



PST TRAINING (PTY) LTD

PST Training (Pty) Ltd

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First Aid (Level 3)

Overview

The level 3 first aid course is an advanced first aid course. This course is designed to expand on the knowledge gained in Level Two by giving the participant more extensive Medical Terminology and more detailed understanding of the human body and why things happen. Compared to level 2, the first aid level 3 programme covers additional emergency care subjects such as emergency childbirth and water-related emergencies.

Objectives

- Assess the situation and circumstances in order to act safely, promptly and effectively in an emergency
- Administer first aid to a casualty who is unconscious and/or in seizure
- Administer cardiopulmonary resuscitation
- Knowledge of Emergency Childbirth
- Knowledge of Water-related Emergencies

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

- HW SETA requirement: 30% theoretical and 70% practical
- Constant Evaluation
- Emergency Simulations
- Problem Solving Scenarios
- Comprehensive written examination
- Compulsory CPR evaluation

Who should attend?

This course is ideal for team leaders of Emergency Response Teams (ERTs) or Medical Teams, First Responders (Firemen/ Police), Security Professionals (Armed Response/ CPOs), Life Guards, Workplace Supervisors, Teachers and Education professionals and/ or someone wanting to enter into the medical profession be it medical, paramedical, nursing, physiotherapy, etc.

Course Outline

This course consists of the following	
Day 1 & 2	Revision of level 1 & 2 first aid content: Principles of First Aid; The First Aider and the Law; Basic Anatomy and Physiology; The call for help; Safety & Emergency Scene Management; The Primary Survey; The Secondary Survey; Airway Management; Choking; Artificial Respiration; Cardio-Pulmonary Resuscitation(CPR); Shock; Unconsciousness; Fainting; Disorders of the Cardio-Vascular System; Angina; Chest Pain - Heart Attack; Cerebro-Vascular Accident (Stroke); Diabetes; Fits, Breathlessness and skin reactions; Wounds & Bleeding; Eye Injuries; Chest Injuries; Abdomino-Pelvic Injuries; Fractures; Burns; Head Injuries; Spinal Injuries; Allergic Reactions & Anaphylaxis; Environmental Illnesses and Injuries; Poisoning; Bites and Stings; Snake Bites; Etc.
Day 3	Emergency childbirth; Water and Diving Related Injuries; Behavioural emergencies; Special patients and emergency oxygen therapy; The Ideal Approach to any Patient
Day 4	Practical demonstrations; Practical exercises; Written tests; Practical exams; Additional information

Additional Information

Duration	4 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 • Note: Certificate is valid for a period of 3 years from date of issue