

VOCATIONAL SCHOOL

Health Care

# First Aid Level 1



**INTEC**  
COLLEGE  
Leader in Distance Learning

Build your future the INTEC way



Accidents happen at work and at home. That's just life. You can't avoid them, but you can definitely prepare yourself for dealing with an unexpected injury if and when it happens. Simply enrol on The South African Red Cross Society First Aid Level 1 Certificate.

This course will teach you the first level of assistance to an injured person. It will also show you how to look after someone until the emergency services and doctor can give the appropriate treatment.

Don't be a helpless bystander. Empower yourself with the South African Red Cross Society First Aid Level 1 Certificate.

## Programme Types offered at INTEC College

### NQF

**National Qualifications** are credit-bearing qualifications registered on the NQF (National Qualifications Framework) and accredited by a Quality Assurance Body, such as a SETA (Sector Education and Training Authority). A skills programme is an accredited component of a national qualification.

### Agent Programme

**Agent Programmes** are programmes for which INTEC offers tuition, but where INTEC does not issue the final certificate. The Agent body issues the final certificate and manages the final examinations.

### INTEC Programme

**INTEC Programmes** are INTEC's own programmes that are not linked to the NQF and are not credit-bearing. However, they are in high demand and carry the approval of the INTEC Academic Board. INTEC Programmes fall into FIVE categories:

### Career Programme

- **INTEC Career Programmes** are INTEC's own programmes that are designed to teach you the skills and knowledge to succeed in a particular career.

### Career Booster

- **INTEC Career Booster courses** are continuous professional development (CPD) short courses that help you add to your current professional knowledge in a particular field, and hence boost your abilities within your career.

### Career Starter

- **INTEC Career Starter courses** are short courses that introduce you to a particular field or career; and that offer you the opportunity to explore an interest or a skills set without having to enrol on a full programme.

### Job Creator

- **INTEC Job Creator courses** were designed to refine your skills in a particular field of interest; to teach you how to make a living from a particular skill, interest or hobby, and to help you start your own business.

### Self Enrichment

- **INTEC Self-Enrichment courses** are offered for self-enrichment purposes. They will add value to your experience of life in a particular chosen field of interest.

# First Aid Level 1 Certificate

Agent Programme

## Course Description

This course will teach you how to respond in an emergency, and give you the appropriate guidelines and procedures to follow. You will also learn how to deal with, and treat, a wide variety of injuries or conditions.



## Programme Type

The First Aid Level 1 Certificate is an **Agent Programme**.

## Entrance Requirements

Grade 10 (Std. 8) or equivalent, or relevant work experience.

## Course Duration

You should be able to complete this course within 12 months.

## Course Content

- The Principles of First Aid
- Action in an Emergency
- Multiple Casualties and Injuries
- Major First Aid Techniques
- The Recovery Position
- Wounds and Bleeding
- Bites and Stings
- Poisons
- Asphyxia
- Shock
- Burns
- Environmental Conditions
- Dressings and Bandages
- Fractures, Dislocations and Soft Tissue Injuries
- Spinal injury
- Moving the Casualty



## Course Outcomes

This course gives you a valuable life-skill, giving you the ability to assist in an emergency situation and provide immediate assistance to an injured person. The course could enhance your Curriculum Vitae, particularly if you are in any of the following fields or industries: Child Care, Aged Care, Community Service, the Hospitality or Tourism industry or the Fitness and Health field. The course could be treated as part of a Human Resource training initiative to provide staff with a skill that will benefit both their working life and home life.

## Assessment

You must submit multiple-choice test papers to the College for marking. You must also complete a 4 hour practical exam. Practical exams are held nationally at Red Cross Centres four times a year: March, June, September and December.

## Award

On successful completion of the Red Cross practical exam you will receive your South African Red Cross Society First Aid Level 1 Certificate.

## About the Red Cross

The Red Cross Society is a non-governmental organisation (NGO). The Red Cross provides a service to the community in home-based care and disaster relief. The South African Red Cross Society is listed as a training provider with the Health and Welfare SETA, reference no.: 369/04/03.





## Included in your course



(Level 1 Manual for South Africa).

(Disclaimer: Under no circumstances can the author of the textbook or INTEC College be held responsible for any injury, damage or death from the use of any of the procedures described.)

## Combine Your Studies

- Add **Child Day Care** to your First Aid Course and assist young ones in an emergency situation.
- Add **Home Health Care** to your First Aid Course and ensure that you are always prepared for any unexpected situation in and around the home.

Please contact us for more suggestions.

## From the Principal's desk

### Take your next step now!

Follow through on your decision to enhance your life and your future prospects by enrolling in INTEC's First Aid Level 1 course today!



### Why study with us?

- Quality study material designed specifically for home-study.
- The freedom to study at YOUR pace, where and when it suits YOU.
- The widest range of courses for today's world.
- Free consultations with INTEC's career counselling and development specialists.
- Free study choice advice from INTEC's Student Consultants.
- The convenience of online enrolment, contact and advice.
- Affordable, easy payment options.
- Ongoing study support and attention from qualified tutors.

### Umalusi Accreditation

INTEC College (Pty) Ltd has been awarded provisional accreditation by Umalusi. Umalusi is the Council for Quality Assurance in General and Further Education and Training in South Africa

- see [www.umalusi.org.za](http://www.umalusi.org.za)

Employers are legally permitted to claim from the Skills Levy Fund for investing in their employees' education, and are required to quote the following Provisional Accreditation No.: FET 00037 PA.

### DHET Registration

INTEC College (Pty) Ltd has been granted provisional registration by the Department of Higher Education and Training as a private FET College, until 31 December 2014.

Provisional registration No. 2008/FE07/025 - see [www.dhet.gov.za](http://www.dhet.gov.za). For further information please refer to our website: [www.intec.edu.za](http://www.intec.edu.za)

INTEC College (Pty) Ltd is committed to meeting legislative requirements regarding accreditation and registration of private education and training providers in South Africa.

Wishing you every success in your studies and your future!

Phillip Slatter  
INTEC College Principal



go to: [www.intec.edu.za](http://www.intec.edu.za) or email: [info@intec.edu.za](mailto:info@intec.edu.za)

### Call a Student Consultant:

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INTEC College (PTY) LTD FET 00037 PA is a member of both the National Association of Distance Education Organisations in South Africa (NADEOSA) and the Association of Private Providers of Education, Training and Development (APPETD).

INTEC is a Registered Credit Provider: NCRCP 2325

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