



# FIRST AID LEVEL 1

(incl CPR & AED)

## Description

First Aid Level One is the first course that should be completed should you want to learn the basics of helping someone that is injured or fallen ill. This course focuses mainly on Trauma situations.

This course is also the minimum required training needed by employers to comply with Regulation 3(4) of General Safety Regulations of the Occupational Health and Safety Act, 1993 "employers should provide a safe and healthy environment for their employees."

This comprehensive two-day course covers a wide range of trauma emergencies, enabling all participants to:

- Prevent accidents through the development of safety-oriented lifestyle;
- Recognise when first aid is needed; and
- Provide basic First Aid treatment at the scene of an accident or sudden illness with confidence in a prompt, safe and effective way until the Emergency Medical Services arrive, if needed.



## Duration

Initial training: 18 hours

Refresher training: 08 hours

## Course Content / Modules Covered

A wide range of subjects is covered including:

- Principles of first aid and safety
- Cardio-Pulmonary Resuscitation
- Examination of the Patient
- Shock
- Head, Neck and Spinal Injuries
- Moving of Patients
- Emergency scene management
- Choking
- Wounds and Bleeding
- Burns
- Bone, Joint and Muscle Injuries
- Post Scene Clean Up

If your organisation has a specific area of training that is not included, or you require a more indepth session, then we can accommodate you by providing additional training in that particular subject.

## Certification

Subject to assessment, all participants will be issued with a First Aid Level (1) One certificate approved by the Department of Labour (Registration No: CI 622).

This qualification is valid for 3 years which can be renewed by attending a suitable 1-Day requalification course (30-day grace period after expiry is allowed).

## Costs

Initial Training: R 750,00 per delegate

Blended Training: R 600,00 per delegate

Refresher Training: R 600,00 per delegate (proof of current in-date certification needed)

Group Rates: Contact us for a quotation; should you have a group of delegates requiring training.

TeacherBubbles.com

Tel: 060 320 3642

Email: [registrations@teacherbubbles.com](mailto:registrations@teacherbubbles.com)

Website: [www.teaceherbubbles.com](http://www.teaceherbubbles.com)