

# **CARRY OUT BASIC FIRST AID IN THE WORKPLACE**

**SAQA ID: 116534**

**NQF LEVEL: 03**

**CREDITS: 02**

## **OUTLINE**

### **MODULE ONE**

- Introduction
- Consent
- Arrival Procedure
- The Recovery Position
- Injuries
- Legal Aspects
- The Emergency Call

### **MODULE TWO**

- Checking Pulse
- Performing Rescue Breathing / Artificial Resuscitation
- Adults
- Children Or Infants
- Abdominal Thrusts
  - Abdominal Thrusts Adults CPR (Cardiopulmonary Resuscitation)
  - Abdominal Thrusts Children CPR (Cardiopulmonary Resuscitation)
  - Abdominal Thrusts Infant CPR (Cardiopulmonary Resuscitation)

### **MODULE THREE**

- Shock
- Fainting / Diabetic Emergency
- Bone Injuries / Fractures
- Major Bone Structure
- Muscles And Ligaments
- Burns
  - Types Of Burns
  - Scalds
  - Dry Burns
  - Chemical Burns
  - Electrical Burns
- Cuts

- External Bleeding
- Arterial Bleeding
- Venous Bleeding
- Capillary Bleeding
- Internal Bleeding
- Head, Spine And Neck Injuries
- Choking / Blocked Airways
  - Choking Adults
  - Choking Children
  - Choking Infant
- Sudden Illness
- Heart Attack
- Stroke
- Epilepsy
- Other
- Poisons
- Snakebite
- Insect Bites And Stings
- Water Accidents
- Unconscious And Not Breathing
- Unconscious, Not Breathing And Bleeding
- Unconscious But Breathing
- Wounds
  - Open Wounds
  - Closed Wound
- Summary of Emergency Treatment Sequence
- First Aid Box
- Documentation
- Example Of A First Aid Policy

**DURATION:**

Theoretical/Practical training: 3 days

**RATIO:**

Theoretical/Practical training: 10 learners per Facilitator/Assessor

For more information on this workshop or to reserve your spot, please contact:

Amaztech Training and Development

Tel: 031 262 7863 Fax: 086 643 5973

Cell: 082 772 3566

Email: [info@amaztech.co.za](mailto:info@amaztech.co.za)

Web: [www.amaztech.co.za](http://www.amaztech.co.za)