



# First Aid Training Prospectus

Levels 1 - 3

## Introduction to Tpdoubleo She Compliance

Welcome to Tpdoubleo She Compliance, your trusted partner in safety and compliance training. We are dedicated to providing high-quality First Aid training programs, empowering individuals with the skills and knowledge to respond effectively in emergency situations.

Our First Aid Level 1, 2, and 3 courses are designed to meet industry standards and equip participants with the confidence to administer first aid in various scenarios. Tpdoubleo She Compliance is committed to creating safer workplaces and communities through comprehensive and practical training solutions.

## Course Overview

### First Aid Level 1 NQF Level 2

- Basic Life Support
- CPR
- Bleeding Control
- Wound Management
- Legal Aspects of First Aid

This introductory course provides essential skills for responding to common first aid emergencies. Participants will learn how to assess a casualty, perform CPR, control bleeding, and manage wounds. The course also covers the legal responsibilities of a first aider.

*Duration: 2 Day*

### First Aid Level 2 NQF Level 3

- Level 1 Content (Refresher)
- Fracture Management
- Head and Spinal Injuries
- Burn Management
- Medical Conditions

Building on Level 1, this course delves into more advanced first aid techniques. Participants will learn how to manage fractures, head and spinal injuries, burns, and common medical conditions such as asthma and diabetes. A strong emphasis is placed on practical skills and scenario-based training.

*Duration: 3 Days*

## First Aid Level 3 NQF Level 4

- Level 2 Content (Refresher)
- Advanced Life Support
- Oxygen Administration
- Multiple Casualty Management
- Poisoning and Envenomation

This comprehensive course equips participants with advanced first aid skills for managing complex emergencies. Participants will learn how to administer oxygen, manage multiple casualties, and respond to poisoning and envenomation incidents. This course is ideal for individuals who require a high level of first aid competency.

*Duration: 5 Days*

## Why Choose Tpdoubleo She Compliance?

- **Experienced Instructors:** Our courses are facilitated by qualified and experienced first aid instructors.
- **Practical Training:** We emphasize hands-on training to ensure participants can confidently apply their skills.
- **Accredited Courses:** QCTO Accredited/ Dept of Labour CI Registered/ SAIOSH Corporate Member.
- **Flexible Scheduling:** We offer flexible course schedules to accommodate your needs.
- **Comprehensive Curriculum:** Our curriculum covers a wide range of first aid topics, ensuring participants are well-prepared for various emergencies.

## Contact Information

**Company Name:** Tpdoubleo She Compliance (TPSHEQ)

**Email:** [info@tpsheq.co.za](mailto:info@tpsheq.co.za)

**Telephone:** 076 090 4048

**Office Address:** Building 2, Walker Creek Office Park, 90 Florence Ribeiro Avenue, Brooklyn, Pretoria

**Website:** [www.tpsheq.co.za](http://www.tpsheq.co.za)

## Next Steps

To register for a First Aid course or to inquire about our training programs, please contact us using the information provided above. We look forward to helping you enhance your first aid skills and create a safer environment.