



PST TRAINING (PTY) LTD

PST Training (Pty) Ltd

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First Aid Level 2 (Intermediate Emergency First Aid Responder)

Overview

The First Aid Level 2 course is an intermediate-level programme designed to equip learners with enhanced knowledge and practical skills to manage a wider range of medical emergencies and workplace incidents. This course builds on the principles of First Aid Level 1 and focuses on delivering a higher standard of patient care, including structured assessments, emergency life support, and the treatment of common workplace illnesses.

Learners are trained to respond logically, efficiently, and confidently by applying systematic approaches to emergency care, including the management of paediatric patients, advanced injury treatment, and effective communication and record-keeping. This course supports legal compliance and strengthens workplace emergency preparedness.

Course Objectives

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

- Manage emergency scenes safely and effectively
- Apply principles of emergency life support
- Conduct thorough primary and secondary assessments
- Provide first aid to adults, children, and infants
- Treat common workplace injuries and medical emergencies
- Provide appropriate follow-up care
- Accurately record and communicate incident information

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 with increased first aid responsibilities, including:

- Appointed Workplace First Aiders
- Health and Safety Representatives
- Emergency Response Team Members
- Supervisors and Line Managers
- Security Personnel
- Facilities and Maintenance Staff
- Employees working in higher-risk environments

Course Outline

This course consists of the following 6 modules

Module 1	Principles of Primary Emergency Care and Legal Responsibilities • Aims and scope of primary emergency care • Personal protective equipment and its correct use • Infection control and safety considerations • Medico-legal responsibilities of a First Aider
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Module 2	Emergency Preparedness and First Aid Equipment • Basic preparedness for workplace emergencies • Maintenance and correct storage of first aid kits • Inspection and replenishment of emergency care equipment • Readiness and response planning
Module 3	Emergency Scene Assessment and Management • Identifying emergency requirements • Assessing scene safety and workplace hazards • Primary assessment and examination • Secondary assessment techniques • Triage principles and prioritisation • Ongoing care until medical assistance or transport arrives • Incident recording and reporting • Effective use of available resources
Module 4	Emergency Life Support – Adults, Children, and Infants • Management of choking (adults, children, and infants) • Rescue breathing techniques • Recovery position • CPR with and without barrier ventilation devices • Management of: • Severe bleeding • Shock • Allergic reactions
Module 5	Secondary Assessment and Treatment of Injuries and Illnesses • Immobilisation and safe patient handling techniques • Head injuries and levels of consciousness • Fractures, dislocations, and sprains • Wounds and burn injuries • Thermal stress and cold-induced illnesses • Poisoning • Workplace medical emergencies: • Heart attack • Stroke • Asthma • Diabetes • Epilepsy • Trauma-related conditions
Module 6	Record Keeping, Reporting, and Incident Investigation • Accurate incident and injury reporting • Documentation of treatment provided • Accident investigation principles • Supervisor's accident investigation report requirements • Communication with management and emergency services

Additional Information

Duration	3 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