EMCARE TRAINING ACADEMY

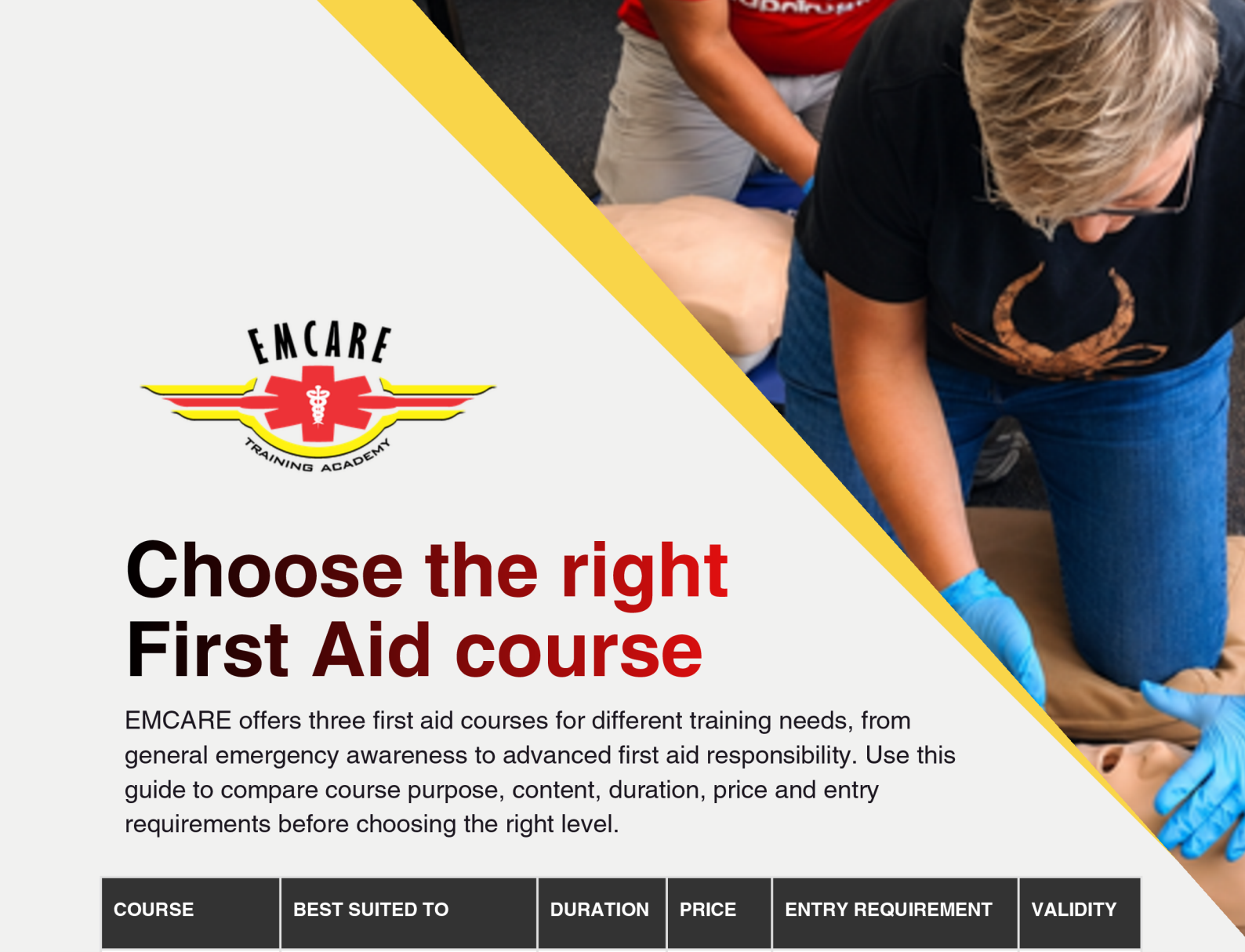
First Aid
Course Guide

Accredited First Aid Training Nationwide

Gain the skills to act fast in a medical crisis.



