



National
Operational
Guidance

BA Foundation Element

**Use breathing apparatus for
respiratory protection**



NFCC
National Fire
Chiefs Council

Developed and maintained by the NFCC



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TRAINING SPECIFICATION

Knowledge and understanding

Foundation element

The physiology and psychology of respiration and using breathing apparatus

Learning outcome

Understand:

- The composition of inspired and expired air
- The effects of physiological exertion in relation to consumption of air and the use of breathing apparatus
- The psychological effects of working in breathing apparatus and their impact on air consumption
- How psychological effects may be controlled and managed

Practical application

Foundation element

Breathing apparatus set functionality

Learning outcome

Demonstrate the ability to:

- Identify and calculate the following:
 - Cylinder capacity
 - Full duration
 - Working duration
 - Safety margin
 - Turnaround time/pressure
 - Time of whistle