

## WILDERNESS & FIRST AID LEVEL 1-3 COURSES 2018



Given the nature of the duties and activities of being a professional or amateur field guide, game ranger, honorary ranger, hunter or outdoor enthusiast, etc., and in accordance with the policy and regulations of the Department of Manpower and organizations such as the Field Guides Association of SA (FGASA), such persons are often compelled to be the holder of a valid First Aid certificate of at least Level 1. The following fully registered and accredited First Aid Courses, under the auspices of the SA First Aid League, will be offered at very affordable rates during 2018:



The **Wilderness First Aid Level 1** part not only includes the topics typically taught on a standard urban and work place first aid course (e.g. CPR; choking; wounds; bleeding; fractures; etc.), but also injuries and illnesses which may occur in a natural environment (e.g. bee & wasp stings; spider bites; scorpion stings; snake bites; heat & cold emergencies; and many more) (*at no extra cost!*).

Additional advanced training in topics such as asthma; diabetic emergencies; female health problems (including pregnancy problems & emergency delivery); stroke (cerebro-vascular incident); epilepsy & convulsions; ischaemic heart diseases (myocardial infarction & angina pectoris); specific thoracic injuries (e.g. pneumo- & haemothorax); urogenital injuries; & management of disturbed patient will furthermore be provided to attain a full **First Aid Level 2 & 3** qualification (for those who so wish). All training will include **practical sessions** to ensure that the first aid aspects are completely understood.

### **TRAINING PROVIDER**

The training provider is the **South African First Aid League (SAFAL)**, who is fully registered and accredited with the Department of Labour and the Health and Welfare Sector Education and Training Authority (HWSETA), to provide quality first aid training of the highest standards in accordance with the SA Quality Association (SAQA) prescribed unit standards.

The course will be conducted by **Etienne Step**, who is a qualified and experienced First Aid Facilitator, Assessor & Moderator with several first aid, paramedical and other medical qualifications as well as vast experience in training, emergency care and wilderness environments. He is also a qualified field guide, mountaineer, hiker, honorary game ranger and outdoor enthusiast who is well experienced and qualified in the field of wilderness injuries and thus well acquainted with the medical emergencies that can be encountered in wilderness or natural areas.

### **ASSESSMENT**

During the courses, learners will be offered sufficient time, exposure and practical exercises in order to be placed in a position to challenge the assessment. Assessment for the **First Aid Level 1 Course** will be by means of an easy theoretical written open book examination and a practical assessment based on a scenario which the first aider may encounter within his/her working or outdoor activity environment. Assessment for the **First Aid Level 2 - 3 Course** will be by means of a workbook which the learner will complete in his/her own time and an advanced theoretical written examination. Assessment for the **First Aid Refresher Courses** will be the same as for the respective full courses.



### **COURSE MATERIAL**

A first aid handbook, electronic version of essential slides (to be emailed) and Resusci-aid key holder packed with 1 pair of gloves and a CPR mouthpiece will be provided to each learner. Equipment for the practical sessions (e.g. CPR manikins, bandages, wound dressings, splints, etc.) will be available at the premises. Learners are to be comfortably dressed for practical sessions. Learners must bring their own pens and note pads for the taking of notes and a certified copy of **proof of identity**. For refresher courses a copy of the previous first aid certificate by an accredited service provider will in addition be required.

### **VENUE**

Unless where otherwise advised, the courses will be held at the SA First Aid League (SAFAL) Head Office, Building 2 ground floor, 1011 Pretorius Str South, Lyttelton Manor, Centurion (GPS coordinates S25°50.642' E028°12.478').

### **COURSE FEES (Special rates!)**

**Wilderness 1<sup>st</sup> Aid Level 1 Course** = R747.50 (VAT included) per person.

**1<sup>st</sup> Aid Level 2 - 3 Course** = R862.50 (VAT included) per person.

**1<sup>st</sup> Aid Level 1 - 3 Course** = R1610.00 (VAT included) per person.

**1<sup>st</sup> Aid Level 1 Refresher Course** = R370.00 (VAT included) per person.

**1<sup>st</sup> Aid Level 2 Refresher Course** = R430.00 (VAT included) per person.

**1<sup>st</sup> Aid Level 1 Refresher Course** = R430.00 (VAT included) per person.

*(No individual equipment or handbooks provided for Refresher Courses)*

## BOOKINGS

Bookings for the course via e-mail to [estep@lantic.net](mailto:estep@lantic.net) are required at the earliest opportunity, but **by not later than 2 weeks prior to the course date**. Book early to avoid disappointment as only a limited number of learners can be accepted.

## PAYMENT

**Full payment**, payable to the SA First Aid League, once booking has been confirmed, is required by **not later than within 2 days after confirmation**. **Banking details:** ABSA Account holder SA First Aid League; cheque account 3024343196, Randburg branch code 505705 (EFT 632005); reference "1<sup>st</sup> aid & name". Proof of payment via e-mail to [estep@lantic.net](mailto:estep@lantic.net).