WWW.EMCARE.ORG



Choose the right First Aid course

EMCARE offers three first aid courses for different training needs, from general emergency awareness to advanced first aid responsibility. Use this guide to compare course purpose, content, duration, price and entry requirements before choosing the right level.

COURSE	BEST SUITED TO	DURATION	PRICE	ENTRY REQUIREMENT	VALIDITY
First Aid Level 1	Beginners and workplace first aiders	2 days	R1 450	No previous first aid qualification	3 years
First Aid Level 2	Intermediate workplace responders	3 days	R1 950	Valid FA1 certificate	3 years
First Aid Level 3	Advanced and high-responsibility responders	4 days	R2 450	Completed FA1 and FA2	3 years

NEXT STEP

See detailed content, learning outcomes and entry requirements for each course on the following pages

First Aid Level 1
Page: 02

Current schedules and booking:
emcare.org/course-schedules | **Call** 0861 362 273



FIRST AID

LEVEL 1 COURSE

First Aid Level 1 introduces learners to emergency care and develops the theoretical knowledge and practical skills required to provide basic first aid. It is delivered by registered healthcare professionals.

COURSE CODE FA1	**LEVEL** Beginner
DURATION 2 days	**PRICE** R1 450
CERTIFICATE VALIDITY 3 years	**COURSE TYPE** Short Learning Programme
VENUE LOCATIONS Available at all EMCARE branches. Available at your premises for groups of 8+	**QUALITY ALIGNMENT** DOL · DME · TETA · US119567

BLENDED LEARNING AVAILABLE
Complete the **theory online** → attend **practical training and assessment** at an EMCARE branch.

Who should attend?

Beginners, employees preparing for workplace first aid responsibilities and people who want a certified introduction to emergency care. FA1 is the starting point for the three formal first aid levels.

Entry requirements

No previous first aid qualification is required. Participants must be able to read and write in English. Local-language instructors may be requested for groups of 10 or more.

WHAT YOU WILL LEARN

- Principles of emergency care and safety
- Shock, unconsciousness and fainting
- Artificial respiration
- Burns
- Head and spinal injuries
- Emergency care equipment
- Emergency scene management
- One-rescuer adult CPR
- Choking
- Fractures
- Wounds and bleeding
- Legal implications and ethics

Learner manual, training equipment, and presentation equipment included

Book a dedicated course at your premises or an EMCARE branch. On-site training available for groups of 8 or more.

First Aid Level 2
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FIRST AID

LEVEL 2 COURSE

Learners complete theoretical and practical training and must demonstrate practical skills such as CPR and choking responses competently.

COURSE CODE FA2	**LEVEL** Intermediate
DURATION 3 days	**PRICE** R1 950
CERTIFICATE VALIDITY 3 years	**COURSE TYPE** Short Learning Programme
VENUE LOCATIONS Available at all EMCARE branches. Available at your premises for groups of 8+	**QUALITY ALIGNMENT** DOL · DME · TETA · US120496

Who should attend?

People who hold a valid First Aid Level 1 certificate and want to expand their emergency-response skills. It is suited to supervisors, designated workplace responders and people who work with children.

Entry requirements

Participants must hold a valid First Aid Level 1 certificate and be able to read and write in English. Local-language instructors may be requested for groups of 10 or more.

