



# FIRST AID LEVEL 1

PROFESSIONAL ONLINE COURSE

SGTAEC25012



## About this course

First Aid Level 1 is a foundational life-saving qualification required in workplaces under South African legislation.

This course equips learners with the knowledge and confidence to respond to medical emergencies, stabilise an injured or ill person, and activate appropriate help.

Learners will explore injury response, bleeding control, shock management, CPR principles, choking response, scene safety, incident communication and patient monitoring.

This course provides essential skills for workplaces, public environments, homes, schools and community spaces.

By the end of this course, learners will be able to react professionally in a medical emergency and provide meaningful assistance until trained responders arrive.

## Accreditation & Alignment

This training aligns with the minimum core requirements of:

- General Safety Regulations 3(4) of the OHS Act
- Department of Employment & Labour First Aid training obligations

While traditionally delivered as classroom-based training, this online programme provides theory, knowledge development, scenario practice and assessment, supported by practical demonstration videos.

Course Code: SGEC009

Equivalent competency expectation: NQF Level 2–3

*Note:* Where workplace legislation requires physical CPR skill demonstration, employers remain responsible for arranging practical competency verification. SAFCON provides a downloadable practical observation checklist for this purpose.

## Who should do this course?

This programme is suitable for:

- Employees appointed as workplace First Aiders

- Safety Representatives and first response personnel
- Schools, educators and childcare providers
- Community leaders, parents and caregivers
- Contractors operating under client compliance
- General workers who want emergency response ability

No prior medical knowledge is required.

## What you will learn – Course Modules

### **Module 1: Understanding First Aid**

Legal duties, roles of the first aider, priorities of care, consent and scene approach.

### **Module 2: First Aid Scene Management**

Scene safety, hazard assessment, protective measures, calling for help and emergency communication.

### **Module 3: Assessment of the Injured Person**

Checking responsiveness, airway, breathing, circulation, injury severity and shock risk.

### **Module 4: Emergency Response Skills**

Recovery position, bleeding control, burn care principles, fractures and immobilisation basics.

### **Module 5: CPR and Choking Principles**

Adult CPR theory, chest compression guidance, choking response and ventilation principles.

### **Module 6: Medical Emergencies Awareness**

Seizures, diabetic episode awareness, fainting, asthma indications, allergic reaction recognition.

### **Module 7: Practical First Aid Application**

Scenario simulations, patient handling considerations, incident reporting and monitoring.

## Mode of delivery & duration

This programme is delivered 100% online through the SAFCON LMS.

- Self-paced study
- Approximate duration: 6–10 hours
- Accessible on any device
- Downloadable workplace first aid posters and checklists included

## Course Assessment

Assessment is completed online via the LMS and includes:

- Scenario evaluation
- Knowledge checks

- Final summative assessment

Learners must achieve at least 70% to be declared competent.

Where workplace policy requires it, supervisors may complete the Practical Demonstration Checklist provided within the course to record physical skill verification.

## Course Certificate

Upon successful completion, learners receive a:

SAFCON Group Training Academy  
Certificate of Competence: First Aid Level 1 (SGEC009)

Your certificate:

- Is issued digitally
- Includes a unique certificate number
- Is suitable for audits, compliance systems, client onboarding and contractor safety files

## Why choose SAFCON's First Aid Level 1 course?

- Developed by qualified occupational health and safety professionals
- Focuses on real-world emergencies and practical thinking
- Includes downloadable response checklists and posters
- Ideal for onboarding new staff or refresher training
- Accessible to staff working remotely or after hours

This course forms a strong base for progressing into Level 2 First Aid, Safety Representative, Incident Investigator or Safety Officer programmes.

## How to Enrol

Select the option that best suits you:

### ✓ Instant Enrolment (Pay Once)

Click Pay Now to pay securely through PayFast and gain immediate access.

Ideal for:

- Individuals
- Job seekers
- Small contractors needing compliance urgently

### ✓ 3-Month Subscription (Pay in Instalments)

Prefer to split the cost?

Choose our subscription option via PayFast, paying over three monthly instalments.

You receive immediate course access.

Your certificate is released once the subscription cycle is complete.

Perfect for:

- Self-funded learners
- Entry-level workers
- Students needing affordable access

*Accessible, affordable — learning that fits your budget and your life.*

### ✓ **Corporate / Group Bookings**

If your organisation needs:

- Invoice or purchase order
- VAT documentation
- Multiple staff enrolments

Click Request Corporate Booking and our team will assist with invoicing, registration and reporting.

## What happens after enrolment?

You will receive:

- Welcome email
- LMS login details
- Immediate access
- Full support

Study at your own pace and download your certificate once competent.

“All courses are tax-deductible as professional training.”



## Contract Information

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