



PST TRAINING (PTY) LTD

First Aid (Level 1)

Overview

The First Aid Level 1 course is a basic first aid course, an introduction to emergency care equipping learners with the skills to apply and perform basic first aid in emergencies. A First Aider are considered to be the "First Responder". The First Responder plays a very important role in the "Patient Care Cycle". Delivered by registered health care professionals, learners will cover theoretical knowledge and have to perform practical skills competently, such as CPR and Choking. First Aid level 1 is the starting point to the three levels of first aid, and is usually the minimum requirement to be met by companies when being inspected by governing bodies such as the Department of Labour.

Objectives

- Emergency situations
- Anatomy
- Appropriate treatments
- Follow up care

Course Prerequisites

Communication at ABET Level 3 & Mathematical at ABET Level 3

Language of Delivery

English

Delivery Methods

Course is facilitated by a competent subject matter trainer, who utilises a combination of the following techniques to ensure that the session is practical and experiential: Discussion; Role Play; Exercises & Case Studies; Videos/DVD's; Games, Slide Shows & Written Questions.

Dress Code

Ladies should preferably dress in such a manner that it is practical to practice first aid. E.g. Higher neckline tops to allow for bending / Pants or tracksuit pants due to bending and or being a patient / Flat shoes.

Training & Evaluation

- Requirement: 30% theoretical and 70% practical
- Constant evaluation
- Compulsory CPR evaluation

Who should attend?

All staff members – Everyone should be able to perform first aid, because most people will eventually find themselves in a situation requiring it for another person or themselves. It's better to know first aid and not need it than to need it and not know it.

Course Outline

This course consists of the following 6 modules

Module 1	Emergency Scene Management: Maintenance of Personal Safety; Safeguarding the Emergency Scene; Relevant Practices and Legislation; Safeguarding the Injured Person; Medico-legal Implications
Module 2	Elementary Anatomy and Physiology: Systems of the Human Body: Heart; Lungs; Blood & Lymphatic; Brain; Respiratory; Nervous; Digestive; Skeletal and Skin, Hair and Nails; How Systems Relate to Each Other; Systems Operation According to Medical Science; Anatomical Terminology.
Module 3	Assessing Emergency Situation: Priority Treatments; Cause of the Emergency is Identified; Principles of Emergency Scene Management; Types of Injuries Identified; Assess the Assistance required: Primary, Secondary, Triage; On-going Care.
Module 4	First Aid to Life Threatening Situation: Appropriate Treatment; Improvisation; Universal Precautions; First Aid Applied to: Bleeding, Fractures, Eye Wounds, Head Injuries, Medical Levels of Consciousness, Burn Wounds, First Aid for Burns, Poisoning, Illnesses Common to the Workplace, Heart Attack, Stroke, Asthma, Diabetes, Epilepsy; Cardio-Pulmonary Resuscitation (CPR) and Artificial Respiration (AR).
Module 5	Treating Common Injuries: Embedded Objects, Amputation, Bleeding Nose, Heat Exhaustion, Allergies.
Module 6	Providing Follow-up Care: Report of Casualty's Status and Treatment Provided; First Aid Hygiene.

Additional Information

Duration	2 Days	
Includes	<ul style="list-style-type: none"> • Comprehensive Manual • Lunch & Refreshments (not applicable to on-site training) • SAIOSH Accredited (5 CPD credits/points) • 2500 Discovery Vitality Points 	<ul style="list-style-type: none"> • Electronic Certificate (on successful completion of the course) • Electronic Delegate Feedback Questionnaire • Certificate: Recognised by the Department of Labour & SAIOSH Accredited • Note: Certificate is valid for a period of 3 years from date of issue