

# FDNY Fire Life & Safety Director Test #1

## Complete Questions And Answers

A supply of at least six spare sprinkler heads must be kept available on the premises near what location?

Main control valve

Wet and dry chemical fire extinguishing systems must be visually inspected at least \_\_\_\_\_.(Refer to the Reference material)

monthly

In the event of an activation of fire alarm, the FLS Director must immediately report to \_\_\_\_\_.

The Fire Command Center

The majority of deaths due to a smoke or fire situation are a result of:

Smoke inhalation and oxygen deficient fire gases

If the fourth floor is "off-line" with the central station due to welding and cutting, and during the course of the day, an initiating device is activated on the eleventh floor, what action should the Fire Life Safety Director take?

Immediately notify the Fire Department and request a response.

If you are looking at a stairway door and notice a number on the door, which of the following is TRUE?

You're on the stair side of a door.

Which comes first when operating a portable fire extinguisher:

Pull the pin

When ordinary combustible materials like wood, cloth, paper, rubber, or even some plastics, are used to fuel a fire, it would be deemed as a \_\_\_\_\_ fire.

Class A

# Fire Safety Director Study Guide

**M Carnoy**



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histaminarm aufgetischt histamin intoleranz was bedeutet das eigentlich was können betroffene essen was gilt es bei einkauf und zubereitung der lebensmittel zu beachten und wie schafft man es

beste histaminarme rezepte ichkoche at - Aug 26 2022

web bevorzugte lebensmittel für personen mit histaminintoleranz sind zum beispiel frischkäse frisches fleisch und frischer fisch frisches obst und gemüse getreide teigwaren sowie hefefreies gebäck bei obst und gemüse werden vor allem Äpfel heidelbeeren melonen kirschen kürbis zwiebeln grüner salat und erdäpfeln

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web jun 23 2023 wenn du weißt welche zutaten du vermeiden und bei welchen du ruhig zulangen kannst ist auch das histaminarme kochen kein problem mehr auf koch mit de findest du eine menge rezepte die sich auch für die histminarme küche eignen

**histaminintoleranz histaminarme rezepte tipps für den alltag** - Jun 04 2023

web kopfschmerzen migra ne schwindelgefu hl benommenheit chronisch niedriger blutdruck oder starke blutdruckschwankungen ha ufiges niesen und rinnende nase hautirritationen juckreiz nesselsucht urtikaria ekzeme gero tete augen augenjucken herzhrythmussto rungen atembeschwerden

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web wir helfen ihnen dabei die passenden gerichte zu finden unsere rezepte bei histaminintoleranz sind abwechslungsreich und histaminarm ob mittagessen abendessen frühstück oder snack hier werden sie mit sicherheit fündig apropos snack der pflaumen brombeer auflauf mit streuseln kommt sicher bei der ganzen

*histaminarme rezepte zum kochen und backen netdokter at* - Mar 01 2023

web hier zum rezept mehr erfahren histaminarm kochen um erfolgreich histaminarm zu kochen ist es notwendig dass sie sich genau mit ihrem speiseplan auseinandersetzen ungünstig sind etwa lang gereifter käse geräuchertes oder getrocknetes fleisch sehr reifes obst oder bestimmte gemüsesorten wie tomaten und spinat

*histaminarme rezepte gutekueche at* - Apr 02 2023

web histaminarme spaghetti mit pesto sind ein frisch zubereitetes gericht das ihrem magen gut tun wird ein leicht verdauliches rezept histaminarmes kartoffelbrot 505 bewertungen dies ist ein absolut leckeres rezept für die zubereitung eines histaminarmen kartoffelbrot es ohne rastzeit histaminarmer porridge 207 bewertungen