



HEALTH and **SAFETY**
management college



NFPA 10

PORTABLE FIRE
EXTINGUISHER
TRAINING

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LETTER FROM THE PRINCIPAL

Advancing Through Lifelong Learning

As Principal of Health and Safety Management College (HSMC), I am happy to welcome you to HSMC. Whether you are just beginning your journey as a Registered Fire Alarm Technician or returning to expand your knowledge, we are proud to have you here.

I too began my career on the same path, starting as a Registered Fire Alarm Technician and because of this experience, I understand the challenges and milestones you will encounter along your journey. The career you have chosen carries great responsibility and even greater pride.

The work of a Fire Alarm Technician is critical. Every system you test, every component you service, and every report you complete contributes directly to keeping people safe and protecting the buildings in our communities. It is a role to be proud of.

I encourage you to approach each class and discussion with curiosity, commitment, and pride in the profession you have chosen. The work you do matters.

On behalf of our instructors, staff, and administrative team, welcome to HSMC.

We are with you every step of the way.

Sincerely,



Sanj Patel
Principal/Owner



WELCOME TO HSMC!

Your enrollment in Health and Safety Management College's (HSMC) Continuing Education for Registered Fire Alarm Technicians keeps your credentials up to date for work in the fire alarm and life safety industry. At HSMC, our mission is to enhance life safety through education, and we support your career every step of the way by offering continuing education courses that satisfy CFAA credit requirements to maintain your membership, as well as additional independent courses through our NFPA AEN program.

We are proud to support BIPOC communities and to be a major sponsor of Camp Molly, a program dedicated to empowering young women to explore careers in fire and emergency services. Supporting Camp Molly reflects our commitment to diversity, inclusion, and creating pathways for underrepresented groups in the fire safety industry.

HSMC is also an active member of the Canadian Fire Safety Association (CFSA) and the International Facility Management Association (IFMA), connecting our students and programs with the broader fire safety and facilities management communities.

As a student at HSMC, you are now part of this mission, and we look forward to supporting your growth, celebrating your achievements, and helping you succeed professionally and personally.

Through Education, We Help Keep People Safe



Memberships & Associations



OVERVIEW

A Fire Alarm Technician plays a crucial role in safeguarding lives and properties by ensuring that fire alarm systems are properly installed, maintained, and functioning in compliance with safety standards. Continuing Education Credits offered by Health and Safety Management College (HSMC) are designed to equip individuals with the knowledge and 8 credits required by CFAA to maintain Registration and a successful career in this essential field. Through Continuing Education courses, students gain the most current expertise necessary for Registered Fire Alarm Technicians to confidently own the responsibility for protecting public safety.

These courses satisfy the requirements of the Canadian Fire Alarm Association (CFAA) for registration as a Registered Fire Alarm Technician and is **not part of Ontario Career Colleges Act, 2005.**

Learning Modules

Continuing Education is delivered in an instructor-led format for online and in-person students. Our video conferencing system ensures that online learners feel fully engaged and connected, just like those attending in the classroom.

Online Students

All online students must meet the minimum technology standards outlined in the *Technology Requirements* section of this document to participate in online classes. Note: Camera's must remain ON for the duration of the course and test. Failure to do so may result in being marked absent, losing participation credit, refund eligibility, and the opportunity for a test retake. This policy applies without exception, unless prior written approval has been granted.

In-Person Students

In-person, instructor-led training takes place at the location indicated on the front cover of this document.

In-person students must also meet the minimum technology standards outlined in the *Technology Requirements* section to successfully complete online tests.

Attendance Guidelines

All students are required to sign in at the start time of course. If you have not signed in, it will be assumed that you did not attend the training and will impact your applicable credits.

Technology Requirements

These requirements ensure consistent access to course content, clear communication with instructors, and full participation in all instructional activities.

Students are responsible for securing a reliable device, internet connection, and the necessary audio and video equipment prior to the start of classes. Failure to meet these requirements may result in limited access to course materials, reduced participation, and may impact successful completion of the course.

Online Students

All online students are required to meet the minimum technology standards outlined below to participate in online classes.

1. Computer or Device
 - PC or Mac: Windows 10/11 or macOS (latest 3 versions)
 - Tablet/Phone: iOS 13+ or Android 8.0+
 - Browser: Current version of Chrome, Edge, Safari, or Firefox
2. Internet
 - High-speed connection (minimum 2 Mbps upload & download)
 - Wired connection recommended for stability.
3. Audio
 - Microphone: Built-in or external (USB or headset)
 - Speakers/Headphones: Required so you can hear clearly
 - Headset with mic strongly recommended to reduce background noise
4. Video
 - Webcam (built-in or USB) required for all sessions
 - Camera must remain on during class
5. Minimum Hardware
 - Processor: Dual-core 2.0 GHz or faster

Taking an Online Test

All students must meet the following requirements to successfully complete online quizzes, tests, or exams using Microsoft Forms on a smartphone.

