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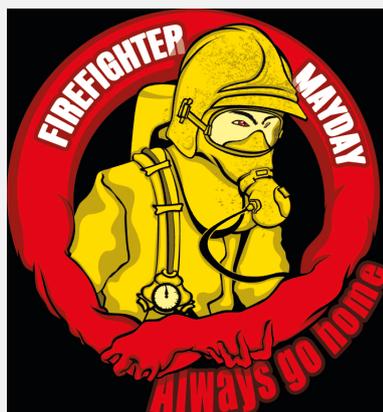
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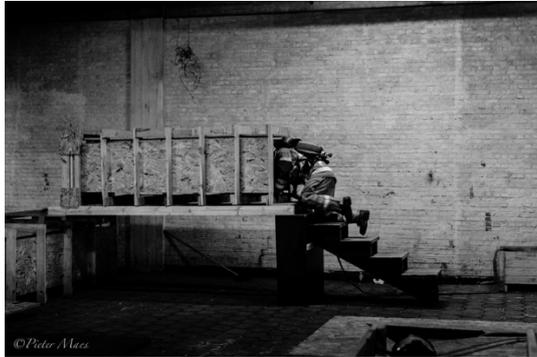
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1st International Seminar

From 19th of September till the 21th of September 2018 the 1st International Fireground Survival Seminar is taking place nearby Antwerp, Belgium. The program offers a new and inspiring approach to the fireground survival topic. It aims at reinforcing every firefighter in the broadest possible way to create a safer fireground for all firefighters.



Program – content



Day one.

Our highest good is the quality and safety of the course. During the first day we lay the foundation of a positive learning curve with maximal attention for safety. Safety during a Firefighter Mayday program is more than a pure physical issue. We introduce mental safety on the forefront. We want our participants to build up skills and experience about dealing with stress. First during training environments, but naturally also during interventions afterwards. Thanks to the Fireground Survival seminar you will learn what stress is and how you can maintain an optimal level of functionality as a firefighter. This learning experience will positively influence your and your team's safety during the next intervention in a positive way. When stress has less influence you can stay more situational aware and you can better focus on problem solving processes.



Off course there is also the physical safety of our participants. To guarantee that one can end the training with a positive learning curve, while at the same time encountering his / her personal limits, we offer important but simple set of basic skills. They can help firefighters to even under the hardest circumstances keep looking for solution to find a way out or to get help towards him / her.



On the theoretical side of things we also have attention for calling a good Mayday with good orientation and localization on the fireground. Participants will learn tricks and receive tips that they can directly use on their next fireground.

Day two



With the knowledge and experiences of day one we can broaden the scope of difficulties to challenge. Within the Fireground Survival training we use multiple training props all with specific learning effects. The participants learn to deal with working in confined spaces, cable entrapments, collapse entrapment, disorientation, loss of sight, running out of air,...

We furthermore focus on an other frequently forgotten important stress elevating issue for firefighters. Respiratory distress caused by

hyperventilation. Almost every firefighter will at some point in his / her career end up in a situation where personal air management is crucial to stay functional. Through specifically designed (playfull / fun) excercises every participant will experience the sensation of respiratory distress while wearing using a breathing apparatus. More important we also offer solutions with specific breathing techniques. So that you now can react and prevent when you recognize the respiratory crisis of even when you expect it. Being able to do this (and knowing you can) is crucial to maintain situational awareness and thus your safe functioning on a fireground.

On the theoretical side of things we focus on how we can learn from accidents. We challenge our participants to go from judging and blaming to investigating and learning. We offer tools and techniques to keep doing this after the program. Throughout this session there is time to discuss about / work on case studies and if needed personal experiences can get the necessary attention.



Day 3 & 4



This is where it all comes together. By now you have learned to better manage your stress, maintain a good quality breathing and focus on solution oriented think-processes. All this will help you to be more efficient when working on a fire. But there is more. Some of the most stressful situations are when you have to do forcible entry or the extraction of a victim. During day three and four we are bringing all that together with what you learned in the days before. Therefore you can expect the following on these last 2 days:

- Workshop Forcible Entry on the Dforcible prop door. The Dforcible is likely the best prop in Europe to practice forcible entry on. You will learn how to use a Halligan and sledge under the hardest of conditions.
- Workshop Extraction. You can find hundreds of techniques on the internet to extract victims from fires. But very few have been tested let alone been used multiple times in reality. We will offer you just a couple techniques that have been put to the test in real situations.
- Parcours. During this practice you are consecutively combining all of the above. The degree of difficulty will be adopted to your level of skills.

Both of the above workshops will reduce your stress level the next time you come across these situations. You will know what to do and how to act.



Location / Lodging

Location



For this training we work together with the fire academy Campus Vesta. They are located in Ranst nearby Antwerp. They have all the necessary facilities to make this the best possible training.

Adress: Oostmalsesteenweg 75, 2520 Ranst, Belgium.

Phone: +32 205 19 50

Website: <https://www.campusvesta.be/en.html>

Campus Vesta will provide for the lunch every day and drinks / coffee / tea during breaks. These are included in the price.

Lodging



For our international participants we have reserved 30 places in a nearby hostel in the city of Lier: Bed Muzet. These places are available until 1st of august. After that date we can no longer guarantee a place. Places are limited and we can not guarantee single rooms. The price of the lodging is not included in the price of the seminar.

Adres: Volmolenstraat 65, 2500 Lier

Phone: +32 488 60 36

Website: <https://www.jeugdherbergen.be/en/lier>

The trainstation of Lier is located at 1km from the hostel. There are regular trains from / to Brussels and Antwerp. More information on how to reach the hostel can be found here: <https://www.jeugdherbergen.be/en/lier/contact>

We are organizing daily transport from the hostel to Campus Vesta. This is included in the price of the seminar.

Below you can find the prices for the lodging in the Hostel Muzet. We can not guarantee single or double room unless your reservation is confirmed and paid.

Comfort multi persons room	24,50€ per person per night
Comfort twin room	29,00€ per person per night
Comfort single room	42,50€ per person per night
Breakfast	3€ per per person per day
3 course evening menu	16€ per person per day

Every participant is free to choose an other hotel for the stay if he prefers so but we can't offer any support in making these arrangements.

For who?

Every operational firefighter is welcome. The Firefighter Mayday program principally aims and adopting his courses towards the participant. It is you that is the most important and our goal is to make sure everybody can join in. Time on the job, age, rank,... they play no role. Everybody is welcome if you just fulfill following conditions:

- Being an operational active member from a fire department.
- Being physically able and fit to perform heavy work while wearing a breathing apparatus.

How to register?

Send an email to info@brandweermaninnood.be with following information:

Name, address, country, company / organization / fire department. If applicable your VAT number.

We will then send you a PDF form that needs to be filled out to register. Registration is only complete after payment.

How much does it cost?

The price for participation is 900€ TVA included.

Cancellation after one month before the start of the seminar: 90% will be paid back.

Cancellation after 2 weeks before the start of the seminar: 70% will be paid back.

What do I need to bring?

For the trainings you need to bring your full turn-out gear and an SCBA set (breathing apparatus) with two bottles. We recommend using clip-on masks, but if spin-masks are also possible.

If you can not bring your own SCBA then you can rent one from the fire academy. Filling of the bottles is included in the price.

Contact information



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