



PST TRAINING (PTY) LTD

PST Training (Pty) Ltd

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First Aid Level 1 (Basic Emergency First Aid Responder)

Overview

The First Aid Level 1 course provides learners with essential knowledge and practical skills to respond effectively to medical emergencies in the workplace and everyday environments. As a First Aider, learners are regarded as First Responders, playing a critical role in the Patient Care Cycle by providing immediate care until professional medical assistance arrives.

Delivered by registered healthcare professionals, this course combines theory with hands-on practical training, ensuring learners can competently perform life-saving techniques such as Cardio-Pulmonary Resuscitation (CPR) and choking management.

First Aid Level 1 serves as the entry point to the three recognised levels of First Aid training and is typically the minimum legal requirement for workplace compliance during inspections by the Department of Labour.

Course Objectives

On completion of this course, delegates will be able to:

- Understand the role and responsibilities of a First Aider
- Identify and manage emergency situations safely and effectively
- Apply basic anatomical and physiological knowledge to first aid treatment
- Conduct primary and secondary assessments of injured or ill persons
- Provide appropriate first aid for life-threatening and common injuries
- Perform CPR and manage choking emergencies competently
- Provide appropriate follow-up care and maintain hygiene standards

Course Prerequisite

- Communication: ABET / NQF Level 3 or equivalent
- Mathematical Literacy: ABET / NQF Level 3 or equivalent
- Copy of ID document (required for registration and certification purposes)
- English proficiency sufficient to engage with training materials

Language of Delivery

English

Delivery Methods

The course is facilitated by a competent subject matter expert using a combination of:

- Interactive discussions
- Practical demonstrations and hands-on practice
- Role plays and simulated emergency scenarios
- Case studies and workplace-relevant examples
- Video and slide presentations
- Written questions and knowledge checks

Training & Evaluation

- Training conducted on a 70% theoretical and 30% practical basis
- Assessment requirement: 30% theoretical and 70% practical
- Continuous evaluation throughout the course
- Compulsory CPR assessment

Who should attend?

This course is suitable for employees who may be required to provide emergency assistance, including:

- Appointed Workplace First Aiders
- Health and Safety Representatives
- Supervisors and Line Managers
- Emergency Response Team Members
- Security Personnel
- Facilities and Maintenance Staff
- General Employees seeking First Aid competence

Course Outline

This course consists of the following 6 modules

Module 1	Emergency Scene Management and Legal Considerations • Personal safety and scene assessment • Safeguarding the emergency scene • Protection of the injured or ill person • Relevant first aid legislation and workplace practices • Medico-legal responsibilities and implications
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Module 2	Elementary Anatomy and Physiology • Overview of human body systems: • Cardiovascular • Respiratory • Nervous • Digestive • Skeletal • Integumentary (skin, hair, and nails) • How body systems interact • Basic anatomical terminology
Module 3	Assessing the Emergency Situation • Identifying the cause of injury or illness • Primary and secondary assessments • Prioritising treatment and triage principles • Identifying types of injuries • Determining additional assistance required • Ongoing care and monitoring
Module 4	First Aid for Life-Threatening Conditions • Universal precautions and infection control • Management of: • Severe bleeding • Burns and burn wounds • Fractures and spinal injuries • Head and eye injuries • Medical emergencies: • Heart attack • Stroke • Asthma • Diabetes • Epilepsy • Poisoning • CPR and artificial respiration • Management of choking emergencies
Module 5	Treating Common Injuries and Conditions • Embedded objects and amputations • Nosebleeds • Heat exhaustion and heat-related illnesses • Allergic reactions • Minor wounds and injuries
Module 6	Follow-Up Care and First Aid Hygiene • Monitoring casualty condition • Reporting on treatment provided • First aid hygiene and infection prevention • Post-incident responsibilities

Additional Information

Duration	2 Days	
Includes	• Comprehensive Training Manual • Lunch & Refreshments (not applicable to on-site / online training) • SAIOSH Accredited (5 CPD Credits/Points) • Electronic Certificate (on successful completion)	• Electronic Delegate Feedback Questionnaire • Certificate recognised by the Department of Labour • Certificate validity: 3 years from date of issue