


















## Explore life in a modern fire and rescue service

### Work Experience Programme - Example

Day	Hours of Work	Location	Theme of the day
Monday 6 <sup>th</sup> July 2026	09:00 – 16:30	HQ Sadler Road, Winsford, CW7 2FQ	<b>Welcome and onboarding</b> <ul style="list-style-type: none"><li> Meet the team and learn about Cheshire Fire &amp; Rescue Service</li><li> Take part in an operational firefighter fitness session</li><li> Try team activities with the service strategy and planning team</li></ul> 
Tuesday 7 <sup>th</sup> July 2026	09:00 – 16:00	Safety Central, Cliff Lane, Lymm, Warrington, WA13	<b>Day in Prevention</b> <ul style="list-style-type: none"><li> Discover how the fire service keeps the community safe</li><li> Learn about fire safety education and community programmes</li></ul>
Wednesday 8 <sup>th</sup> July 2026	09:00 – 16:30	HQ Sadler Road, Winsford, CW7 2FQ	<b>Day in the life of a firefighter </b> <ul style="list-style-type: none"><li> Get hands-on experience of a firefighter's role</li><li> Take part in operational activities and station tasks</li></ul> 
Thursday 9 <sup>th</sup> July 2026	09:00 – 16:00	Safety Central, Cliff Lane, Lymm, Warrington, WA13	<b>Day in Protection</b> <ul style="list-style-type: none"><li> See how the fire service works with businesses</li><li> Learn how businesses assess fire risks and put safety measures in place</li></ul>
Friday 10 <sup>th</sup> July 2026	09:00 – 16:30	HQ Sadler Road, Winsford, CW7 2FQ	<b>Further insight and review</b> <ul style="list-style-type: none"><li> Explore training, development, and staff support networks</li><li> Find out about careers and pathways in Cheshire Fire &amp; Rescue Service</li><li> Review the week, share your feedback, and reflect on what you've learned</li></ul>