## CONSOLIDATED PROGRAMME FOR 2018

Course	Activity	Date	Time	Venue	Remarks
<b>Basic Course:</b> <b>1<sup>st</sup> Aid Level 1</b>	Lectures & practical	20/7/18	18:00 – 21:00	SAFAL	After hours: Self study
		21/7/18	08:00 – 18:00		
<b>Wilderness 1st Aid</b>	Lectures	22/7/18	08:00 – 11:00	SAFAL	Wilderness aspects not for assessment After hours: Self study
<b>1<sup>st</sup> Aid Level 1 Assessment</b>	Assessment (theory & practical)	22/7/18	12:00 – 16:00	SAFAL	Open book theory exam
<b>Advanced Course:</b> <b>1<sup>st</sup> Aid Level 2 - 3</b>	Lectures	23/7/18	18:00 – 21:00	SAFAL	After hours: Self study Hand out Level 3 Workbook <b>Work book to be handed in by 31/7/18</b>
		24/7/18			
		25/7/18			
<b>1<sup>st</sup> Aid Level 2 - 3 Assessment</b>	Assessment (theory)	31/7/18	18:00 – 21:00	SAFAL	
<b>1<sup>st</sup> Aid Refresher Course</b>	Latest protocols & practical Assessment (theory & practical)	01/9/18	10:00 – 15:00	SAFAL	Time depends on number of learners
<b>1<sup>st</sup> Aid Refresher Course</b>	Latest protocols & practical Assessment (theory & practical)	20/10/18	10:00 – 15:00	SAFAL	Time depends on number of learners
<b>Basic Course:</b> <b>1<sup>st</sup> Aid Level 1</b>	Lectures & practical	26/10/18	18:00 – 21:00	Dinokeng Nature Reserve	After hours: Self study
		27/10/18	08:00 – 18:00		
<b>Wilderness 1st Aid</b>	Lectures	28/10/18	08:00 – 11:00	Dinokeng Nature Reserve	Wilderness aspects not for assessment After hours: Self study
<b>1<sup>st</sup> Aid Level 1 Assessment</b>	Assessment (theory & practical)	28/10/18	12:00 – 16:00	Dinokeng Nature Reserve	Open book theory exam
<b>Advanced Course:</b> <b>1<sup>st</sup> Aid Level 2 - 3</b>	Lectures	29/10/18	18:00 – 21:00	SAFAL	After hours: Self study Hand out Level 3 Workbook <b>Work book to be handed in by 08/11/18</b>
		30/10/18			
		31/10/18			
<b>1<sup>st</sup> Aid Level 2 - 3 Assessment</b>	Assessment (theory)	08/11/18	18:00 – 21:00	SAFAL	



The above first aid courses are not only designed to comply with governmental regulatory prescriptions for first aid training, but also to be practically applicable and to satisfy the specific needs of environmental organizations such as field guide companies, FGASA, hunters associations, game farms, nature reserves, outdoor, wilderness and adventure companies. Persons attending are equipped with an essential life-skill which may be needed in all spheres of life - at home, at work, during leisure time utilisation – you will never know when you may need the first aid skills! The above courses are extremely great value for money and of the highest standard and quality (see attached references) ..... and above all – **properly trained first aiders saves lives!**

For more information regarding the above or other first aid courses, please feel free to contact Etienne Step on cell phone no 072-242-0864 or e-mail [estep@lantic.net](mailto:estep@lantic.net).

## REFERENCES

*"This is my 3<sup>rd</sup> first aid course & the best one by far. The power point presentation was excellent & the "funny" videos in between fantastic! There was a lot of information but doing lots of practical repetition helped one to remember most of what we've been taught. Brilliant all round! I'll definitely look up Ftienne when I need to do a refresher & would recommend him without hesitation. Very well done!"*

*Heidi Best*

*"I can't remember too much from the other 1st Aid courses I did, and that's neither because of passing time or age. I found this course information clear & to the point, & if you can't read, there's enough pictures to give you a clear understanding on the subject. What impressed me a lot was the fact that the information was clearly backed by first hand experience. Great job Ftienne, hope your still doing this when I need to renew in three years time."*

*Kevin Lesser*

*"I attended Ftienne's course at Pilanesberg this weekend, & must compliment him on presenting a great course! The wilderness aspects covered were of tremendous interest & will be of great benefit to all honorary officers (rangers sic) who dread attending a First Aid course because of previous experience, this one is different! Lots of practical, lots of student interaction / experiences, lots of benefit. I have to say I feel far more comfortable about being able to apply First Aid principles if the occasion happens to arise."*

*Jeremy Anderson*

*"Great course – informative, entertaining & valuable"*

*Barend van der Merwe*

*"Excellent course, way above previous courses done. Learnt a huge amount. Thank you!"*

*Warren Best*

*"Thank you Ftienne for a brilliant 3 days. I have laughed & learnt a lot. You have given me the confidence to be prepared to do everything possible to save a life"*

*Tracey King*

*"Will definitely recommend to everyone. Very upbeat!"*

*Talita van der Merwe*