



Explore life in a modern fire and rescue service

Work Experience Programme - Example			
Day	Hours of Work	Location	Theme of the day
Monday 6 th July 2026	09:00 – 16:30	HQ Sadler Road, Winsford, CW7 2FQ	Welcome and onboarding 👉 Meet the team and learn about Cheshire Fire & Rescue Service 🔥 Take part in an operational firefighter fitness session 🤝 Try team activities with the service strategy and planning team
Tuesday 7 th July 2026	09:00 – 16:00	Safety Central, Cliff Lane, Lymm, Warrington, WA13	Day in Prevention 🔍 Discover how the fire service keeps the community safe 📚 Learn about fire safety education and community programmes
Wednesday 8 th July 2026	09:00 – 16:30	HQ Sadler Road, Winsford, CW7 2FQ	Day in the life of a firefighter  👩 Get hands-on experience of a firefighter's role 🔥 Take part in operational activities and station tasks
Thursday 9 th July 2026	09:00 – 16:00	Safety Central, Cliff Lane, Lymm, Warrington, WA13	Day in Protection 🏢 See how the fire service works with businesses ⚠ Learn how businesses assess fire risks and put safety measures in place
Friday 10 th July 2026	09:00 – 16:30	HQ Sadler Road, Winsford, CW7 2FQ	Further insight and review 🎓 Explore training, development, and staff support networks 💼 Find out about careers and pathways in Cheshire Fire & Rescue Service ✓ Review the week, share your feedback, and reflect on what you've learned