



## First Aid (Level 2)

### Overview

The level 2 first aid course is an intermediate first aid course, equipping learners with an extensive knowledge of emergency care and teaching a high standard of patient care. Emergency situations and accidents can occur anywhere and at any time. This First aid course provides learners with knowledge and skills of first aid and deals with common illnesses in the workplace such as heart attacks and strokes. It is designed to teach the learner to work logically, efficiently and effectively, to assess and manage an emergency by using systematic approaches to first aid.

### Objectives

- Emergency Care and Manage Emergency Scenes
- Emergency Life support
- Primary and Secondary assessment
- Treatment of Paediatric Patients
- Workplace Illnesses
- Follow up Care
- Recording and Communicating

### 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

- HWSETA 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.

### Course Outline

This course consists of the following 6 modules

<b>Module 1</b>	<b>The Principles of Primary Emergency Care:</b> Aims of Primary Emergency Care; Personal Protective Devices and Application; Medico-legal Implications.
<b>Module 2</b>	<b>Basic Level of Preparedness:</b> Maintenance and Storage of Primary Emergency Care Kit.
<b>Module 3</b>	<b>Assess and Manage an Emergency Scene:</b> Identifying Emergency Requirements; Primary Assessment; Primary Examination; Secondary Assessment; Triage; On-going Care until Transport; Recording and Reporting the Incident; Assess Safety and Workplaces Hazards; Using Available Resources.
<b>Module 4</b>	<b>Emergency Life Support; Children and infants:</b> Choking; Rescue Breathing; Recovery Position; C.P.R. - With and Without the Use of Barrier Ventilation Devices; Bleeding; Shock; Allergic Reaction.
<b>Module 5</b>	<b>Conduct Secondary Assessment:</b> Immobilisation and Transporting Techniques; Head Injuries and Levels of Consciousness; Fractures, Dislocations and Sprains; Wounds; Burn Wounds; Thermal Stress; Cold Induced Illness; Poisoning; Illnesses Common to the Workplace: Heart Attack, Stroke, Asthma, Diabetes, Epilepsy, Trauma.
<b>Module 6</b>	<b>Keeping of Records:</b> Incident Reporting; Accident Investigation; Accident Investigation - Supervisor's Report.

### Additional Information

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