

First Aid Level 1 & Level 2

Detailed course content as per Department of Labour (DOL) requirements



AiR

The following document contains detailed course content as per DOL requirements. AIR Training, Consulting & Services fully adheres to DOL legislation. This information may also be retrieved from DOL.

First Aid Level 1 & Level 2 - perform basic life support and first aid procedures

Department of Labour Registration Number: CI 345/3/12/1

Level 1 Duration: 2 days

Level 2 Duration: 3 days

PURPOSE OF THE UNIT STANDARD:

The purpose of first aid is to recognise and provide immediate first aid care in the case of a sudden injury or illness. The candidate will be equipped to administer first aid care until advanced medical personal arrive and takeover.

LEVEL 1 - MINIMUM COMPULSORY CONTENT:

- Principles of first aid and safety; emergency scene management
- Artificial respiration
- One-rescuer CPR
- Choking
- Wounds and bleeding
- Shock, unconsciousness and fainting
- Fractures
- Burns
- Head and spinal injuries

LEVEL 2 - MINIMUM COMPULSORY CONTENT:

- Principles of first aid and safety; emergency scene management
- Artificial respiration
- Choking
- Wounds and bleeding
- Shock, unconsciousness and fainting
- Fractures
- Head and spinal injuries
- Joint injuries and rescue carries
- Chest injuries
- Hand injuries
- Eye injuries
- Multiple injury management
- One and two rescuer adult CPR
- Pelvic and abdominal injuries
- Child and infant resuscitation
- Environmental illnesses and injuries
- Burns
- Poisoning, bites and stings
- Chest pain and paralysis
- Fits
- Management of foreign objects
- Soft tissue injuries
- Elementary and applied anatomy and physiology