



PST TRAINING (PTY) LTD

PST Training (Pty) Ltd

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First Aid Level 3 (Advanced Emergency First Aid Responder)

Overview

The First Aid Level 3 course is an advanced first aid programme designed to expand on the knowledge and skills gained in First Aid Levels 1 and 2. This course provides learners with a deeper understanding of medical terminology, human anatomy and physiology, and the underlying causes of medical emergencies.

In addition to advanced emergency care techniques, the course introduces specialised topics such as emergency childbirth, water-related emergencies, behavioural emergencies, and oxygen therapy. Learners are trained to assess, manage, and lead emergency responses confidently, making this course ideal for high-risk environments and emergency response leadership roles.

Course Objectives

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

- Assess emergency situations and act safely, promptly, and effectively
- Provide advanced first aid to unconscious casualties and those experiencing seizures
- Perform cardiopulmonary resuscitation (CPR) competently
- Apply advanced patient assessment techniques
- Manage emergency childbirth situations
- Respond appropriately to water-related and diving emergencies
- Apply a systematic and professional approach to patient care

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 training
- Emergency simulations and scenario-based problem solving
- Role plays and case studies
- Video and slide presentations
- Written assessments 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
- Emergency simulations and problem-solving scenarios
- Comprehensive written examination

Who should attend?

This course is ideal for individuals with advanced emergency response responsibilities, including:

- Emergency Response Team (ERT) Leaders and Medical Team Leaders
- First Responders (Firefighters, Police Officers)
- Security Professionals (Armed Response, Close Protection Officers)
- Lifeguards
- Workplace Supervisors and Managers
- Educators and Teaching Professionals
- Individuals intending to pursue careers in the medical, paramedical, nursing, or allied health professions

Course Outline

This course consists of the following 5 modules

Module 1	Advanced First Aid Principles and Legal Responsibilities • Revision of First Aid Levels 1 and 2 principles • The role of the advanced First Aider • Legal and ethical responsibilities • Emergency scene safety and management • Calling for assistance and coordinating emergency services
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Module 2	Advanced Anatomy, Physiology, and Medical Emergencies • In-depth anatomy and physiology revision • Disorders of the cardiovascular system: • Angina • Chest pain and heart attack • Stroke • Metabolic and neurological emergencies: • Diabetes • Seizures (fits) • Unconsciousness and fainting • Respiratory emergencies and skin reactions
Module 3	Advanced Trauma and Environmental Emergencies • Wounds and severe bleeding • Eye, chest, abdominal, and pelvic injuries • Fractures, dislocations, and spinal injuries • Burns and head injuries • Allergic reactions and anaphylaxis • Environmental illnesses and injuries • Poisoning • Bites and stings, including snake bites
Module 4	Specialised Emergency Care • Emergency childbirth • Water-related and diving emergencies • Behavioural and psychological emergencies • Special patient considerations • Emergency oxygen therapy • The ideal systematic approach to any patient
Module 5	Advanced Practical Application and Assessment • Practical demonstrations and skill assessments • Advanced emergency simulations • Scenario-based problem solving • Written examinations • Practical competency evaluations

Additional Information

Duration	4 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