



## 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

# Perform Basic Life Support And First Aid Procedures Training

Health Sciences and Social Services / Curative Health

Unit Standard 119567 · NQF Level 1 · 5 Credits · 2 Days

## COURSE OVERVIEW

This course equips learners with the essential knowledge and practical skills to perform basic life support and first aid procedures in an emergency. It covers the principles of emergency scene management, primary and secondary assessment, and the correct application of first aid techniques to preserve life, prevent deterioration, and promote recovery. The training aligns with national occupational health and safety requirements and prepares participants to respond confidently in workplace and community settings.

|                 |                                           |
|-----------------|-------------------------------------------|
| Category        | Health Sciences and Social Services       |
| Subfield        | Curative Health                           |
| Unit Standard   | 119567                                    |
| Accreditation   | SAQA Accredited · NQF Level 1 · 5 Credits |
| Duration        | 2 days                                    |
| Training Method | Online, On-Campus, In-House               |
| Certificate     | Issued via AATICD LMS – verifiable online |

## LEARNING OUTCOMES

- Demonstrate the principles of emergency scene management, including scene safety, assessment, and activation of emergency services.
- Apply primary and secondary survey techniques to identify life-threatening conditions and prioritize care.
- Perform cardiopulmonary resuscitation (CPR) for adults, children, and infants according to current guidelines.
- Manage choking, bleeding, shock, fractures, burns, and other common first aid emergencies.
- Evaluate and record incident details and provide handover to emergency medical services.
- Demonstrate the correct use of first aid equipment and personal protective equipment (PPE).

## WHO SHOULD ATTEND

- This course is designed for employees, supervisors, health and safety representatives, and any individuals who may need to provide first aid in the workplace or community.
- It is suitable for those with no prior first aid training as well as those seeking to refresh their skills.

## COURSE OUTLINE

### Day 1: Foundational Principles of Basic Life Support and First Aid

- Introduction to the unit standard and SAQA requirements
- Legal aspects, consent, and duty of care
- Emergency scene management: scene safety, assessment, and calling for help
- Primary survey (DRABC) and secondary survey
- Adult CPR (chest compressions and rescue breaths)
- Choking management (conscious and unconscious)
- Control of bleeding and application of dressings and bandages
- Recognition and management of shock

### Day 2: Advanced First Aid Procedures and Practical Integration

- Fractures, dislocations, and splinting techniques
- Spinal injury management and log roll
- Medical emergencies: signs and first aid for cardiac chest pain, stroke, asthma, diabetes, and seizures
- Burns: classification and treatment; electrical injuries
- Environmental emergencies: hypothermia, heat stroke, drowning
- Poisoning, bites, and stings (snake, spider, scorpion, etc.)
- Practical scenario integration (multiple casualties, prioritization)
- Summative assessment and course evaluation

## 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 **5 NQF credits** at **NQF Level 1**.

## PRICING (PER DELEGATE, EX-VAT)

| Delegates | Training Method      | Price per Delegate | Total       |
|-----------|----------------------|--------------------|-------------|
| 1         | Online               | R 11,300.00        | R 11,300.00 |
| 1         | In-House             | R 14,700.00        | R 14,700.00 |
| 1         | On-Campus (Pretoria) | R 17,000.00        | R 17,000.00 |

## UPCOMING SESSIONS

| Start       | End         | Method    | Venue                    |
|-------------|-------------|-----------|--------------------------|
| 24 Aug 2026 | 25 Aug 2026 | On-Campus | Victoria Falls, Zimbabwe |
| 24 Aug 2026 | 25 Aug 2026 | On-Campus | Harare, Zimbabwe         |
| 24 Aug 2026 | 25 Aug 2026 | On-Campus | Durban, South Africa     |
| 26 Aug 2026 | 27 Aug 2026 | On-Campus | Abu Dhabi, UAE           |
| 26 Aug 2026 | 27 Aug 2026 | On-Campus | Shenzhen, China          |
| 26 Aug 2026 | 27 Aug 2026 | On-Campus | Bangkok, Thailand        |
| 01 Sep 2026 | 02 Sep 2026 | On-Campus | Lusaka, Zambia           |
| 01 Sep 2026 | 02 Sep 2026 | On-Campus | Victoria Falls, Zimbabwe |

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](http://www.aaticd.co.za), open the page for this course (Unit Standard 119567) 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](mailto: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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