



# STAR Center

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## Simulation, Training, Assessment & Research

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ISO 9001  
Certificate No. 38806

## Fire Fighting Safety Handout

### Dear Student:

You are registered for a fire fighting class (either Advanced, Basic or Helicopter). Please refer to your welcome letter for class convening information. Take a moment to read the following **important safety information**:

- You should arrive at the class rested, hydrated and prepared to enter a high temperature environment on the first day of class.
- No alcohol shall be consumed within 8 hours of the commencement of class, which is scheduled to start at 0800.
- Be aware of your personal abilities and limitations. Report any medical factors/waivers that may impact your personal safety to your instructor.
- Call a “Training Time Out” if you are:
  - Concerned with your personal safety or the safety of others at any time.
  - Unsure or uncomfortable with any evolution.
  - Experiencing any difficulties whatsoever.
  - In need of clarification of any situation or procedure.
  - In need of additional instruction.
- Report any perceived adverse safety conditions of equipment or procedure IMMEDIATELY to your instructor.
- Wear all required protective equipment correctly.
- Attend 100% of the course lectures, practices, demonstrations and evolutions.
- You are **required to wear long pants and closed-toe shoes with socks** to gain access to the fire field.