

"SEMPER PARATUS"



First Aid Level 1

Unit standard: 120336

Unit Standard Title: Provide risk base primary emergency care / First aid as an advance first responder in the workplace

SETA: LGSETA

Duration: 18 Hours

Target Audience:

Intended for all employees who may be called upon to render first aid, or as part of induction training

Pre-Requisites:

None

Course Content:

1. Principles of first aid
2. Artificial respiration
3. One-person CPR
4. Chocking
5. Wounds and Bleeding
6. Shock, unconsciousness and fainting
7. Fractures
8. Burns
9. Head and spinal injuries
10. Practical exercises

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