

Cardio Pulmonary Resuscitation (CPR) Training

Cardiopulmonary resuscitation (CPR) is an emergency procedure which is performed in an effort to manually preserve intact brain function until further measures are taken to restore spontaneous blood circulation and breathing in a person in cardiac arrest. It is indicated in those who are unresponsive with no breathing or abnormal breathing.

CPR alone is unlikely to restart the heart; its main purpose is to restore partial flow of oxygenated blood to the brain and heart. The objective is to delay tissue death and to extend the brief window of opportunity for a successful resuscitation without permanent brain damage.

Why CPR Training?

If you were with someone who had a heart attack or almost drowned, would you know what to do?

When blood flow or breathing stops, seconds count. Permanent brain damage or death can happen quickly. If you know how to perform cardiopulmonary resuscitation (CPR), you could save a life. CPR is an emergency procedure for a person whose heart has stopped or is no longer breathing. CPR can maintain circulation and breathing until emergency medical help arrives.

If you've had training, you can use chest compressions and rescue breathing. Rescue breathing helps get oxygen to the lungs for a person who has stopped breathing. To keep your skills up, you should repeat the training every 1-2 years.

Who should attend?

CPR training should be attended by almost anyone who is not in the medical field. The knowledge about this lifesaving measure that you would be getting from CPR training could be used in the workplace or at home.



Contact Details

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Cardio Pulmonary Resuscitation (CPR) Training

The Course provides hands-on practice in the skills of CPR and choking for adults, children and infants, including the use of barrier devices and pocket masks, and how to activate the emergency services. You will also receive reminder cards, showing the steps for adult, child and infant CPR..

Course Content

- Principles of First Aid and Safety/Emergency Scene Management
- Applied anatomy and physiology
- Artificial Respiration (AR)
- Choking
- Single-Rescuer Cardio Pulmonary Resuscitation (CPR)
- Child and infant resuscitation

Course Duration

½ Day

Course Fee

R 359.00 per person for a group of 10 or more

Included in the fee: Learner workbooks, CPR Pouch with a mouthpiece & gloves, Certificate of attendance

Features of The S.M.A.R.T. Solution services

- Facilitators and trainers are recruited from the emergency services - this means that a facilitator with real-time practical experience in emergencies and life threatening situations facilitate the learner
- Extra modules can be added to the course at the clients request - thus allowing for the tailor making of the course content to suit the clients individual needs and requirements without deviating from the legal requirements and current DOL legislation
- Courses are structured on a 50% theory and 50% practical format and are all outcomes based - this ensures that each learner receives maximum hands-on practical instruction in the acquisition of specific psycho-motor skills, as well as a thorough cognitive understanding of the relevant theory, thereby enhancing the learners level of confidence and competence
- For First Aid training each learner receives their own "Personal Training Pack" for the duration of the course - this eliminates 'front-of-class' embarrassment, reduces the chance of cross-contamination and enhances personal hygiene
- Training is conducted nation-wide at no extra cost to the course attendance fee - this affords multi-national companies and organisations the opportunity to have employees and members trained countrywide, thus creating uniformity and standardization of knowledge within the organisation (Conditions Apply)
- We cater for all literacy levels - this enables learners from all social and business levels to attend our learning interventions
- We utilise a unique facilitating method with an "easy-to-learn" format - this method creates an accelerated learning curve and enhances long-term memory retention
- We pride ourselves on professionalism, reliability and punctuality - this will ensure that we will become the preferred service provider and quality assuor for first aid training

Terms and Conditions

- A minimum of ten (10) delegates will be charged for
- Maximum 15 delegates per instructor (for quality purposes)
- VAT is not applicable (application pending)
- Fuel, toll fees, accommodation and meals to be provided for the instructor/s for training conducted outside the Greater Johannesburg region (whichever applicable)
- Maximum certificate validity period for First Aid is 3yrs
- Maximum certificate validity period for Fire Fighting is 1yr
- All other certificates valid for 1yr
- Full payment is required five (5) working days prior to the start of training



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