



# FIRE AND LIFE SAFETY

## CONTINUING PROFESSIONAL DEVELOPMENT (CPD) PROGRAM IN COMPLIANCE WITH INTERNATIONALLY ACCREDITED FIRE AND LIFE SAFETY STANDARDS

All staff will **train** to acquire the necessary skills to **prevent** fire and life safety accidents; as well as prepare Emergency Preparedness Plans (EPP) and learn how to identify and control hazards.

In addition, these professionals will be taught how to competently train assigned staff. In the case of a fire and life safety event, these trained professionals will be able to **respond** professionally and effectively to prevent or decrease the loss of life and limb (**T - P - R**).

All training is technically correct and NFPA compliant, based on OSHA, NIOSH, CDC, IFSTA, and other internationally recognized standards and materials.

In partnership with Diversity Group LLC; a specialist in providing internationally accredited fire and life safety, health promotion, medical first responder, and disaster training for professionals, students, and employees of organizations, spread across numerous industries and establishments.

### ACCREDITATION



## OUR COURSES

SAFETY MANAGEMENT PROGRAM (BASIC & ADVANCED)

OCCUPATIONAL SAFETY COURSES

FIRE AND LIFE SAFETY MANAGER COURSES

FIRE AND LIFE SAFETY ENGINEER COURSES

EMPLOYEE WELLNESS PROGRAM

### FOUR DIMENSION EDUCATION, TRAINING & MANAGEMENT CONSULTANCY

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## TRAINING METHODOLOGY

Instruction will delivered as follows:

- a) Classroom instruction.
- b) On-line theoretical instruction, followed by classroom instruction.
- c) Correspondence instruction, followed by classroom instruction.
- d) Scenario-based, on location instruction.
- e) Quarterly conferences by industry experts from the global community.

On-line instruction coupled with classroom didactic and practical training/examination decreases training costs and instructor-led time.

- Instruction will be validated by written and/or practical scenario-based examination.
- In an attempt to align with Dubai's Green initiative, internet technology will be leveraged at all times, in order to reduce the use of paper, ink, and associated printing materials.
- All training is technically correct and NFPA compliant, based on OSHA, NIOSH, CDC, IFSTA, and other internationally recognized standards and materials.

Classrooms will have:

- a) SMART Podiums
- b) Video-Tele Training Capability
- c) SMART Board Interactive Whiteboards
- d) State-Of-The-Art Student Laptops

## SAFETY COURSES



### SAFETY MANAGEMENT PROGRAM

- **First Aid** (8 hrs)
- **Cardio-Pulmonary Resuscitation (CPR) / Automated External Defibrillator (AED)** (8 hrs)
- **Bloodborne Pathogens (BBP)** (3hrs)
- **Personal Hygiene** (3hrs)
- **Emergency Oxygen** (4hrs)

### ADVANCED SAFETY & MEDICAL RESPONSE PROGRAM

- **Emergency Medical Response (EMR)** (3 weeks – Modular Program)
- **Advanced First Aid** (16hrs)
- **First Responder** (40hrs)

### OCCUPATIONAL SAFETY COURSES

- **Electrical Safety** (2hrs)
- **Evacuation Routes, Emergency Planning, and Fire Protection** (4hrs)
- **Hazard Communication** (8hrs)
- **Hearing Protection** (3hrs)
- **Personal Protective Equipment** (3hrs)
- **Respiratory Protection** (3hrs)
- **Ergonomics** (3hrs)
- **Fire Extinguisher** (2hrs)
- **Fall Protection** (2hrs)
- **Lockout / Tagout** (4hrs)



# FIRE AND LIFE SAFETY MANAGER COURSES

## (GROUP A)



- Water Supply & Tender Operations
- Ground Ladders
- Introduction to NIMS-ICS
- HazMat Operations Update
- Building Construction Awareness
- Safety: Water Emergencies
- Safety on the Fireground
- Basics of High-Rise Firefighting
- Home Safety Surveys
- Elevator Safety Response Awareness
- Fire Alarm Systems: Introduction
- Introduction to Report Writing
- Introduction to NIMS-ICS: Fire Inspector
- Customer Service
- Interpreting Model Fire Codes

- Search Operations: Building Fires
- Inspection Techniques
- Hazardous Materials for the Fire Inspector
- Respiratory Protection
- Identifying Hazards During Inspections
- Safety: Responding to Violence
- Ethical Issues
- Time Management
- Handling Personnel Issues
- Handling Conflicts
- Managing the Difficult Employee
- Professional Development
- Leadership Styles
- Basic Documentation for the Officer

## (GROUP B)

- Electrical Safety
- Exit Routes, Emergency Planning, and Fire Protection
- Fall Protection
- Hazard Communication
- Hazard Communication
- Hearing Protection
- Introduction to OSHA
- Lockout/Tagout
- OSHA Recordkeeping
- Portable Fire Extinguishers
- Personal Protective Equipment (PPE):
- Respiratory Protection\*
- Walking and Working Surfaces
- Basic Disaster Preparedness (MEDICAL)

## (GROUP C)

- Means of Escape
- Mechanical Ventilation & Smoke Control System
- Sprinkler System
- HAZMAT
- Incident Command System
- Risk Assessment Matrix
- NFPA Codes (Safety Manager)
- CO2 Poisoning
- Industrial Accident
- FA
- CPR/AED
- Electrical Injuries
- Lifting & Moving
- Scene Safety
- Fire Alarm Troubleshooting

## FIRE AND LIFE SAFETY ENGINEER COURSES

- Positive Pressure Ventilation
- NFIRS & Documentation
- Overview of Aerial Operations
- Introduction to Forcible Entry
- Safety: Rapid Intervention Crews
- HazMat Operations Update
- Safety: Respiratory Protection & SCBA

- Basics of High-Rise Firefighting
- Breaching Masonry Walls Basics
- Suppression Systems: Wet & Dry
- Building Construction
- Building Construction Awareness
- NFPA Codes (Engineer)

## EMPLOYEE WELLNESS PROGRAM

Chronic diseases are on the rise in the GCC, leading to an increasingly unfit workforce. Large parts of the workforce – in industry and the service sector - are obese with diabetes and heart disease or face mental illness. This has caused employers to take a close look at how the health status of their employees is affecting their ability to do their job, ultimately the company's productivity.

This program will highlight a step-by-step approach to systematically designing wellness programs.

(i.e. – Nutrition, Personal Hygiene, Disease Prevention, Smoking Cessation, Stress Relief, etc.)

### PROGRAM HIGHLIGHTS

- The benefit is that there will undoubtedly be a decreased number of accidents, as a result of this Fire and Life Safety training.
- 4Dimension ensures that the training is internationally accredited and of a superior quality, because it is delivered by a certified, internationally credentialed company's subcontractor.
- All safety training is standardized among participants, which eases communication and delivery of care, for on-site, off-site, and after-site raining.
- 4Dimension will structure and assume responsibility for the deployment of the *Fire & Life Safety* Continuing Professional Development Program (CPD).
- Staff will be recruited, hired, trained, salaried, and managed by 4Dimension.
- The contract will be a Service Contract, with benchmarks and student registration targets.

### DELIVERABLES

- Upon completion of each course, an internationally recognized and/or accredited certificate will be provided and employees will be registered in international accrediting agency training databases.
- All Fire & Life Safety certifications will be valid for a period of three years and all other Safety certifications will be valid for a period of two years. Refresher/updated courses will be offered.
- Maximum flexibility will be exercised in order to meet the training needs of the clients staff and the execution of the 4Dimension calendar.
- Mobile Training Teams can be used to deliver large group single location training at industry locations.

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