



First Medical Response

The FMR Group is proud to present our Company Profile and Course Prospectus.

Located at 32 6th Avenue, Newton Park, Port Elizabeth, First Medical Response offers **legislative** training to companies and individuals, ensuring that companies are compliant with the Occupational Health and Safety Act. Established in November 2010 by Shawn Hartzenberg, First Medical Response has become well rooted in the training provider field. We offer both local and national training and have branches in Port Elizabeth (Head Office), East London, Mthatha and Durban offering training in surrounding areas.

Our Training courses are Registered and Accredited with various governing bodies such as:

- Department of Labour
- SETA (Sector Education Training Authority)
- ECSI (Emergency Care Safety Institute – International Accreditation)

In addition, First Medical Response is a proud member of:

- FPASA (Fire Protection Association of Southern Africa)
- SAIOSH (South African Institute of Occupational Safety and Health)

We provide a relaxed environment for our learners to get maximum benefit from their training experience.

The vision of First Medical Response is “Our Success depends on our attention to the needs of our clients and truly helping them achieve. We don't succeed unless our clients succeed.”

Please feel free to contact us if you have any questions, or if you would like to make any bookings for you or your staff.

Contact Details:

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Click on the relevant branch to contact us.

Port Elizabeth

East London

Mthatha

Durban

First Aid Course – Level 1

Course Length: 2 Days

Audience:

Business and industry employees or individuals who want or need Basic First Aid.

Features:

Basic Care for injuries or sudden illnesses until advanced medical care can take over. Handle emergency situations; basic disease transmission precautions; recognising and caring for bleeding, wounds, sudden illness and immobilizing muscle, bone and joint injuries.

Course Content:

- Principles and First Aid and Safety
- Basic Anatomy and Physiology
- Emergency Scene Management
- Cardio-Pulmonary Resuscitation
- Choking and Airway Obstruction
- Assessment of a Patient
- Shock
- Injury Emergencies
- Dressing and Bandaging
- Burns
- Head and Spinal Injuries
- Heart Attacks
- Strokes
- Unconsciousness and Fainting
- Convulsions and Epilepsy
- Basic Contents of a First Aid Kit

Certification Validity Period: 3 years

Cost: Quotation on request

This Course is Proudly Accredited with:



First Aid Course – Level 2

Course Length: 4 Days

Audience:

Business and industry employees or individuals who want or need Basic First Aid.

Features:

Basic Care for injuries or sudden illnesses until advanced medical care can take over. Handle emergency situations; basic disease transmission precautions; recognising and caring for bleeding, wounds, sudden illness and immobilizing muscle, bone and joint injuries.

Course Content:

- Principles and First Aid and Safety
- Basic Anatomy and Physiology
- Emergency Scene Management
- Cardio-Pulmonary Resuscitation
- Choking and Airway Obstruction
- Assessment of a Patient
- Shock
- Injury Emergencies
- Dressing and Bandaging
- Burns
- Head and Spinal Injuries
- Heart Attacks
- Strokes
- Unconsciousness and Fainting
- Convulsions and Epilepsy
- Basic Contents of a First Aid Kit
- Environmental Emergencies
- Transporting a Patient – Rescue Carry
- Water Accidents
- HIV/AIDS
- All these contents are touched in Level 1 however in Level 2 it will be explained in great detail.

Certification Validity Period: 3 years

Cost: Quotation on request

This Course is Proudly Accredited with:



First Aid Course – Level 3

Course Length: 4-5 Days

Audience:

Business and industry employees or individuals who want or need Basic First Aid.

Features:

Basic Care for injuries or sudden illnesses until advanced medical care can take over. Handle emergency situations; basic disease transmission precautions; recognising and caring for bleeding, wounds, sudden illness and immobilizing muscle, bone and joint injuries.

