

**Department of Public Health  
Institute of Social & Cultural Studies  
Faculty of Behavioral & Social Sciences  
University of the Punjab, Lahore**

**Course Outline**

<b>Programme</b>	BS Workplace Health & Safety Promotion	<b>Course Code</b>	<b>WHSP 104</b>	<b>Credit Hours</b>	3
<b>Course Title</b>	Introduction to Fire Safety				

## **WHSP 104- Introduction to Fire Safety**

### **Course Description**

- The Fire Safety Training Course is designed to raise awareness of fire hazards at the workplace and how to act safely in the event of an emergency fire situation, including selecting and using the correct fire extinguisher.

### **Course Objectives**

After studying this course, students should be able to:

1. Describe the physics and chemistry of fire
2. Identify fire hazards at the workplace
3. Learn about evacuation procedures
4. Select and use of appropriate firefighting equipment

### **Course Contents**

#### **Introduction to Fire safety**

- Fire safety
- Fire chemistry
- Principles of Fire and Explosion
- Characteristics of Fire
- Flammable and combustible materials
- Types/classification of fire

#### **Fire Safety Hazards and Prevention**

- Major reasons/causes of fire
- Lithium-Ion Batteries
- Fire prevention
- Actions in the event of a fire
- Fire safety equipment
- Fire extinguishers

- Fire Extinguisher Assessment
- Using a Fire Extinguisher
- Fire Alarms
- Smoke Alarm
- Sprinklers
- Fire blankets
- Fire safety signage
- Exit routes (internal & external)
- Exit Signs
- Emergency lighting
- First aid kit
- Fire safety evacuation plan

### **Practical Contents**

- Hands-on training on the use of Fire extinguishers
- Development of fire safety and prevention plan
- Fire drill

### **Teaching-Learning Strategies**

Teaching will be a combination of class lectures, class discussions, and group work and practical demonstrations. Short videos/films will be shown on occasion.

### **Assignments**

The sessional work will be a combination of written assignments, class quizzes, presentation, hand-on practical exercises and class participation/attendance.

### **Assessments and Examination**

Sessional Work: 25 marks

Midterm Exam: 35 marks

Final Exam: 40 marks

### **Recommended Readings**

1. Muckett, M., & Furness, A. (2007). *Introduction to fire safety management*. Routledge.
2. Sang-Pil, H., & Mu-Heon, J. (2013). A Study on Introduction of Fire Prevention Sub-Manager for Efficient Fire Safety Management. *Journal of Korean Institute of Fire Science and Engineering*, 27(3), 80-84.
3. James, D. (2016). *Fire prevention handbook*. Elsevier.
4. Drysdale, D. (2011). *An introduction to fire dynamics*. John Wiley & sons.

5. Ferguson, L. H., & Janicak, C. A. D. (2005). *Fundamentals of fire protection for the safety professional*. Government Institutes.
6. Diamantes, D., & Jones Jr, A. M. (2020). *Principles of fire prevention*. Jones & Bartlett Learning.
7. Della-Giustina, D. E. (2014). *Fire safety management handbook*. CRC Press.
8. The Occupational Safety and Health Administration (OSHA). Fire Protection and Prevention. <https://www.osha.gov/sites/default/files/2019-03/fireprotection.pdf>
9. The National Fire Protection Association (NFPA). <https://www.nfpa.org/About-NFPA>
10. The National Examination Board in Occupational Safety and Health (NEBOSH). <https://www.nebosh.org.uk/home/>