

## **First Aid Course - Level One**

Candidates can enter either Level one or two directly.

16 HOURS + 2 HOURS EVALUATION (2 days)

Principles of First Aid & Safety Management.

Emergency Scene Management

Artificial Respiration

One-Rescuer CPR

Choking

Wounds & Bleeding

Shock, Unconsciousness & Fainting

Fractures

Burns

Head & Spinal injuries

Heart Attacks & Stroke

Contents of a First Aid Kit

**Plus elective modules customized to meet the needs of the workplace**