



DIBA BES FIRST AID LEVEL 1 2023



First Aid Level 1



Course Overview:

This course is designed to provide participants with the necessary skills and knowledge required to respond effectively to an emergency situation in the workplace. Participants will learn basic first aid techniques, including the assessment and treatment of common injuries, as well as how to manage medical emergencies.

Course Objectives

- Understand the principles of first aid and emergency response
- Assess and respond to common workplace injuries
- Administer basic first aid techniques, including CPR and AED use
- Manage medical emergencies such as heart attack, stroke, and allergic reactions
- Understand legal requirements related to workplace safety and first aid

Course Duration:

The course will be delivered over 2 days, with a total of 16 hours of training.

Course Content:

- Introduction to first aid and emergency response
- Legal requirements for workplace safety and first aid
- Assessing and responding to common workplace injuries, such as cuts, burns, and fractures
- Administering basic first aid techniques, including CPR and AED use
- Managing medical emergencies such as heart attack, stroke, and allergic reactions
- Workplace safety and accident prevention
- Record-keeping and reporting requirements for workplace incidents

Assessment:

Participants will be assessed throughout the course through practical demonstrations and written assessments. A pass mark of 80% is required to successfully complete the course.

Certification:

Upon successful completion of the course, participants will receive a certificate of competency in first aid level 1 OHS training.

Prerequisites:

There are no prerequisites for this course. However, participants must be 18 years of age or older.

Course information

Unit Standard Title: Perform basic life support and first aid procedures

Classroom Price: R 1160 (Ex VAT)

Classroom Duration: 2 days

Credits: 5

SAQA ID: 119567

CPD Points: 5

NQF Level: 1

Prerequisites: N/A

Target Groups: Emergency Personnel Team





CONTACT DETAILS

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