



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

First Aid Level 1, 2 & 3

Custom Courses / Health, Safety and Environment (HSE)

Unit Standard AATICD-0299 · NQF Level 5 · 20 Credits · 10 Days

COURSE OVERVIEW

This comprehensive course equips learners with the knowledge and practical skills required to handle emergency situations effectively. It covers basic to advanced first aid principles, including life support, trauma management, and environmental emergencies, ensuring participants can respond confidently and competently in the workplace and community.

Category	Custom Courses
Subfield	Health, Safety and Environment (HSE)
Unit Standard	AATICD-0299
Accreditation	SAQA Accredited · NQF Level 5 · 20 Credits
Duration	10 days
Training Method	Online, On-Campus, In-House
Certificate	Issued via AATICD LMS – verifiable online

LEARNING OUTCOMES

- Apply the principles of primary and secondary survey to assess an emergency scene and casualties.
- Demonstrate the correct techniques for performing CPR on adults, children, and infants, including the use of an AED.
- Evaluate and manage a range of medical emergencies, including cardiac arrest, choking, anaphylaxis, and seizures.
- Implement appropriate first aid procedures for traumatic injuries, such as bleeding, fractures, burns, and spinal injuries.
- Analyze environmental emergencies and provide effective first aid for heatstroke, hypothermia, and poisoning.
- Design and implement an emergency action plan for a workplace or community setting.

WHO SHOULD ATTEND

- This course is ideal for workplace safety representatives, emergency response team members, supervisors, and any individuals seeking to enhance their first aid skills.
- It is also suitable for those required to hold a first aid certification as part of their job role.

COURSE OUTLINE

Day 1: Introduction to First Aid and Legal/Ethical Framework

- Definition and aims of first aid
- Legal aspects: Good Samaritan Law, consent, negligence, and scope of practice
- Ethical considerations: confidentiality, do no harm, and duty of care
- Emergency action principles: scene survey, primary survey, and secondary survey
- Infection control and universal precautions
- Personal protective equipment (PPE) and barrier devices

Day 2: Anatomy and Physiology for First Aid

- Overview of the skeletal, muscular, nervous, respiratory, and circulatory systems
- Key landmarks: chest, abdomen, head, and limbs
- The respiratory system: airway, breathing, and oxygenation
- The circulatory system: heart, blood vessels, and blood
- The nervous system: brain, spinal cord, and nerves
- Introduction to shock: types and physiological response

Day 3: Primary Survey and Basic Life Support (BLS)

- The ABCDE approach (Airway, Breathing, Circulation, Disability, Exposure)
- Assessment of responsiveness and breathing
- CPR: chest compressions, rescue breaths, and cycles
- AED operation and safety
- Choking management: back blows and abdominal thrusts
- Recovery position and ongoing care

Day 4: Secondary Survey and Vital Signs

- Secondary survey: history taking (AMPLE) and head-to-toe assessment
- Vital signs: pulse, respiration, blood pressure, temperature, and oxygen saturation
- Normal ranges and variations across age groups
- Documentation of findings and handover procedures
- Recognizing red flags and early warning signs
- Communication skills for patient interaction

Day 5: Wound Care and Bleeding Control

- Types of wounds: abrasions, lacerations, punctures, avulsions, and amputations
- External and internal bleeding: assessment and management
- Direct pressure, elevation, and pressure points
- Tourniquets and haemostatic dressings
- Wound cleaning and infection prevention
- Dressing selection and application techniques

Day 6: Fractures, Dislocations, and Soft Tissue Injuries

- Musculoskeletal injuries: types and mechanisms
- Signs and symptoms of fractures and dislocations
- Principles of splinting: manual, rigid, and improvised
- Specific splinting techniques for upper and lower extremities
- Soft tissue injuries: sprains, strains, and contusions

- RICE (Rest, Ice, Compression, Elevation) protocol

Day 7: Medical Emergencies

- Heart attack and angina: signs, symptoms, and initial care
- Stroke: FAST assessment and management
- Asthma and COPD: inhaler use and positioning
- Anaphylaxis: recognition and adrenaline auto-injector use
- Diabetes: hypoglycaemia and hyperglycaemia
- Seizures: types, first aid, and aftercare

Day 8: Environmental Emergencies

- Heat emergencies: heat cramps, heat exhaustion, and heat stroke
- Cold emergencies: hypothermia and frostbite
- Poisoning: ingestion, inhalation, and skin exposure
- Snake bites, spider bites, and scorpion stings
- Burns: thermal, chemical, and electrical
- Electrical injuries and lightning strikes

Day 9: Paediatric and Obstetric Emergencies

- Differences in anatomy and physiology in children
- Paediatric CPR and choking management
- Common childhood injuries and illnesses
- Fever, dehydration, and febrile seizures
- Obstetric emergencies: labour, delivery, and postpartum care
- Neonatal resuscitation basics

Day 10: Incident Management, Review, and Assessment

- Incident management: command, control, and communication
- Triage systems: colour coding and prioritization
- Casualty handling and transport considerations
- Team dynamics and leadership in emergencies
- Review of key concepts and skills
- Practical and written assessment preparation

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 **20 NQF credits** at **NQF Level 5**.

PRICING (PER DELEGATE, EX-VAT)

Delegates	Training Method	Price per Delegate	Total
1	Online	R 27,600.00	R 27,600.00
1	In-House	R 35,900.00	R 35,900.00
1	On-Campus (Pretoria)	R 41,400.00	R 41,400.00

UPCOMING SESSIONS

Start	End	Method	Venue
30 Sep 2026	13 Oct 2026	On-Campus	London, UK
01 Oct 2026	14 Oct 2026	On-Campus	Maseru, Lesotho
01 Oct 2026	14 Oct 2026	On-Campus	Shenzhen, China
02 Oct 2026	15 Oct 2026	On-Campus	Blantyre, Malawi
05 Oct 2026	16 Oct 2026	On-Campus	Windhoek, Namibia
06 Oct 2026	19 Oct 2026	On-Campus	Kigali, Rwanda
06 Oct 2026	19 Oct 2026	On-Campus	Lusaka, Zambia
07 Oct 2026	20 Oct 2026	On-Campus	Nairobi, Kenya

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 AATICD-0299) 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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