

Accredited by the Health and Welfare SETA and recognised by the Department of Labour and South African Qualifications Authority and Health Sciences and Social Services (HWSETA)

The Occupational Health and Safety act requires adequate first aid training to be provided in all workplaces because first aid and cardiopulmonary resuscitation is a critical life-saving skill. Attending this first aid NQF Level 1 course will give you high quality, practical, hands-on exposure in learning the basic skills of first aid.

### **Specific Outcomes:**

Demonstrate an understanding of elementary anatomy and physiology

Assess an emergency situation

Apply first aid procedures to the life-threatening situation

Treat common injuries

### **First Aid NQF Level 1 Course Content and Modules:**

Introduction, principles of first aid, legal aspects and scene safety.

Positioning and elementary anatomy and physiology.

Scene survey and casualty assessment.

Cardio-pulmonary resuscitation (CPR) and choking.

Shock and fainting.

Bleeding, wounds and burns.

Fractures, sprains and strains.

Head, spinal, chest and abdominal injuries.

Environmental emergencies, bites, stings and poisoning.

Medical emergencies.

Triage and record keeping.

### **Employee Names**

- XOLANI MLUMBI
- LULEKWA NOBATANA
- PATRICK RUBUSHE
- LUYANDA MANELI