1. Device Compatibility
 - Smartphone Operating System: iOS 13+ or Android 8.0+
 - Web Browser: Latest version of Chrome, Edge, Safari, or Firefox
 - Microsoft Forms Access: Accessible through mobile web browsers; no standalone mobile app is required
2. Device Preparation
 - Battery: Ensure the device is fully charged before the test to prevent interruptions.
 - Camera Access: Enable the camera to scan QR codes.
 - Internet Connection: Maintain a stable internet connection (Wi-Fi or mobile data) to access the test and submit responses.
3. Accessing the Test via QR Code
 - Scan the QR Code: Use your smartphone's camera or a QR code scanning app to scan the provided QR code.
 - Open the Form: The QR code will direct you to the Microsoft Forms test in your mobile browser.
 - Complete the Test: Fill out the form and submit your responses as instructed.

- Memory (RAM): 4 GB minimum (8 GB recommended)
- Storage: At least 3 GB free space
- Screen: 1024 × 768 resolution or higher
- Note: If scanning the QR code with the camera app doesn't work, consider using a dedicated QR code scanner app

Support Services

We are here to support you every step of the way. Depending on your needs, please connect with the right person.

Academic Support	Administrative & Technical Support	Sales & Booking Support
For questions about your course, and classroom learning.	For help with registration or technical issues.	To schedule future trainings and sales inquiries.
Reach out to your Course Instructor	Mary Pierog info@hsmcollege.ca	Tania Barnes t.barnes@hsmcollege.ca

Community & Networking

Follow, subscribe, and join our community to get the latest fire alarm training tips and networking opportunities.

Your next opportunity could be just a click away!

- [LinkedIn](#)
- [YouTube](#)
- [Join our Fire Alarm Training Newsletter](#)

YOUR TRAINING

Course	NFPA 10: Portable Fire Extinguishers
Duration	8 hours
Instructor	Iman Yavari, NFPA Authorized Instructor

Learning Objectives

After completing this training, the technician should be able to:

- Identify fire classes (A, B, C, D, K) and match them to appropriate extinguisher types.
- Explain key NFPA 10 requirements for selection, placement/installation, and readiness.
- Perform a basic monthly inspection and recognize common deficiencies.
- Apply the PASS method safely for incipient-stage fires and know when to evacuate.

Your Instructor

Iman Yavari is a licensed Professional Engineer (in Canada and the USA) and Principal at AI Integrated, an Authorized NFPA Instructor. With over 20 years of experience in fire protection and life safety systems, he actively contributes to NFPA, UL/ULC technical committees.

A frequent speaker at national safety conferences and a member of multiple NFPA sections, Iman brings both technical expertise and practical insights to his teaching. His instruction is grounded in real-world application, making complex code requirements easy to understand and apply.

Participants can expect a highly engaging, standards-based learning experience led by a recognized leader in the fire protection field.

- IntPE (International Professional Engineer) Canada
- Licensed Professional Engineer in multiple Canadian provinces and the U.S.,
- NFPA Authorized Instructor
- P.Eng (Ontario, Alberta, BC, Quebec, Newfoundland)
- PE (Nevada, USA)
- PMP® (Project Management Professional)
- ULC-S1001 Certified Service Provider – Level 4

Join the Classroom

Online Students

HSMC uses [Zoom](#) to host the online version of classroom training. Please follow the steps below to ensure you are ready before class starts:

Step 1: Check your Technology

Confirm that you meet the minimum technology standards outlined in the *Technology Requirements* section of this document. For additional guidance, visit: [Joining a Zoom meeting](#)

Step 2: Set Up Your Zoom Account in Advance

We strongly recommend that you create or sign into your Zoom account at least one to two days before your class. This will give you time to test your login, update your Zoom application if needed, and confirm that your audio and video are working correctly. Doing this in advance helps prevent delays and ensures full accessibility when the class begins.

Step 3: Join the class on Zoom

On the day of class, use the Zoom meeting ID and passcode provided in your email to join the class online.

Receiving your Certificate

Upon successful completion of your course, HSMC will send your certificate to the email address that was provided. Note: Please allow 5-10 business days after course completion for your certificate.

Student Handout

NFPA 10: Portable Fire Extinguishers

LEARNING OBJECTIVES

- Identify fire classes (A, B, C, D, K) and match them to appropriate extinguisher types.
- Explain key NFPA 10 requirements for selection, placement/installation, and readiness.
- Perform a basic monthly inspection and recognize common deficiencies.
- Apply the PASS method safely for incipient-stage fires and know when to evacuate.

KEY CONTENT

Fire classes and extinguisher types/agents

Understand fire classes (A, B, C, D, K) and which extinguisher agents are suitable for each.

Basic selection and rating concepts

Select extinguishers based on hazard type, size, and UL rating requirements.

Placement and accessibility

Ensure extinguishers are visible, unobstructed, and installed within required travel distances and mounting heights.

Inspection, maintenance, and testing overview

Conduct monthly visual inspections, annual maintenance, and periodic testing as required by NFPA 10.

Safe use: PASS method and maintaining an exit route

Apply the PASS method correctly and always maintain a clear and safe exit path.

Notes:
