



TRAINING AND PROJECTS

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Course Title: Perform Basic First Aid

SAQA ID: 12483

NQF Level: 2

Credits: 4

Course Description:

This course provides learners with foundational knowledge and practical skills to perform basic first aid in emergencies. It covers essential first aid principles, identifying medical emergencies, and administering basic first aid to prevent further injury and save lives. Learners will gain hands-on experience in treating common injuries, including bleeding, fractures, burns, and shock, and will also learn how to perform CPR.

Course Objectives:

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

- Understand the basic principles of first aid.
- Assess a medical emergency and provide immediate care.
- Treat common injuries such as cuts, burns, and fractures.
- Perform cardiopulmonary resuscitation (CPR) and manage choking incidents.
- Stabilize injured persons until professional medical help arrives.
- Respond effectively to workplace injuries or health emergencies.

Benefits of Completing this Course:

- Acquire lifesaving first aid skills applicable in daily and work environments.
- Learn how to respond to various medical emergencies with confidence.
- Improve workplace safety by being prepared to provide basic medical assistance.
- Earn a recognized qualification that enhances your role in safety and emergency preparedness.
- Become equipped with the knowledge to make critical decisions in life-threatening situations.

Who Should Attend:

- Employees working in environments where health and safety risks are present.
- Health and Safety Representatives.
- Supervisors and managers responsible for employee well-being.
- General workers across industries, including manufacturing, construction, and retail.
- Individuals seeking to enhance their ability to assist in emergencies.



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Assessment:

Assessment will be based on the learner's ability to demonstrate understanding and practical application of basic first aid. This may include:

- Written tests on first aid principles, medical emergencies, and response procedures.
- Practical demonstrations of first aid techniques, such as CPR, treating wounds, and handling fractures.
- Simulated emergency scenarios to assess the learner's response and application of first aid techniques.
- Participation in discussions on emergency care and safety practices.

Specific Outcomes and Assessment Criteria:

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

1. Assess Emergency Situations:

- Assess the nature of an emergency and determine the appropriate first aid response.
- Identify potential hazards at the scene of the accident to ensure the safety of both the responder and the injured person.
- Assessment Criteria: Written and practical assessments to demonstrate the ability to assess emergency situations safely.

2. Apply First Aid Techniques to Treat Common Injuries:

- Administer first aid to common injuries, including cuts, burns, sprains, and fractures.
- Demonstrate effective wound care, applying pressure to stop bleeding, and immobilizing injured limbs.
- Assessment Criteria: Practical demonstration of first aid techniques in treating various types of injuries.

3. Perform CPR and Manage Choking Incidents:

- Perform cardiopulmonary resuscitation (CPR) on adults and children.
- Demonstrate the correct response to choking incidents using the Heimlich maneuver or back blows.
- Assessment Criteria: Practical assessment of CPR performance and choking incident management.

4. Stabilize Casualties Until Help Arrives:

- Provide essential care to stabilize injured persons until professional medical assistance arrives.
- Monitor the casualty's condition and apply appropriate first aid measures to prevent further harm.
- Assessment Criteria: Scenario-based exercises to assess the learner's ability to stabilize injured persons in real-life situations.



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5. Understand Basic First Aid Equipment and Usage:

- Understand the use and maintenance of basic first aid equipment, such as first aid kits, bandages, and splints.
- Assessment Criteria: Written assessment on first aid equipment and practical demonstration of proper usage.

By completing this course, learners will be equipped with the basic first aid skills needed to effectively respond to medical emergencies, ensuring safer workplaces and communities.