



Level 1 - Perform basic life support and first aid procedures – US 119567

SAQA ID:

119567

NQF Level:

01

Credits:

5

Accredited by:

HWSETA and Department of employment and Labour

Course includes:

Manual and POE
Emergency cards
Certificate valid 3 years

Duration of the course:

Two days

Course contents:

- Emergency scene management
- Understanding of elementary anatomy and physiology
- Assessing and emergency situation
- Cardiopulmonary Resuscitation CPR and Artificial Respiration AR
- Heart attacks
- Choking
- Shock
- Strokes
- Haemorrhage
- Wounds
- Unresponsive / Unconsciousness
- Head injuries
- Spinal injuries
- Recovery position
- Fractures
- Joint injuries
- Burns
- Respiratory Disorders
- Managing body fluid spills (Universal Precautions)
- Completing a first aid report
- Emergency numbers