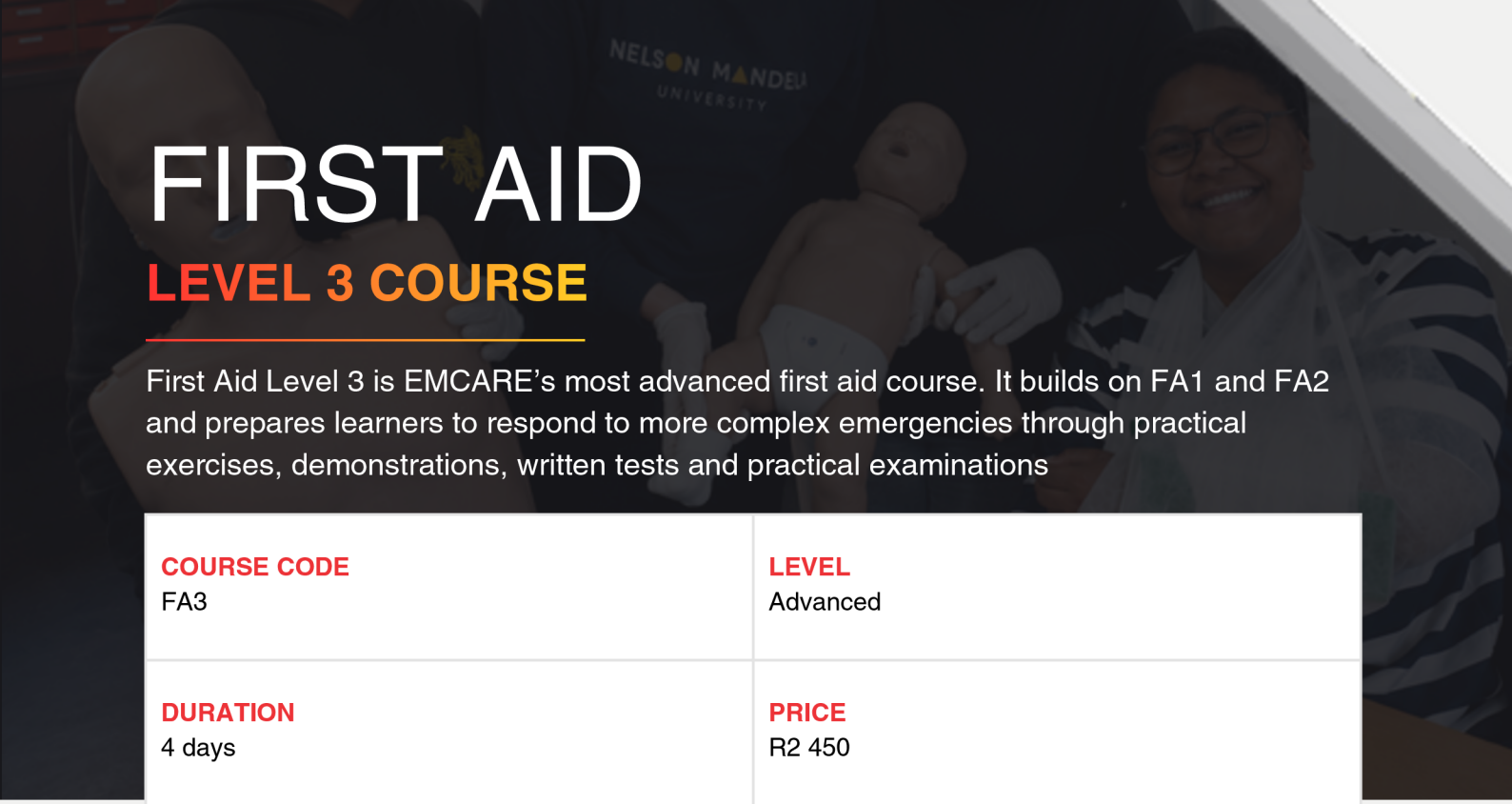
WHAT YOU WILL LEARN

- Revision of First Aid Level 1
- Child and infant CPR
- Chest and eye injuries
- Abdominal and pelvic injuries
- Poisoning, bites and stings
- Drowning and diving accidents
- Emergency equipment
- One- and two-rescuer CPR
- Joint and sports injuries
- Multiple-injury management
- Environmental illnesses and injuries
- Chest pain, diabetes, epilepsy
- Rescue carries
- Elementary and applied anatomy

Learner manual, training equipment, and presentation equipment included

Book a dedicated course at your premises or an EMCARE branch. On-site training available for groups of 8 or more.

