



FIRST AID Level 2

SAQA US: 120496
 NQF Level: 2, SAQA Credits: 5
 SAIOSH CPD Credits: 5
 Duration: 2 Days
 DEL ACCR. No. CI 583/3/12/1

Course description

The First Aid Level 2 course will be useful for employees to enable them to provide primary emergency care (first aid) in response to an occupational risk induced or any health emergency in their specific workplaces.

Course outcome

Students will be able to:

- Demonstrate the principles of primary emergency care.
- Assess and control a single injury emergency scene in the workplace.
- Demonstrate primary emergency life support for adults, children and infants.
- Explain and manage shock.
- Carry out secondary assessment of the sick or injured person and provide appropriate primary emergency care at the scene.
- Keep records of the incident/accident.

Course Content

MODULE 1: INTRODUCTION TO FIRST AID

First Aid in the workplace.
 The aim of first aid.
 The importance of First Aid.
 First Aid Principles.
 The role and responsibility of the first aider.
 The Good Samaritan Principle.
 Patient consent.
 Safety and personal protection.
 First Aid Kit Contents.

MODULE 2: THE BASIC ANATOMY AND PHYSIOLOGY OF THE HUMAN BODY

Definitions .
 Anatomical Position .
 Body regions and parts.
 General structure of the human body.
 Body cavities.

MODULE 3: THE MAJOR ORGAN SYSTEMS

The Integumentary System.
 The Skeletal System.
 The Muscular System.
 Cardiovascular System.
 Nervous System.
 Endocrine System.
 Digestive System.
 Urinary System.
 Sensory System.
 Reproductive Systems.
 The male reproductive organs.

MODULE 4: EMERGENCY SCENE MANAGEMENT

Introduction.
 Steps of ESM.
 Step 1: Scene Survey.

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Step 2: Primary Survey.
Step 3: Secondary Survey.
Step 4: Ongoing Casualty Care.
Multiple casualty management (triage).

MODULE 5: SHOCK

First aid for shock.
Fainting.
First aid for fainting.

MODULE 6: AIRWAY AND BREATHING EMERGENCIES

Introduction.
Hypoxia.
Effective and ineffective breathing.
First aid for ineffective breathing.
Inhalation injuries.
Chronic Obstructive Pulmonary Disease (COPD).
Asthma.
Severe allergic reaction.
Choking.
Asphyxia.

MODULE 7: CARDIOVASCULAR EMERGENCIES AND CARDIOPULMONARY RESUSCITATION (CPR)

Cardiovascular disease.
Angina and heart attack.
Chain of survival.
Stroke and transient ischemic attack (TIA).
Cardiac arrest.

MODULE 8: WOUNDS AND BLEEDING

Dressings, bandages, and slings.
Bandages.
Types of Wounds.
Bleeding.
Internal bleeding.
Amputations .
Minor Wound Care.
First aid for hand and foot injuries.
Chest injuries.
Abdominal injuries.
Crush injuries.
Scalp and facial injuries.
Eye injuries.
Burns.

MODULE 9: BITES AND STINGS

Rabies.
Insect Stings.
Tick Bites.
Lyme Disease.
Animal and human bites.
Snakebite.
Insect bites and stings.

MODULE 10: BONE AND JOINT INJURIES

Fractures.
Dislocations & Sprains.
Head and spinal injuries.
Pelvic injury.
Chest injury.
Splinting materials.
First aid for specific bone & joint injuries.

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MODULE 11: OTHER FIRST AID EMERGENCIES

Diabetes.

Seizures and convulsions.

MODULE 12: ENVIRONMENTAL EMERGENCIES

Cold-related injuries.

Hypothermia.

Trench Foot.

Heat-related injuries.

Heat cramps.

Heat exhaustion.

Heatstroke (hyperthermia or sunstroke).

Lightning injuries.

Poisoning.

MODULE 13: RECORD

Keep records of the incident / accident

THEORETICAL ASSESSMENT

Formative Assessment (Open book test).

Summative Assessment (Closed book test).

PRACTICAL ASSESSMENT

Scene survey.

Primary survey.

Secondary survey.

Recovery position.

CPR and AED.

Chocking – conscious patient.

Bleeding and shock management.

Fracture management.

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