

FIRSTRAC TRAINER'S KIT COURSE CONTENT ©

Level 1 & 2 First Aid Training

[To be Unit Standard aligned to comply with Department of Labour "Approval" and SETA "Accreditation" requirements]

Part 1 Legal / Protocol

★ Intro to Legal Requirements ★ General Safety Regulations - First Aid, Emergency Equipment and Procedures ★ Competent First Aider/s on Duty ★ Specialized Training ★ Notices, Signs and Name of First Aider ★ Employee to Report Incidents to the Employer ★ Employer to Report Incidents to the Department of Labour ★ Disturbing the Scene of an Incident ★ Employer to Record and Investigate Incidents ★ Eye Wash Fountain ★ Fast-Reacting Deluge-Shower ★ Emergency Numbers ★ Legal and Ethical Considerations ★ Duty to Act ★ The Law of Consent ★ Actual Consent ★ Parental / Guardian Consent ★ Implied Consent ★

Part 2 Prevention and Protection

★ Intro to Occupational Health & Safety ★ Reasons Incidents Occur ★ Safety Dangers, Hazards & Risks ★ Main Causes of Safety Related Injuries and Deaths ★ Common Health Dangers, Hazards & Risks ★ Main Causes of Health-Related Diseases and Deaths ★ Personal Protective Equipment and Clothing ★ First Aider or Rescuer? ★ HIV & Aids and the First Aider ★ First Aid Box and Equipment ★ Minimum Content First Aid Box ★ Personal First Aid Box ★ Material Safety Data Sheets & Labels ★

Part 3 Life Saving CPR

★ How to Approach an Incident Scene ★ The Primary Survey CAB Method ★ Recovery Position ★ CPR Cardio Pulmonary Resuscitation ★ Role of CPR ★ CPR Adult One Rescuer ★ Two Rescuers ★ Child & Infant - Rescuer ★ The Head-Tilt/Chin-Lift Maneuver ★ Rescue Breathing ★ Adult ★ Child/Infant ★ Choking & Drowning ★ Conscious Person Adult ★ Common Causes of Obstructions ★ The Abdominal Thrust ★ Unresponsive Adult ★ Unresponsive Child or Infant ★ Complete Obstruction ★ Drowning ★ Types ★ Near Drowning Once Out of the Water ★ Dry Drowning ★

Part 4 Secondary Survey & Shock

★ The Secondary Survey ★ Medic Alert ★ EMS [Emergency Medical Services] ★ Telephone Numbers ★ Shock ★ Types ★ Fainting & Unresponsiveness ★

Part 5 Injuries

★ Wounds & Control of Bleeding ★ External ★ Major External ★ Minor External ★ Internal ★ Common Areas ★ Nose ★ Impaled Foreign Object ★ Amputation ★ Fractures, Sprains & Dislocations ★



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Types ★ Splinting a Broken Forearm ★ Arm Sling ★
Elevated Arm Sling ★ Sprains and Strains ★
Dislocations ★ Head Injuries ★ Head Injury ★ Open
Lacerations to the Scalp ★ Skull Fractures
★ Concussion ★ Neck and Spine Injuries ★ Structure
★ Signs & Symptoms ★ The Jaw Thrust Open the
Airway ★ Suspected Neck and Spine Injury
★ Performing CPR ★ Lifting and Moving a Patient
★ Emergency Reasons ★ Position the Team
★ Instructions Lift, Move and Lower ★ Burns
★ Sources ★ Degrees ★ Thermal ★ Chemical
★ Liquid Chemical ★ Dry Chemical ★ Electrocutation
★ Electric Shock ★ Effects ★ Isolation ★ Burns ★
Heat Related Illnesses ★ Heat Exhaustion ★ Heat
Stroke ★ Smoke, Chemicals and Poisons ★
Ingestion, Inhalation or Absorption ★ Smoke and
Chemical Inhalation ★ Poison and Chemical
Ingestion ★ Bites and Stings ★ Snake Bite ★ Dog
Bite ★ Spider Bites ★ Bee Stings ★ Blue Bottles ★
Eye Injuries ★ Chemicals in the Eye ★ Eye Cuts,
Scratches or Blows to the Eye ★

Part 6 Lifestyle Illnesses

★ Heart Disease ★ Risk Factors ★ Angina ★ Heart
Attack ★ Stroke ★ Diabetes ★ How Insulin Works ★
Hyperglycemia & Hypoglycemia ★ Diabetes ★ Types

★ Diabetic Emergency Conscious Patient ★
Unresponsive Patient ★ Asthma & Epilepsy ★
Epilepsy and Seizures ★ Major ★ Minor ★

Part 7 Evaluation

★ Practical / Oral Assessments
★ Scenarios ★ Heart Attack ★ Bleeding ★ Fractures
★ Burns ★ Epilepsy & Fits ★ Multiple Choice Test ★

Part 8 Conclusion

★ Course Evaluation ★ In Conclusion ★ Plan of
Action ★

OTHER TRAINER'S KITS FROM INTRA

ACTRAC	Occupational Health & Safety Act
CLAIMTRAC	Injuries & Diseases Claims
CONREGS	Construction Regulations 2014
ELECTRAC	Introduction to Electricity
FALLTRAC	Working @ Heights & Fall Arrest
FIRETRAC	Fire Prevention & Protection
FIRSTRAC	1st Aid [Approval & Accreditation]
HASREP	Health & Safety Rep & Committee
HIRA	Hazard Identification Risk Assessment
INDUCTOR	Induction & Awareness
INVESTRAC	Incident Investigation
NOISETRAC	Noise-Induced Hearing Loss
SUPERTRAC	Supervisory Management Skills



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