



Turtle Life Support cc, Postnet Suite 014, Private Bag X 1037, Germiston, 1400

What level of first aid to choose?

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Turtle Life Support offers a blended style of learning first aid skills. In acknowledgement of time constraints people have in attending courses, we have created a convenient programme that allows students to learn first aid theory online.

Once the online theory module is completed, we facilitate a one-day workshop to apply theory into practice. Level 1 students complete a 6-hour basic practical skills workshop, Level 2s an intermediate 7-hour workshop, and Level 3s an 8-hour advanced deployment of first aid competencies.

In our Level 1 workshop we focus on the basics of first aid, as follows:

- First aid emergencies scene safety
- Personal protective equipment
- Bandaging: bleeding control, splinting and applying appropriate slings to various injuries
- Understanding medical emergencies (e.g. cardiac arrest, stroke, respiratory arrest, etc.)
- Understanding medical conditions (e.g. fainting, epilepsy, shock and hypoglycaemia)
- Transportation techniques

Our Level 2 & 3 intermediate and advanced workshops (respectively) begins with an overview of Level 1 skills. The workshop comprises a scenario-based skills session where first aiders are expected to have a good grounding in Level 1 basic first aid techniques.

Examples of scenarios:

- Multiple casualties applying triage
- Multiple injuries scenarios in which a casualty may present both injury and medical emergencies
- On these levels, infant and child CPR & AED is introduced (adult CPR is covered on Level 1)
- Level 2 introduces the student to environmental emergencies (e.g. hypothermia, heat-stroke, snake bites, etc.) and advanced injuries (e.g. sucking chest wounds, abdominal wounds, concussion, etc.)
- Level 3 students are introduced to advanced casualty transportation methods as well as emergency childbirth.

We recommend students that want to do Level 2 & 3 to have already done a Level 1 course. However, in some cases an adult would have completed a Level 1 course years ago, as well as accumulated vast first aid experience throughout their lives. For these reasons we allow adults to complete Levels 1 to 3 in one course. We do caution students to realise that the pace of Level 2 & 3 is fast because we assume their grasp of Level 1 basics is in place, and as indicated, the curriculum is comprehensive. Teenagers and young adults (up to 19 years old), on the other hand, are permitted to only attempt Level 2 & 3 after they have completed and hold a current Level 1 certificate for at least 6 months (allowing time to accumulate first aid experience).

Please email admin@tls.za.com should you require any further information.

