



Accredited Africa Training Institute for Capacity Development

Unit FO409, Hatfield Plaza · 1122 Burnett St, Hatfield 0028 · Pretoria, Gauteng · South Africa

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COURSE BROCHURE

Clean and Sterilise Operating Theatre CSSD Items

Services / Cleaning, Domestic, Hiring, Property and Rescue Services

Unit Standard 110440 · NQF Level 2 · 16 Credits · 5 Days

COURSE OVERVIEW

This course equips learners with the knowledge and skills required to clean and sterilise operating theatre central supply items in accordance with South African health regulations and international best practices. Participants will gain competence in infection prevention, decontamination processes, and the safe handling of sterile supplies to ensure patient safety and compliance with SAQA unit standard 110440.

Category	Services
Subfield	Cleaning, Domestic, Hiring, Property and Rescue Services
Unit Standard	110440
Accreditation	SAQA Accredited · NQF Level 2 · 16 Credits
Duration	5 days
Training Method	On-Campus
Certificate	Issued via AATICD LMS – verifiable online

LEARNING OUTCOMES

- Apply principles of infection control and aseptic techniques during the cleaning and sterilisation of operating theatre central supply items.
- Demonstrate correct procedures for decontaminating, disinfecting, and sterilising instruments using appropriate equipment and methods.
- Implement quality assurance checks to verify sterilisation efficacy, including biological and chemical indicators.
- Evaluate the condition of sterile supplies and identify defects or contamination risks during storage and handling.
- Design a workflow for the safe collection, cleaning, packaging, and distribution of central supply items in an operating theatre setting.

WHO SHOULD ATTEND

- Healthcare workers, sterilisation technicians, and operating theatre support staff responsible for cleaning and sterilising surgical instruments and central supply items in hospitals or clinics.

COURSE OUTLINE

Day 1: Introduction to CSSD and Infection Control Principles

- Overview of the operating theatre and CSSD workflow.
- Infection control principles: chain of infection, standard precautions.
- Key definitions: cleaning, disinfection, sterilisation, asepsis.
- Relevant SAQA unit standards and health regulations (e.g., OHS Act, SANS standards).
- Roles and responsibilities of CSSD personnel.
- Introduction to personal protective equipment (PPE) and hand hygiene.

Day 2: Cleaning and Decontamination of Instruments and Items

- Manual cleaning techniques: scrubbing, brushing, ultrasonic cleaning.
- Mechanical cleaning: washer-disinfectors, automated cleaning cycles.
- Cleaning agents: detergents, enzymes, disinfectants – selection and dilution.
- Handling of sharp instruments and delicate items.
- Inspection for cleanliness and damage after cleaning.
- Packaging and transport of soiled items to the CSSD.

Day 3: Disinfection and Sterilisation Methods

- Levels of disinfection: low, intermediate, high; sporicidal agents.
- Steam sterilisation: autoclave types, cycles, and parameters.
- Low-temperature sterilisation: EtO, H2O2 plasma, ozone.
- Chemical sterilants and high-level disinfectants.
- Monitoring sterilisation: physical, chemical, biological indicators.
- Sterilisation of textiles, wraps, and packaging materials.

Day 4: Packaging, Storage, and Distribution of Sterile Items

- Packaging materials: paper, plastic, non-woven, containers; criteria for selection.
- Wrapping techniques: peel pouches, double wrapping, rigid containers.
- Labeling: contents, sterilisation date, lot number, expiry.
- Storage: shelf life, clean environment, temperature, humidity control.
- Distribution: cart management, first-expiry-first-out (FEFO) system.
- Handling of sterile items: inspection before use, avoiding contamination.

Day 5: Quality Assurance, Troubleshooting, and Practical Integration

- Quality assurance: audits, documentation, traceability.
- Troubleshooting: sterilisation failures, wet packs, chemical indicator issues.
- Routine equipment checks: autoclave door seals, thermometers, timers.
- Corrective actions: reprocessing, recall procedures.
- Personal and team safety: ergonomics, hazard communication.
- Overview of career pathways and professional development.

ASSESSMENT & CERTIFICATION

Delegates are assessed through exercises and a final test. A mark of **50% or above** earns an **AATICD Certificate of Completion**, issued digitally with a unique verification code. This course carries **16 NQF credits** at **NQF Level 2**.

PRICING (PER DELEGATE, EX-VAT)

Delegates	Training Method	Price per Delegate	Total
1	Online	R 12,600.00	R 12,600.00
1	In-House	R 16,400.00	R 16,400.00
1	On-Campus (Pretoria)	R 18,900.00	R 18,900.00

UPCOMING SESSIONS

Start	End	Method	Venue
07 Sep 2026	11 Sep 2026	Online	—
14 Sep 2026	18 Sep 2026	In-House	—
21 Sep 2026	25 Sep 2026	On-Campus	Pretoria, South Africa
28 Sep 2026	02 Oct 2026	Online	—
05 Oct 2026	09 Oct 2026	In-House	—
12 Oct 2026	16 Oct 2026	On-Campus	Pretoria, South Africa
19 Oct 2026	23 Oct 2026	Online	—
26 Oct 2026	30 Oct 2026	In-House	—

Contact us if no suitable date is listed – on-demand sessions can be arranged for groups.

HOW TO GET A QUOTE OR APPLY

1. **Get an instant quotation online:** visit www.aaticd.co.za, open the page for this course (Unit Standard 110440) and click **Get A Quote / Apply**. Select your training method and number of delegates – your quotation is generated immediately and emailed to you with the course brochure attached.
2. **Apply by email:** send the course title, your preferred training method (Online, In-House or On-Campus Pretoria), the number of delegates and your preferred dates to apply@aaticd.co.za – our team will reply with a formal quotation.
3. **Apply by phone or WhatsApp:** call **+27 12 004 8389** or WhatsApp **+27 65 077 6310** and we will prepare your quotation and reserve your seats.
4. **Confirm your booking:** accept the quotation and settle the invoice. As soon as payment is confirmed your delegates are enrolled and receive their AATICD LMS login details by email, along with joining instructions for their chosen training method.

Group discounts apply automatically – the more delegates you enrol, the lower the price per delegate. No payment is required to request a quotation.

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