

COURSE CONTENT FOR: Department of Labour accredited First aid Course

UNIT ONE: SAFETY FOR THE FIRST AIDER AND THE CASUALTY

UNIT TWO: ASSESSING THE CASUALTY

- Levels of consciousness
- Response and assessment
- Recovery position
- Medic-alert information
- Immediate action in an emergency situation
- Calling for help/Emergency response numbers

UNIT THREE: ARTIFICIAL RESPIRATION AND CARDIOPULMONARY RESUSCITATION IN AN ADULT

UNIT FOUR: Choking

UNIT FIVE : Allergic reactions

- : Snake and spider bites.
- : Chest pain and heart attacks
- : Fainting
- : Seizures

UNIT SIX: WOUNDS AND BLEEDING – Internal and external

- : Cuts
- : Puncture wounds
- : Eye injuries
- : Nosebleeds
- : Bleeding from the mouth
- : Amputation
- : Shock

UNIT SEVEN: HEAD/SPINE INJURES AND INJURIES TO BONES AND JOINTS

UNIT NINE: BURNS

- Steam, electrical
- Frostbite, hypothermia
- Heat related emergencies

UNIT TEN: POISONING – SKIN AND FUMES

UNIT ELEVEN: FIRST AID KITS and SUPPLIES