



TRAINING AND PROJECTS

"making your skills a priority"

**Course Title:** Perform Basic Life Support and First Aid Procedures

**SAQA ID:** 119567

**NQF Level:** 1

**Credits:** 5

---

### **Course Description:**

This course equips learners with essential knowledge and skills to perform basic life support and first aid in emergency situations. Learners will be trained to respond effectively to common medical emergencies, such as burns, bleeding, fractures, cardiac arrest, and choking. The course also covers the principles of maintaining safety during emergencies and providing basic care until professional medical help arrives.

### **Course Objectives:**

By the end of this course, learners will be able to:

- Understand the importance of basic life support and first aid in saving lives.
- Perform basic life-saving techniques, including CPR (Cardiopulmonary Resuscitation).
- Administer first aid for common injuries and medical emergencies.
- Safely manage accident scenes and minimize risks to the injured and first responders.
- Apply the correct techniques to assess the condition of the injured or ill person and provide appropriate treatment until professional help arrives.

### **Benefits of Completing this Course:**

- Learn life-saving skills that can be applied in everyday life, at work, or at home.
- Gain confidence in responding to medical emergencies.
- Be equipped with the knowledge to stabilize a patient before professional medical care is available.
- Enhance safety in your workplace or community by having trained first aid responders.
- Receive a nationally recognized qualification that can improve employability, especially in sectors where first aid training is required.

### **Who Should Attend:**

- Individuals who want to learn basic first aid and life support techniques.
- Employees in workplaces where basic first aid is necessary (e.g., construction, manufacturing, childcare).
- Community members and volunteers involved in safety and health.
- Anyone responsible for the well-being of others in emergency situations.



TRAINING AND PROJECTS

"making your skills a priority"

### **Assessment:**

Assessment will be based on the learner's ability to demonstrate understanding and practical application of the knowledge gained in the course. This may include:

- Written tests assessing the theoretical aspects of first aid and basic life support.
- Practical demonstrations of CPR, wound dressing, and other emergency techniques.
- Scenarios and role-playing exercises to evaluate the learner's ability to respond to various emergency situations.
- Participation in group discussions and hands-on activities focused on emergency response.

---

### **Specific Outcomes and Assessment Criteria:**

By successfully completing this SAQA Unit Standard, learners will demonstrate competency in the following:

#### **1. Assess the Emergency Situation:**

- Identify and evaluate potential hazards to ensure safety for both the first aider and the patient.
- Assess the condition of the injured or ill person to determine the appropriate response.
- Prioritize actions based on the severity of the injury or illness.
- Assessment Criteria: Practical demonstration of scene assessment and hazard identification in various emergency scenarios.

#### **2. Apply Basic Life Support Techniques:**

- Perform Cardiopulmonary Resuscitation (CPR) on adults, children, and infants according to standard protocols.
- Administer rescue breathing and chest compressions.
- Use an automated external defibrillator (AED) if available.
- Assessment Criteria: Demonstration of CPR techniques in practical scenarios, including the correct use of AEDs where applicable.

#### **3. Provide First Aid for Common Injuries and Illnesses:**

- Administer first aid for wounds, burns, fractures, and choking.
- Stabilize patients with spinal injuries or fractures until professional help arrives.
- Manage common medical conditions such as asthma attacks, diabetic emergencies, and seizures.
- Assessment Criteria: Practical demonstrations of first aid techniques for various injuries and conditions, including the use of bandages, splints, and other first aid equipment.



**"making your skills a priority"**

#### **4. Manage the Accident Scene:**

- Ensure the safety of bystanders and the injured person by controlling the scene.
- Communicate clearly and calmly with the injured person and emergency responders.
- Record the details of the accident and the care provided for professional responders.
- Assessment Criteria: Role-play exercises demonstrating effective scene management, communication, and information gathering during emergencies.

---

This course provides learners with the foundational skills necessary to perform basic life support and first aid, ensuring they are prepared to act in emergencies and provide critical care before professional medical assistance arrives.