Course Content:

- Principles and First Aid and Safety
- Basic Anatomy and Physiology
- Emergency Scene Management
- Cardio-Pulmonary Resuscitation
- Choking and Airway Obstruction
- Assessment of a Patient
- Shock
- Injury Emergencies
- Dressing and Bandaging
- Burns
- Head and Spinal Injuries
- Heart Attacks, Strokes, Diabetes
- Unconsciousness and Fainting
- Convulsions and Epilepsy
- Basic Contents of a First Aid Kit
- Eye, Ear and Hand Injuries
- Bites and Stings
- Pelvic and Abdominal Injuries
- Maternity
- Environmental Emergencies

Certification Validity Period: 3 years

Cost: Quotation on request

This Course is Proudly Accredited with:



Occupational Health and Safety Representative Course

Course Length: 2 Days

Description:

The Health and Safety Representative Course appointment is a legal requirement under Section 17 of the Occupational Health and Safety Act and thus compulsory for every organisation.

Course Content:

A wide range of subjects is covered including:

- Introduction to Health and Safety
- Legislative History
- The Constitution
- Understanding the Act and Regulations
- Department of Labour legislation
- Important Sections of the Act
- The SHE Rep introduction and functions
- SHE Rep appointment and documentation
- Monthly inspections and documentation
- Incident and Accident Investigations
- Department of Labour documentation
- Health and Safety Committee Meetings

Certification

Subject to completion of an assessment all learners will be issued with an "Occupational Health and Safety Representative" certificate approved by SETA.

Cost: Quotation on request

This Course is Proudly Accredited with:



Risk Assessment Course

Course Length: 1 Day

Description:

It is the duty of every employer to provide employees with safe working systems, maintain safe worksites, plant and equipment and to make sure as far as possible that the employee is not exposed to hazards in the workplace.

One way for the employer to identify hazards in the workplace is by conducting a risk assessment, this is one of the best ways to identify and control hazards in the workplace.

By conducting risk assessments it makes it easier to identify hazards and to take the necessary action to minimise the chance of an incident or accident occurring because of the hazard.

Course Content:

The process for conducting a risk assessment is covered:

- Select an activity
- Identify the hazards in that activity
- Identify who or what will be affected by this hazard
- Assess the risk of the hazard
- Rate the risk (Low, medium or high risk)
- Make changes to minimise the hazard

Certification

Subject to completion of an assessment all learners will be issued with a "Occupational Health and Safety Risk Assessment" certificate approved by SETA.

Cost: Quotation on request

This Course is Proudly Accredited with:



Basic Fire Fighting:

Course Length: 1 Day

Description:

It is a requirement of the Occupational Health and Safety Act, 1993 that employers should provide a safe and healthy environment for their Employees.

Course Content:

- Introduction – What to do?
- Combustion
- Causes of Fire
- Portable Fire Extinguishers
- Other Fire Equipment
- Fixed Fire Hose reels
- Plan, prepare and carry out a fire drill
- Practical Sessions (dependant)

Certification

Subject to completion of a assessment all learners will be issued with an "Basic Fire Fighting" certificate approved by SETA.

Cost: Quotation on request

This Course is Proudly Accredited with:



HIV/AIDS AWARENESS & UNDERSTANDING:

Course Length: 1Day

Description:

This course is designed to educate people about HIV/AIDS

Course Content:

- Explain what HIV is and how it is contracted
- Demonstrate a basic understanding of HIV transmission
- Distinguish between myth and reality regarding HIV/AIDS
- Understand the potential negative impact of HIV/AIDS on workplace & community
- Understand the health risks associated with a promiscuous lifestyle
- Basic rights regarding HIV/AIDS
- How to apply safe first aid for injured persons
- What support structures exist and who one can talk to regarding HIV/AIDS related issues.
- Understand the procedure of testing and what it entails.
- What risk behaviours are and what behaviours promote risk.
- Understanding that prevention is better than cure and how to protect oneself.
- The importance of a healthy lifestyle.
- Understanding and dealing with HIV positive people in the workplace as well as in the community.

Certification

Candidates will be issued with a Certificate of Attendance for "Basic HIV/AIDS Awareness" certificate approved by SETA.

Cost: Quotation on request

This Course is Proudly Accredited with:

