



## Precision Emergency Training Cc

### Who We Are

Precision Emergency Training CC focuses on developing the public with skills through accuracy in the fields of health and safety, various first aid, fire extinguisher and height safety awareness.

Emergency training is a very practical subject and can only be learnt with hands-on skills. Our courses are run in a relaxed environment where good theoretical and practical learning takes place at the pace of the participant. Our instructors all hold recognized resuscitation instructor qualifications; they are all registered with the Allied Health Professions Council (HPCNA), with years of practical hands-on experience as health care providers.

This practical “on the road” experience enables our instructors to draw from real life situations, making the training exciting, practical and applicable. Precision Emergency Training Cc provides onsite / inhouse training, travelling to all areas / Regions. We can customize our courses to suit your company’s needs.

### Our Vision

To be a leading provider of practical, high-quality emergency training that empowers individuals and organizations with accurate, real-world skills in health and safety, various first aid, fire extinguishers and working at heights awareness. This is delivered by experienced, registered healthcare professionals through hands-on, learner-focused training that saves lives and builds safer communities.

### Our Mission

Precision Emergency Training CC delivers practical health and safety, first aid, fire awareness and height safety training led by experienced, AHPC-registered instructors. We focus on real-world applications in a relaxed learning environment, offering flexible onsite and in-house training to meet our clients’ needs.

### Values

Quality  
Integrity  
Wisdom  
Passion  
Prosper

### Why Choose Precision Emergency Training CC:

**Hands-on**, practical training based on real-life emergency situations.  
**Qualified** instructors registered with the Allied Health Professions Council (AHPC).  
Real “**on-the-road**” experience from active healthcare professionals.  
**Relaxed**, student-paced learning environment.  
On-site and in-house training tailored to workplaces and communities.  
**Relevant**, applicable skills learners can confidently use in emergencies.

## Basic Fire Fighting (Industrial)

### Overview

The **Basic Fire Fighting** Course is also recommended to companies. As a one-day course it is accredited by the Ministry of Labour. Outcome serves to recognize and act immediately during a fire emergency and evacuation. Candidates will complete a practical skill on how to handle a **Fire Extinguisher**.

Duration	Fire Blanket	Fire Hoses	Fire Extinguishers	Evacuation	Skills Test	Written Test	CPD Points	Certificate Valid
<b>1 DAY</b>	<b>YES</b>	<b>YES</b>	<b>YES</b>	<b>YES</b>	<b>YES</b>	<b>YES</b>	<b>NO</b>	<b>2 YEARS</b>





### Health and Safety Representative

#### Overview

The aim of **safety in the workplace** is to set a clear direction for organizations, management and staff to follow through the development and introduction of effective **Health and Safety** policies to prevent accidents and incidents at work. This will promote a positive Safety Culture as part of the Organizations working philosophy influenced by continuous improvement.

Duration	Skills Test	Written Test	CPD Points	Certificate Valid
<b>2 DAYS</b>	<b>YES</b>	<b>YES</b>	<b>NO</b>	<b>2 YEARS</b>

### Basic First Aid

#### Overview

The **Basic First Aid course** is intended primarily for those who are expected to provide first aid in their workplace, family members and individuals wanting to learn first aid for adults. The course provides hands-on practice in the skills of first aid for adults in the workplace, including medical emergencies, injuries, and environmental emergencies. The First Aid student workbook is provided to each participant for review during and after the course.

Duration	CPR & Choking	AED Module	First Aid Module	Bleeding Control	Skills Test	Written Test	CPD Points	Certificate Valid
<b>1 DAY</b>	<b>YES</b>	<b>YES</b>	<b>YES</b>	<b>YES</b>	<b>YES</b>	<b>YES</b>	<b>NO</b>	<b>2 YEARS</b>

### Trauma First Aid

#### Overview

**Trauma First Aid** is a critical response to traumatic injuries, which can include severe bleeding, burns, gun-shot wounds, knife injuries and other life-threatening conditions. The primary goal is to prevent further harm and stabilize the injured person. Quick and effective trauma first aid can significantly improve the chances of survival and recovery for the injured individual.

Duration	CPR & Choking	Bleeding Control	Skills Test	Written Test	CPD Points	Certificate Valid
<b>3 HOURS</b>	<b>YES</b>	<b>YES</b>	<b>YES</b>	<b>NO</b>	<b>NO</b>	<b>1 YEARS</b>

### First Aid Class A (Level 1)

#### Overview

The **First Aid Class A course** is intended primarily for those who are expected to provide first aid in their workplace. The course targets all responders such as police, commercial employees in the workplace, family members of patients at high risk for sudden death, and individual wanting to learn first aid for adults.

The course provides hands-on practice in the skills of first aid for adults in the workplace, including medical emergencies, injuries, and environmental emergencies. The First Aid Student workbook is provided to each participant for review during and after the course.

