



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
- ✓ Bleeding
 - 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: 2 days