

### ***First Aid Level 1***

#### **Objective:**

The First Aider will be able respond to an emergency situation, prevent an emergency situation and provided with the basic knowledge of diagnose and treatment.

#### **Content:**

- Principles/ Emergency Scene Management
- Artificial Respiration
- One-rescuer CPR
- Choking
- Shock, unconsciousness & fainting
- Fractures
- Burns
- Head/ Spinal injuries

**Duration:** 2 Days

#### **Ratio:**

Min 10 Learners / Maximum 15 (Price based on 10)

#### **Target Population:**

Supervisors, Operators, First Aiders and Managers

### ***First Aid Level 2***

#### **Objective:**

To advance the level 1 First Aider.

#### **Content:**

Same as level 1 (more advanced) plus the following:

- Wounds & Bleeding
- Shock, unconsciousness & fainting
- Fractures
- Joint injuries & Rescue carries
- Chest, Hand & Eye Injuries
- Multiple injury management
- One and Two rescuer CPR
- Pelvic & Abdominal injuries
- Child & Infant resuscitation
- Environmental illnesses & injuries
- Poisoning, bites & stings
- Chest pain & paralysis
- Fits
- Management of foreign objects
- Elementary/ Applied anatomy and physiology
- Soft tissue injuries

**Duration:** 2.5 days

**Ratio:** Min 10 Learners / Maximum 15 (Price based on 10)

**Target Population:** Supervisors, operators, First Aiders and Managers

### ***First Aid Level 3***

#### **Objective:**

To advance the level 2 First Aider.

#### **Content:**

Same as level 2 (more advanced) plus the following:

- Specific fractures & threatened limb
- Breathlessness/skin reactions
- Crush injuries
- Emergency childbirth
- Ethics to emergency care
- Water accidents

**Duration:** 2 days

**Ratio:** Min. 10 Learners / Maximum 15 (Prices based on 10)

**Target Population:** Supervisors, operators, First Aiders and Managers.

***Basic First Aid – SAQA ID 9965***

**Objective:** Basic Response & Knowledge to diagnose and treat

**Content:** Choking, Burns, Bleeding & Shock

**Duration:** 1 day

**Ratio:** Min 10 Learners / Maximum 15 (Price based on 10)

### ***Breathing Apparatus (B A SET)***

**Objective:** To breathe in an atmosphere that will not support life.

**Content:** Introduction to set, Face piece, Points to remember , Checks before using  
High/low pressure test

**Duration:** 1 Day - Min 10 Learners / Maximum 15 (Price based on 10 learners)

**Target Population:** Workmen required too perform specified work in certain conditions.

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