form to the training organisation.

I, \_\_\_\_\_\_ (name), NRIC number \_\_\_\_\_\_ (last 3 digits & alphabet), declare that all information provided is true. I am aware that the CERT courses have physically demanding activities and I will immediately inform the course instructors if I am feeling unwell.

Signature of course applicant

Date

Form A – Self Assessment Checklist & Fitness Declaration Form

## **CERTIFICATE OF FITNESS**

|   | tits and alphabet), on          | (name), NRIC number<br>(date). I found the patient |  |  |  |  |
|---|---------------------------------|--|--|--|--|--|
| fit/unfit* to take part in the following courses (*please delete accordingly):  |                                 |  |  |  |  |  |
| WSQ Respond to Fire & Hazmat Emergency (3 days course)<br>WSQ Respond to Fire Emergency in Buildings (2 days course)  |                                 |  |  |  |  |  |
| In addition to reviewing the fitness declaration form provided by the participant (Form A), I have read the information for doctors (Form B) and have performed the following tests: (Provide details for certifying patient fit/unfit* for course) |                                 |  |  |  |  |  |
| Signature & Stamp of Doctor:  |                                 |  |  |  |  |  |
| Name of Doctor:   |                                 |  |  |  |  |  |
| Name of Hospital / Clinic:  |                                 |  |  |  |  |  |
| Address of Hospital / Clinic:   |                                 |  |  |  |  |  |
| Telephone Number:<br>Date:  |                                 |  |  |  |  |  |
|   | Form C – Certificate of Fitness |  |  |  |  |  |