12 12

Time	Mon	Tue	Wed	Thu	Fri	Sat	Sun
8:30 AM	shift briefing & Risk critical checks	shift briefing & Risk critical checks	shift briefing & Risk critical checks	shift briefing & Risk critical checks	shift briefing & Risk critical checks	shift briefing & Risk critical checks	shift briefing & Risk critical checks
	15 min break	15 min break	15 min break	15 min break	15 min break	15 min break	15 min break
9:30 AM	Practical training	Practical training	Practical training	Practical training	Practical training	CFP	CFP
10:30 AM							
11:30 AM							
12:30 PM	FF Fitness	FF Fitness	FF Fitness	FF Fitness	FF Fitness	FF Fitness	FF Fitness
1:30 PM	Meal Break	Meal Break	Meal Break	Meal Break	Meal Break	Meal Break	Meal Break
2:30 PM	SSRI	SSRI	SSRI	SSRI	SSRI	Hydrants	Hydrants
3:30 PM						CFP	CFP
4:30 PM							
	15 min break	15 min break	15 min break	15 min break	15 min break	15 min break	15 min break
5:30 PM	CFP	CFP	CFP	CFP	CFP	Practical training	Practical training
6:30 PM							
7:30 PM							
	Station tidy/handover prep	Station tidy/handover prep	Station tidy/handover prep	Station tidy/handover prep	Station tidy/handover prep	Station tidy/handover prep	Station tidy/handover prep
8:30 PM	shift briefing & Risk critical checks	shift briefing & Risk critical checks	shift briefing & Risk critical checks	shift briefing & Risk critical checks	shift briefing & Risk critical checks	shift briefing & Risk critical checks	shift briefing & Risk critical checks
9:30 PM	Underpinning Knowledge - LearnPro/Lectures	Underpinning Knowledge - LearnPro/Lectures	Underpinning Knowledge - LearnPro/Lectures	Underpinning Knowledge - LearnPro/Lectures	Underpinning Knowledge - LearnPro/Lectures	Underpinning Knowledge - LearnPro/Lectures	Underpinning Knowledge - LearnPro/Lectures
10:30 PM	Underpinning Knowledge - Risk Awareness/SSRI	Underpinning Knowledge - Risk Awareness/SSRI	Underpinning Knowledge - Risk Awareness/SSRI	Underpinning Knowledge - Risk Awareness/SSRI	Underpinning Knowledge - Risk Awareness/SSRI	Underpinning Knowledge - Risk Awareness/SSRI	Underpinning Knowledge - Risk Awareness/SSRI
11:30 PM							
	Admin / Standard tests	Admin / Standard tests	Admin / Standard tests	Admin / Standard tests	Admin / Standard tests	Admin / Standard tests	Admin / Standard tests
12:30 AM	Meal Break	Meal Break	Meal Break	Meal Break	Meal Break	Meal Break	Meal Break
1:30 AM	rest period	rest period	rest period	rest period	rest period	rest period	rest period
2:30 AM							
3:30 AM							
4:30 AM							
5:30 AM	FF Fitness	FF Fitness	FF Fitness	FF Fitness	FF Fitness	FF Fitness	FF Fitness
6:30 AM	30 min break	30 min break	30 min break	30 min break	30 min break	30 min break	30 min break
7:30 AM	SPA / practical training/ consolidation	SPA / practical training/ consolidation	SPA / practical training/ consolidation	SPA / practical training/ consolidation	SPA / practical training/ consolidation	SPA / practical training/ consolidation	SPA / practical training/ consolidation
	Station tidy/handover prep	Station tidy/handover prep	Station tidy/handover prep	Station tidy/handover prep	Station tidy/handover prep	Station tidy/handover prep	Station tidy/handover prep