



A World Class Leader in Training and Development

# First Aid Training



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### **First Aid Training**

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# 1. Buddy Aid

## Course Content:

1. Emergency scene management
2. Basic anatomy and Physiology
3. Patient management
4. Airway, Breathing and Circulation (ABC)
5. Bleeding wounds

**Target:** All employees contractors and on site workers.

**Duration:** 8 Hours (1 Day)

**Modules:** 1 - 5

**Description:** Induction to general First Aid

**Legislation:** Occupational Health and Safety Act of 1993

**Students:** Minimum of 15 to a Maximum of 30



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## **2. CPR**

### **Course Content:**

1. Emergency scene management
2. Basic anatomy and Physiology
3. Patient management
4. Airway, Breathing and Circulation (ABC)

**Target:** All employees contractors and on site workers.

**Duration:** 8 Hours (1 Day)

**Modules:** 1 - 4

**Description:** Induction to general First Aid

**Legislation:** Occupational Health and Safety Act of 1993

**Students:** Minimum of 5 to a maximum of 15



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## **3. First Aid – Level One**

### **Course Content:**

1. Emergency scene management
2. Basic anatomy and Physiology
3. Patient management
4. Airway, Breathing and Circulation (ABC)
5. Choking
6. Bleeding wounds
7. Breaks (Fractures)
8. Burns
9. Shock, Unconsciousness and Fainting
10. Head and Spinal Injuries
11. Patient Recovery.

**Target:** General Staff and Contractors (All Staff)

**Duration:** 16 Hours (2 Days)

**Modules:** 1 - 11

**Description:** ABC's, CPR, Choking, Bleeding Etc.

**Legislation:** Occupational Health and Safety Act of 1993

**Accredited:** Department of Labour

**Students:** Minimum of 5 to a maximum of 10



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## 4. First Aid – Level Two

### Course Content:

1. The Principle of First Aid and Safety
2. Anatomical Systems
  1. Skeletal
  2. Circulatory
  3. Respiratory
  4. Digestive
  5. Nervous
  6. Excretory
3. Casualty Management
4. Artificial Respiration
5. CPR – One Rescuer (Adult)
6. CPR: Differences with Children
7. Choking
8. Wounds and Bleeding
9. Shock, unconsciousness and fainting
10. Fractures
11. Burns
12. Head and Spinal Injuries
13. Environmental Illness and injuries
14. Poison, Bites and Stings
15. Joint injuries and rescue carry methods
16. Chest Injuries
17. Hand Injuries
18. Eye Injuries
19. Chest pains and paralysis
20. Epilepsy
21. Management of foreign objects

**Target:** First Aiders with Level 2 (Advancement / Expiry)

**Duration:** 24 Hours

**Modules:** 1 – 21

**Description:** Paralysis, Poisoning, Water Accidents, Etc

**Legislation:** Occupational Health and Safety Act of 1993

**Accredited:** Department of Labour

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**Students:** Minimum of 5 to a maximum of 10

**Certification:** A Certificate of Training will be issued to all candidates.

**LEVEL 1 LEARNING IS ASSUMED TO BE IN PLACE.**



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## **5. First Aid – Level Three**

### **Course Content:**

1. Principles of Basic First Aid & Safety
2. Artificial Respiration
3. C.P.R. (One & Two Rescuer):Adult and Infant
4. Choking
5. Wounds & Bleeding
6. Shock, Unconsciousness and Fainting
7. Fractures
8. Burns
9. Head and Spinal Injuries
10. Multiple Injury Management
11. Child and infant Resuscitation
12. Pelvic and Abdominal Injuries
13. Environmental illness and Injuries
14. Poisoning, Bites and Stings
15. Joint Injuries
16. Chest Injuries
17. Hand Injuries
18. Eye Injuries
19. Chest Pain and Paralysis
20. Fits
21. Management of Foreign Objects
22. Soft Tissue Injuries
23. Bones
24. Emergency Child Birth
25. Psychological First Aid
26. Water Accidents
27. Anatomical Terms
28. Anatomy of the Heart
29. Function of Blood
30. Respiratory System
31. Gas Exchange
32. Digestive System
33. Kidney System
34. Peripheral Nervous System
35. Open Abdominal Wounds
36. Closed Abdominal Wounds
37. Treatment abdominal wounds
38. Treatment open abdominal
39. Complications abdominal Wounds
40. Diabetic Emergency
41. Diabetic Treatment
42. Allergy Treatment
43. Child & Infant C.P.R.

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**Target:** First Aiders with Level 2 (Advancement / Expiry)

**Duration:** 32 Hours (4 Days)

**Modules:** 1 – 43

**Description:** Paralysis, Poisoning, Childbirth, Water Accidents, Etc

**Legislation:** Occupational Health and Safety Act of 1993

**Accredited:** Department of Labour

**Students:** Minimum of 5 to a maximum of 10

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