



NFAST

NATIONAL FIRST AID AND SAFETY TRAINING cc
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***** **GET TRAINED BY THE BEST TO BE THE BEST!** *****

~ **Contact us for all your Occupational Health and Safety training and supplies** ~

ABOUT OUR COURSES

First Aid Level 1 / Basic Pre-School first Aid

This is a basic entry level course that deals with the basics of first aid, assisting in a medical emergency.

Topics covered: Basic principles of a first aider, Examination of a patient, Choking, CPR, Shock & Fainting, Wounds, Bleeding, Burn wounds, minor fractures, wound dressings and bandages.

First Aid Level 2 / Adv Pre-School first Aid

This is more detailed than Level 1, We have the option of doing First Aid level 1 & 2 combined as one course. Every company should at least have a Level 2 first aider to deal with medical conditions (Diabetes, Epilepsy, Asthma, etc)

Topics covered: Basic principles of a first aider, Levels of consciousness, Examination of a patient, Triage, Choking, CPR, Shock & Fainting, Wounds, Bleeding, Burn wounds, Fractures and spinal injuries, Wound dressings and bandages, Poisoning Bites & Stings, Environmental and Soft Tissue injuries, Medical conditions such as Diabetes, Epilepsy, Stroke, Hyperventilation, Heart attack. Anatomy and Physiology.

First Aid Level 3

This is advanced first aid, and highly recommended for the person taking charge of first aid in the workplace, Persons must be in possession of a valid First aid level 2 certificate.

Topics covered: Basic principles of a first aider, Levels of consciousness, Examination of a patient, Triage, Choking, CPR, Shock & Fainting, Wounds, Bleeding, Burn wounds, Drowning, Carrying techniques, Fractures and spinal injuries, Wound dressings and bandages, Poisoning Bites & Stings, Child birth, Environmental and Soft Tissue injuries, Medical conditions such as Diabetes, Epilepsy, Stroke, Hyperventilation, Heart attack. Anatomy and Physiology.

CPR course

This is a basic course that teaches the correct way of doing CPR, and how to assist a choking patient.

HIV/ Aids awareness

This is a basic course educating people about the HIV virus and aids awareness.

Topics covered: Understanding sexuality, Understanding STI's, HIV, AIDS & STD's, Ways you can be infected and prevention., Stages of HIV, HIV and the communities, HIV testing and counselling, The constitution and rights of people living with HIV.

Health and Safety Rep (SHE Rep)

This is a basic Health and safety rep course, which will teach the learner how to read and understand the Occupational Health and Safety Act 85 of 1993.

Topics covered: About the OHS Act, Duties of Employees, Employers, and SHE Reps, Health & Safety Committees, Signage, OHS Regulations, Intro to accident / incident investigation

Health and Safety Induction

This is a basic course, which teaches employees the importance of complying with the Occupational Health and Safety Act 85 of 1993, and PPE.

Fire Marshall / Fire Fighting

The objective of the training is to provide the learner with sound knowledge of the effective fire safety practices, identification and safe use of portable fire fighting equipment and the procedures to be adopted in the event of an outbreak of fire.

Topics covered: What is fire?, Fire triangle, Fire Prevention, Extinguishing a Fire, Fire Extinguishers, First Aid For Burn Wounds

Fire awareness

The training is to provides staff with basic knowledge of the effective fire safety and prevention practices, identification and safe evacuation and the procedures to be adopted in the event of an outbreak of fire.

Emergency Evacuation Leader

The course is designed to give evacuation leaders the knowledge of what to do and how to safely evacuate a building in case of an emergency. We look at the following evacuation aspects: Fire, Bomb scare, Riot, Planning a emergency drill, Alarms, Correct way to co-ordinate and evacuate, and roll call procedure.

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