



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

Asepsis and Sterility Principles in Healthcare

Health Sciences and Social Services / Curative Health

Unit Standard 256536 · NQF Level 4 · 12 Credits · 9 Days

COURSE OVERVIEW

This course equips healthcare workers with the knowledge and skills to apply asepsis and sterility principles, preventing healthcare-associated infections and ensuring patient safety. Participants will learn to maintain sterile fields, perform aseptic procedures, and manage infection control in clinical settings.

Category	Health Sciences and Social Services
Subfield	Curative Health
Unit Standard	256536
Accreditation	SAQA Accredited · NQF Level 4 · 12 Credits
Duration	9 days
Training Method	Online, On-Campus, In-House
Certificate	Issued via AATICD LMS – verifiable online

LEARNING OUTCOMES

- Apply the principles of asepsis and sterility to prevent infection in a healthcare environment
- Demonstrate correct hand hygiene techniques and use of personal protective equipment
- Prepare and maintain a sterile field for clinical procedures
- Identify and manage breaches in aseptic technique
- Implement infection control measures according to standard protocols
- Evaluate the effectiveness of aseptic practices in patient care

WHO SHOULD ATTEND

- This course is designed for healthcare professionals including nurses, clinical technicians, and support staff working in hospitals, clinics, or other healthcare facilities in South Africa.

COURSE OUTLINE

Day 1: Introduction to Asepsis and Sterility

- Definitions: asepsis, sterile, clean, contaminated
- History of asepsis: Semmelweis, Lister, Pasteur
- Chain of infection
- Healthcare-associated infections (HAIs)
- Principles of infection prevention and control
- Regulatory framework: SAQA, HPCSA, WHO guidelines

Day 2: Microbiology for Asepsis

- Bacteria, viruses, fungi, prions
- Pathogenicity and virulence
- Reservoirs and sources of infection
- Modes of transmission: contact, droplet, airborne
- Microbial growth requirements
- Spore formation and significance

Day 3: Hand Hygiene and Standard Precautions

- Hand hygiene: WHO guidelines
- Alcohol-based hand rub vs. soap and water
- Surgical hand antisepsis
- Gloving: sterile vs. clean
- Personal protective equipment (PPE)
- Respiratory hygiene and cough etiquette
- Waste management and sharps safety

Day 4: Sterilization Methods and Principles

- Steam sterilization (autoclaving)
- Ethylene oxide (ETO) sterilization
- Hydrogen peroxide plasma sterilization
- Dry heat sterilization
- Filtration and radiation
- Biological, chemical, and physical indicators
- Sterilization validation and record keeping

Day 5: Disinfection and Antisepsis

- Levels of disinfection: high, intermediate, low
- Chemical disinfectants: alcohols, chlorine, aldehydes
- Antiseptics: chlorhexidine, iodine, alcohol
- Environmental cleaning protocols
- Spaulding classification
- Disinfection of equipment and surfaces
- Safety and handling of chemicals

Day 6: Aseptic Technique in Clinical Procedures

- Creating and maintaining a sterile field
- Sterile gowning and gloving

- Aseptic technique for wound dressing
- Urinary catheterization: aseptic precautions
- Central line insertion and care
- Surgical site preparation
- Common errors and how to avoid them

Day 7: Sterile Supply Management and Central Sterile Services Department (CSSD)

- CSSD layout and workflow
- Decontamination: cleaning, disinfection, sterilization
- Packaging materials and methods
- Sterile storage: shelving, rotation, expiry
- Transportation of sterile supplies
- Quality control: biological indicators, logs
- Traceability and documentation

Day 8: Infection Prevention and Control Programs

- Elements of an IPC program
- Surveillance of HAIs
- Outbreak investigation and control
- Antimicrobial stewardship basics
- Infection control committee structure
- Staff education and competency assessment
- Audits and feedback

Day 9: Practical Integration and Assessment

- Case studies: infection prevention challenges
- Simulation scenarios
- Practical exam: aseptic technique
- Written assessment
- Action plan for practice improvement
- Course review and 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 **12 NQF credits** at **NQF Level 4**.

PRICING (PER DELEGATE, EX-VAT)

Delegates	Training Method	Price per Delegate	Total
1	Online	R 24,400.00	R 24,400.00
1	In-House	R 31,700.00	R 31,700.00
1	On-Campus (Pretoria)	R 36,600.00	R 36,600.00

UPCOMING SESSIONS

Start	End	Method	Venue
21 Aug 2026	02 Sep 2026	On-Campus	Harare, Zimbabwe
21 Aug 2026	02 Sep 2026	On-Campus	Dubai, UAE
24 Aug 2026	03 Sep 2026	On-Campus	Victoria Falls, Zimbabwe
24 Aug 2026	03 Sep 2026	On-Campus	Abu Dhabi, UAE
25 Aug 2026	04 Sep 2026	On-Campus	Durban, South Africa
26 Aug 2026	07 Sep 2026	On-Campus	Shenzhen, China
27 Aug 2026	08 Sep 2026	On-Campus	Harare, Zimbabwe
28 Aug 2026	09 Sep 2026	On-Campus	Bangkok, Thailand

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 256536) 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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