



PST TRAINING (PTY) LTD

PST Training (Pty) Ltd

Physical Address: Montrose Place, 2nd Floor, 2 Bella Rosa Street, Rosenpark, Bellville, 7500

Phone: 021 914 0850

Cell: 082 894 6643

Email: info@psttraining.co.za

HIV/AIDS (& Tuberculosis) Awareness

Overview

HIV/AIDS and Tuberculosis (TB) remain critical health issues that impact individuals, workplaces, and communities. This seminar equips participants with accurate knowledge, dispels myths, and provides practical tools for prevention, support, and awareness. Participants will explore how HIV, STIs, and TB are linked, while learning how to protect themselves and promote a safe, inclusive, and supportive workplace.

Key Objectives

By the end of this seminar, participants will be able to:

- Explain what HIV/AIDS and TB are and understand how they affect the body.
- Identify modes of transmission and myths around HIV, STIs, and TB.
- Apply prevention strategies including safe sex practices and protective behaviours.
- Support workplace awareness and wellness by reducing stigma and encouraging responsible action.

Value Added

This seminar provides both health knowledge and workplace relevance, helping organisations foster safe practices, reduce stigma, and promote employee wellness in line with labour and health requirements.

Who should attend?

This seminar is ideal for:

- All employees across departments
- Supervisors & team leaders
- HR & wellness coordinators
- Health & Safety representatives
- Anyone seeking awareness and prevention strategies for HIV, STIs, and TB

This seminar consists of the following 15 topics

Topic 1	What is HIV & AIDS?
Topic 2	Understanding Sexually Transmitted Infections (STIs)
Topic 3	How HIV is transmitted
Topic 4	How HIV is not transmitted (dispelling myths)
Topic 5	Early signs and symptoms of HIV infection
Topic 6	How to protect yourself against STIs, HIV & AIDS
Topic 7	The ABC of Safe Sex (Abstain, Be faithful, Condomise)
Topic 8	How to correctly use male & female condoms (steps & guidance)
Topic 9	Advantages & disadvantages of condom use
Topic 10	The relationship between HIV, STIs, and Tuberculosis (TB)
Topic 11	What is TB?
Topic 12	Common symptoms of TB
Topic 13	TB treatment and management
Topic 14	The importance of testing, early diagnosis & adherence to treatment
Topic 15	Building awareness and reducing stigma in the workplace

Additional Information

Duration	3-Hour Seminar	
Includes	• Seminar notes • Refreshments (not applicable to on-site / online training)	• Free telephonic after-training support • Electronic Attendance Certificate

PST Training (Pty) Ltd has been assessed and accredited as having satisfactorily met the MICT ETQA Specified Training Provider criteria. It provides an accepted benchmark of knowledge and skills, ensuring specified levels of competency and ability in terms of industry standards.
Accreditation Number - ACC/2007/02/603.