



First Aid Training Article- March 2019

Health and Wellness are the most important aspects of our lives and awareness of safety measures and health maintenance are very essential .About 30 employees from Nelson Mandela University stepped away from their significant jobs from Monday 25 March 2019 to Wednesday, 27 March 2019 to take part in a First Aid Training course organized by Occupational Health and Wellness Centre. Mr Kobus Magielies, an Occupational health practitioner at the centre explained why the training is necessary and said *"The Occupational Health and Safety Act, General Safety Regulation states that for every group up to a 100 employees, at least one person is readily available during normal working hours who is in possession of a valid certificate of competence in first aid"*.

Mr Justin Gatley from Goodsam First Aid Training facilitated the training, and passionately took the attendees from the basic first aid training knowledge to practical examples performed. He shared the joy that he gets when he sees what he imparts on people being put to practice and also encouraged the staff to put their best foot forward when assisting in emergency situations in the work environment.

The training covered the following topics amongst others:-

- Principles of first aid
- Physiology of airway, breathing and circulation
- Successful resuscitation consideration and complication
- Soft tissue injuries
- Assessing level of consciousness
- Continuous cardiac compression
- Scene management and patient assessment

The presentations left the attendees confident and excited for having attended the workshop as Mr Andrew Marriott from the Marketing Management remarked *"It was a very interactive course, with a great instructor and the highlight was learning about splinting broken bones and fractures I have never used before"*.

It gives us great pleasure to know that all the trainees achieved full competence in the Level 1 First Aid course and are equipped with knowledge and the skills competence required to apply basic emergency care procedures.

The Occupational Health and Wellness Centre would like to congratulate all the trainees and wishes them a great year going forward.

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