First Aid Level 3
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FIRST AID

LEVEL 3 COURSE

First Aid Level 3 is EMCARE's most advanced first aid course. It builds on FA1 and FA2 and prepares learners to respond to more complex emergencies through practical exercises, demonstrations, written tests and practical examinations

COURSE CODE FA3	**LEVEL** Advanced
DURATION 4 days	**PRICE** R2 450
CERTIFICATE VALIDITY 3 years	**COURSE TYPE** Short Learning Programme
VENUE LOCATIONS Available at all EMCARE branches. Available at your premises for groups of 8+	**QUALITY ALIGNMENT** DOL · DME · TETA · US254220

Who should attend?

Emergency Response Team and medical team leaders, first responders, security professionals, lifeguards, teachers, workplace supervisors, people in hazardous occupations and people working in remote areas.

Entry requirements

Participants must be able to read and write in English and must have completed First Aid Levels 1 and 2. Local-language instructors may be requested for groups of 10 or more.

WHAT YOU WILL LEARN

- Revision of First Aid Levels 1 and 2
- Water-related emergencies
- Management of special patients
- Practical demonstrations and exercises
- Emergency childbirth
- Behavioural emergencies
- Emergency oxygen therapy
- Written tests and practical examinations

Learner manual, training equipment, and presentation equipment included

Book a dedicated course at your premises or an EMCARE branch. On-site training available for groups of 8 or more.

EMCARE Branches
Page: 05

OUR
TRAINING CENTRES

JOHANNESBURG BRANCH

Telephone: 011 568 0298
Email: JHBsales@emcare.org
Address: Shop 11 & 20, Constantia Office Park,
East Rand, Corner 14th Avenue &
Hendrik Potgieter, Weltevreden, Roodepoort, Johannesburg, Gauteng, 1709

POLOKWANE BRANCH

Telephone: 015 295 4578
Email: PLKsales@emcare.org
Address: The Training Venue, Plot 5, Geluk Street
Myngenoegen, 0699, Polokwane, Limpopo, 0700

DURBAN BRANCH

Telephone: 031 020 0332
Email: DBNsales@emcare.org
Address: 1ST FLOOR, 635-641, MB House, Peter Mokaba Ridge,
Overport, Durban North, 4001

PORT ELIZABETH BRANCH

Telephone: 041 368 1034
Email: PEsales@emcare.org
Address: Office 19, Walmer Downs Training Centre
Cnr Overbaakens & William Moffett Expressway
Port Elizabeth, Eastern Cape, 6070

CAPE TOWN BRANCH

Telephone: 021 020 0773
Email: CPTsales@emcare.org
Address: 23 Brug Street, Busaf Park, Triangle Farm Unit 6, 7 & 8
Bellville, Cape Town, 7530

NELSPRUIT BRANCH

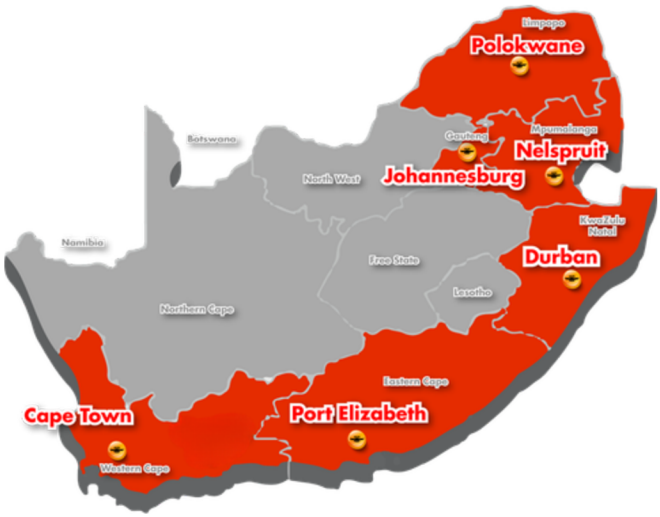
Telephone: 013 004 1216
Email: NLPsales@emcare.org
Address: 32 Van Rensburg Street, Sonheuwel Central,
Nelspruit, Mbombela, Mpumalanga, 1200



GET IN TOUCH

TRAINING AVAILABLE NATIONWIDE





CONTACT US :

0861 EMCARE (0861 362 273)

www.emcare.org

07h30 - 16h30 (Monday - Friday)