

First Aid Training Courses

The S.M.A.R.T. Solution believes that the best people to provide First Aid training are experts who have had years of experience dealing with real emergencies. Having first-hand knowledge and experience enables them to relate the training to real life scenarios making the training more interesting and relevant for our students. This is why all our facilitators come from an emergency services background.

Being a first aider can be a daunting responsibility and accidents and illness can happen at work anytime. For this reason, offering your staff the best quality training is very important.

Why First Aid Training?

As an employer your responsibility is to ensure your employees get immediate attention when they are taken ill or injured at work. In South Africa, Health and Safety is a legislatively compliant criterion enforced by the OHS Act 85 of 1993 and the Department of Labour.

Accidents and illness can strike at any time. Employees who have completed a First Aid training course can potentially save lives, and prevent minor injuries turning into major ones.

As an employee you may decide that you would like to enrol on a First Aid training course, by doing so you can learn skills that are truly invaluable, and can be applied to all walks of life. The training is in-depth, and by the end of the course you will have both the confidence and certification to use your skills if ever called upon.

Who should attend?

Individuals who intend to practice as first aiders within the workplace or anyone who wishes to have a comprehensive introduction to First Aid.

Note: First aiders in the workplace are a legal compliance requirement for all businesses – this is enforced by the Occupational Health and Safety Act 85 of 1993, Department of Labour and their inspectors. It is proposed that there be a minimum of 2 first aiders in each company, building or level and the minimum guideline ratio is 1: 50 employees must be trained in first aid. It is encouraged that as many people as possible be trained in this life saving skill.



Each First Aid student receives an individual training pack containing the following essential items:
S.M.A.R.T. First-aid training manual, Latex or nitrile gloves and CPR mouthpiece for practical classroom work, An individual adult/child training manikin (for use during the course), Personal key-ring pouch containing latex or nitrile gloves and a CPR mouthpiece



Contact Details

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First Aid Courses

First Aid Level 1

First Aid Level 1 is the entry level course on emergency principles and is accredited through the Department of Labour. In level 1, learners are taught how to perform basic life support and first aid in emergencies. The course is structured on a 50% theory and 50% practical format and is outcomes based - this ensures that each learner receives maximum hands-on practical instruction for skills such as choking, CPR, bleeding, breaks and burns.

Course Content

- Principles of First Aid and Safety/Emergency Scene Management
- Artificial Respiration (AR)
- Single-Rescuer Cardio Pulmonary Resuscitation (CPR)
- Choking (FBAO)
- Wounds and Bleeding
- Shock, Unconsciousness and Fainting
- Fractures
- Burns
- Head and Spinal Injuries

Course Duration

2 Days

Course Fee

R 659.00 per person

R 549.00 per person for a group of 10 or more

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



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First Aid Level 2

Only a learner with a valid First Aid Level 1 certificate is eligible to do the First Aid Level 2 course. In the level 2 course the theory and practical skills learnt in level 1 will be revised in more detail, as well as more first aid modules as per the Department of Labour's requirements, this will include child and infant CPR.

Course Content

- Principles of Emergency Care and Safety/Emergency Scene Management
- Artificial Respiration (AR)
- Choking (FBAO)
- Wounds and Bleeding
- Shock, Unconsciousness and Fainting
- Fractures
- Head and Spinal Injuries
- Joint Injuries and Rescue Carries
- Chest Injuries
- Hand Injuries
- Eye Injuries
- Multiple Injury Management
- One and Two Rescuer Adult, Child and Infant CPR
- Pelvic and Abdominal Injuries
- Burns
- Poisoning, Bites and Stings
- Chest Pain and Paralysis
- Fits/Seizures
- Management of Foreign Objects
- Elementary and Applied Anatomy and Physiology

Course Duration

3 Days

Course Fee

R 899.00 per person

R 749.00 per person for a group of 10 or more

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



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First Aid Level 3

Only a learner with a valid First Aid Level 2 certificate is eligible to do the First Aid Level 3 course. In the level 3 course the theory and practical skills learnt in level 1 & 2 will be revised in more detail, as well as more first aid modules as per the Department of Labour's requirements, this will include childbirth

Course Content

- Principles of First Aid and Safety, Emergency Scene Management
- Artificial respiration
- Choking
- Wounds and bleeding
- Shock, unconsciousness and fainting
- One-rescuer CPR (Adult)
- Child and infant resuscitation
- General principles of fractures and the threatened limb
- Specific fractures
- Head and spinal injuries
- Joint injuries, strains and rescue carries
- Chest injuries
- Hand injuries
- Eye injuries
- Multiple Injury Management/Emergency Scene Management Triage
- Diabetes
- Pelvic, abdominal and crush injuries
- Burns
- Poisoning, bites and stings
- Chest pain and paralysis
- Fits, breathlessness and skin reactions
- Soft tissue injuries
- Environmental illness and injuries
- Emergency childbirth
- Behavioural problems
- Water accidents
- Applied anatomy and physiology
- Ethics related to emergency care
- The First Responder and the law

Course Duration

5 Days

Course Fee

R1 379.00 per person

R1 149.00 per person for a group of 10 or more

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

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 assessor 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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