



OCCUPATIONAL HEALTH & SAFETY – SAIOSH

Accredited Short Course



CPR & AED SAIOSH



010 085 0918



www.zoneups.com



405 Cliff Ave, Waterkloofridge, Pretoria



BOOK NOW



2 Day Course



Classroom



NQF 5 CPD Points 5

ABOUT THIS COURSE

This course enables learners to recognise cardiac arrest and choking emergencies, activate emergency medical services, perform effective CPR and use an AED safely until professional help arrives.

The programme focuses on emergency response principles, scene safety, personal safety, consent, chain of survival, recognition of cardiac arrest, breathing assessment, adult CPR practical skills, AED awareness and choking response.

Learners will gain practical skills in checking responsiveness and breathing, performing adult CPR using correct compression position, rate, depth and recoil, applying ventilation principles, using an AED safely, responding to choking and placing a casualty in the recovery position.



Target Audience

- Workers
- Employees
- Supervisors
- Managers
- Officers
- Responders
- Staff/Personnel
- Trainees

PRICE

CLASSROOM: R1000

(Includes snacks and beverages – only applicable to classroom bookings)

TOPICS COVERED

SMART ZONE

Emergency Response Principles

- Scene safety
- Personal safety
- Consent
- Emergency call activation
- Chain of survival
- Bystander responsibilities

Initial emergency response actions

- Recognition of Cardiac Arrest and Breathing Emergencies
- Checking responsiveness
- Breathing assessment
- Recognising gasping
- Recognising agonal breathing
- Immediate response steps
- Identifying cardiac arrest emergencies

Recognising choking emergencies

- Adult CPR Practical Skills
- Correct compression position
- Compression rate and depth
- Full chest recoil
- Ventilation principles
- Compression-only CPR
- CPR cycles
- Team roles during CPR
- Quality improvement feedback

TOPICS COVERED

SMART ZONE

Operational Controls That Reduce Liability

- Risk assessments
- Safe systems of work
- Training and competence
- Workplace inspections
- Maintenance controls
- Contractor management

Permits and authorisations

- Communication and consultation
- Practical compliance controls
- Evidence, Records and Due Diligence
- Document control
- Registers and statutory records
- Appointment records

Inspection records

- Training records
- Meeting minutes
- Corrective actions
- Demonstrating reasonable practicability
- Evidence required to support compliance

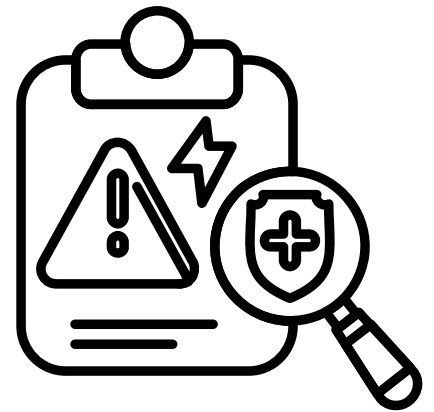
Case Study and Action Planning

- Workplace incident scenario analysis
- Identification of possible legal breaches
- Management responsibility mapping
- Practical liability-reduction action plan
- Compliance improvement planning

KEY FEATURES

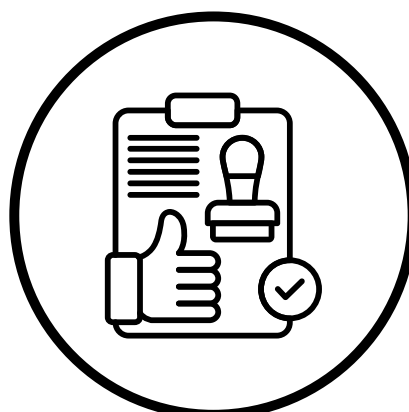
SMART ZONE

- SAIOSH accredited short course
- Legal Liability training
- Occupational Health and Safety Act compliance focus
- Suitable for managers, supervisors and accountable persons
- 1 day / 7-8 notional contact hours
- Classroom, virtual instructor-led or blended delivery
- Practical workplace application
- Focuses on management responsibilities and legal accountability
- Includes legal duties, appointments, liability, due diligence and compliance controls



BENEFITS OF THIS COURSE

- Builds understanding of legal duties under OHSA
- Improves management accountability and compliance awareness
- Supports effective appointment and delegation practices
- Helps reduce workplace legal exposure
- Promotes practical risk control and due diligence
- Develops confidence in identifying legal breaches and corrective actions
- Supports improved recordkeeping and compliance evidence
- Assists managers and supervisors to create a practical action plan for their area of responsibility





SIGN UP NOW

SIGN UP NOW AND SECURE YOUR PLACE

1. Register Online- www.zoneups.com
2. Select the training you prefer and the date you would like to attend.
3. Fill in the registration form.
4. Choose your payment method and finalize the booking.

Request a Quotation

Accreditation



*South African
Institute Of
Occupational Safety
And Health*



Services SETA



Make the future count

Fasset



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