



TRAINING  
SOLUTIONS

# FIRST AID

## COURSE CONTENT

SAQA US ID: 119567

### FIRST AID LEVEL 1

#### DURATION

2 days

- Principles of Emergency Care, Safety and Emergency Scene Management
- Artificial Respirations
- One-man Cardio Pulmonary Resuscitation
- Airway Obstruction
- Wounds and Bleeding
- Shock, Unconsciousness and Fainting
- Fractures and Splints
- Burns
- Head and Spinal Injuries

### FIRST AID LEVEL 2

#### DURATION

3 days

- Principles of Emergency Care, Safety and Emergency Scene Management
- Artificial Respirations
- One-man Cardio Pulmonary Resuscitation
- Child and Infant Airway Obstruction
- Wounds and Bleeding
- Shock, Unconsciousness and Fainting
- Fractures and Splints
- Burns, Head and Spinal Injuries
- Joint Injuries and Rescue Carries
- Chest Injuries, hand and eye injuries
- Multiple Injury Management
- Pelvic and Abdominal Injuries
- Environmental Illnesses and Injuries
- Poisoning, Bites and Stings
- Chest Pain and Paralysis, Fits
- Management of Soft Tissue Injuries
- Foreign Object Management
- Elementary and Applied Anatomy and Physiology



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