

**Course: FIRST AID LEVEL 1****Duration: 2 days**

Department of Labour Approved: CI 413



**First Aid is the provision of initial emergency treatment administered to an injured or sick person before professional medical care is available. Certain skills are considered essential to the provision of first aid and are taught the world over. Some of these skills include CPR and rescue breathing which if applied correctly and quickly can mean the difference between life and death. This course is aimed at employees who are required to assess the emergency situation and who need to provide basic life support and basic first aid in order to stabilise patients prior to transfer to the nearest emergency facility.**

### Course Objectives

The Level 1 First Aid course covers a great deal, yet is kept at a basic level. (Practically, these small basic skills are often what make the difference between life, serious injury or death).

### Course Outcomes

At the end of this course, with the use of the resources and facilitation media & methods, the learners will be able to know:

- The principles of first aid and legal issues.
- Scene safety and patient care.
- How to raise the alarm.
- Basic anatomy.
- How to manage shock.
- Vital signs.
- How to perform choking.
- How to manage spinal injuries.
- How to move patients.
- How to treat head injuries.
- How to treat fractures / dislocations.
- How to perform a head to toe survey.
- How to dress wounds and bleeding.
- How to perform C.P.R (Adult).
- How to dress burns and manage electrocution.
- The characteristics of an unconscious patient.

This standard course includes the course content as listed above (as is required by law). This is the no frills, straight forward course that will ensure compliance.

### Target Group

- All employees and contractors
- First Aid Level 1 refreshers

### Pre-Requisites

Basic literacy and the ability to handle images of blood and body parts.

### Language

This course is presented in the English language.

### Learning Material

The training fee includes a First Aid manual, consumables and an electronic certificate of competence.

### Course Requirements

You must have the ability to work on the floor and on your knees.

### Certification & Assignment

The course includes a practical assessment and if successful, you will be issued with a Certificate of Successful Completion.

Advantage ACT has implemented an electronic certification process. On being assessed "competent" all delegates will receive an e-mail notification indicating that their certificate is available at a "vault" location which they can access immediately to obtain the certificate.

The certificate will be available at this site for 5 years and can be accessed indefinitely by the delegate. Should a hardcopy certificate be required an additional fee of R165.00 excl. Vat per certificate will be levied. Please indicate your choice when making the booking with Advantage ACT.

- Advantage ACT is a Department of Labour First Aid Training Institution: No. CI 413 for First Aid Level 1, 2 and 3.
- We are an Accredited Education and Training Provider with the HWSETA: 592PA05000117.
- Aligned to SAQA Unit Standard 120496 - Provide risk-based primary emergency care/first aid in the workplace, NQF Level2.
- Advantage A.C.T. makes use of registered facilitators, assessors and moderators when presenting courses.
- Advantage ACT supplies each delegate with morning tea/coffee, a LIGHT lunch and filtered water when attending at ACT venue. Should you have requirements beyond what we provide, kindly make sure you make provision accordingly.