The **First Aid Class A Course** comply with the Labour Act Regulation 218(6), in Government Gazette no. 1617, 1. August 1997 (in Annex)

Duration	CPR & Choking	AED Module	First Aid Module	Bleeding Control	Spinal Immobility.	Skills Test	Written Test	CPD Points	Certificate Valid
<b>3 DAYS</b>	<b>YES</b>	<b>YES</b>	<b>YES</b>	<b>YES</b>	<b>YES</b>	<b>YES</b>	<b>YES</b>	<b>7</b>	<b>3 YEARS</b>





**RENEWAL**

A **Renewal (aka Refresher)** course is available for candidates that have already previously completed a Class A First Aid Course, for the Renewal Course the candidate will need to submit a current First Aid Class A certificate and will need to write a test on the morning the course starts to measure the knowledge retainment of the Class A information. If the test is passed with 70% the candidate can complete the Class A Refresher Course and will receive a 3 (three) year Class A certificate again.

Duration	CPR & Choking	AED Module	First Aid Module	Bleeding Control	Spinal Immobility.	Skills Test	Written Test	CPD Points	Certificate Valid
<b>1 DAY</b>	<b>YES</b>	<b>YES</b>	<b>YES</b>	<b>YES</b>	<b>YES</b>	<b>YES</b>	<b>YES</b>	<b>7</b>	<b>3 YEARS</b>

**Sport First Aid and Injury Prevention**

Overview

**Sports First Aid and Injury Prevention** include strategies to minimize and prevent injuries. This program will train the coach to recognize when intervention is needed and when additional medical support is required. Not only can quality first aid save someone's life, but it can reduce disability and hospitalization and accelerate return-to-play time. The Sports First Aid and Injury Prevention program is not inclusive for all aspects of first aid; it is specifically for illnesses and injuries that may be encountered in athletes, particularly young athletes. Although the program prepares coaches to handle many emergencies, the program also stresses the need to implement injury prevention strategies. This program is not a substitution for medical care, and the need for follow-up care by appropriate cannot be overemphasized.

Duration	CPR & Choking	AED Module	First Aid Module	Bleeding Control	Spinal Immobility.	Skills Test	Written Test	CPD Points	Certificate Valid
<b>3 DAYS</b>	<b>YES</b>	<b>YES</b>	<b>YES</b>	<b>YES</b>	<b>YES</b>	<b>YES</b>	<b>YES</b>	<b>7</b>	<b>3 YEARS</b>

**Mental Health First Aid Champion**

Overview

**Mental Health First Aid (MHFA)** is an evidence-based training program that teaches people how to identify, understand, and provide initial support to someone experiencing a mental health or substance use challenge. Similar to physical first aid, it provides skills to stabilize someone until professional help arrives, reducing stigma and offering, non-judgmental support.

Duration	Skills Test	Written Test	CPD Points	Certificate Valid
<b>3 HOURS</b>	<b>NO</b>	<b>NO</b>	<b>3</b>	<b>1 YEAR</b>

**Baby Basics First Aid (RCSA)**

Overview

**BABY BASICS**, developed by the Resuscitation Council of Southern Africa, is a three-hour orientation program. The program structure allows parents to practice the skills with an instructor prior to the arrival of the baby. The Baby Basics material includes a take-home DVD demonstrating the skills, an A4 laminated poster, and an A6 laminated key card which can be attached to the nappy bag. **As this program is "participation only", no certificate is awarded on completion.** This program has been designed to equip parents, nannies and families on handling CPR and choking emergencies specifically focuses on **INFANTS** and **NEWBORN BABIES**.

Duration	CPR	Choking	Fever Management	Skills Test	Written Test	Certificate Valid
<b>3 HOURS</b>	<b>YES</b>	<b>YES</b>	<b>YES</b>	<b>YES</b>	<b>NO</b>	<b>1 YEAR</b>





### First Aid Essentials for Children

#### Overview

The **FIRST AID ESSENTIALS FOR CHILDREN** course is intended primarily for those who are expected to provide CPR and first aid directly to children. The course targets all lay responders such as parents, caregivers, guardians, domestic workers, or family members of a child at high risk for sudden death, and other laypersons wanting to learn first aid essentials for children. The course provides hands-on practice in the skills of first aid for children in the home, including accident prevention, medical emergencies, trauma injuries, environmental emergencies, CPR, choking and the use of Automated External Defibrillators (AEDs). This course discusses common emergencies that occur in children (newborn – eight (8) years).

Duration	CPR & Choking	AED Module	First Aid Module	Bleeding Control	Skills Test	Written Test	CPD Points	Certificate Valid
<b>7 HOURS</b>	<b>YES</b>	<b>YES</b>	<b>YES</b>	<b>YES</b>	<b>YES</b>	<b>YES</b>	<b>NO</b>	<b>3 YEARS</b>

### Fall Arrest Technician (Working at Heights)

#### Overview

**Fall Arrest courses I & II.** I have attached a course layout in which you will see that the **level I** is one (1) to one & a half (1.5) day course. It will focus on the fundamentals of fall arrest system and safety. The learner will do a basic theory introduction and then spend adequate time on the practical skills pertaining to personal protective equipment (PPE), hardware, ascending and descending scaffolding, safety lines, and crossing over scaffolding bars, vertical and horizontal safety lines, suspension trauma and minimizing injury by preventing a fall. (Terms and conditions apply).

The **level II** course will be a two (2) day course to include technical specifications of equipment used, self-rescue techniques, rope knot work, assisted rescue of a conscious victim, understanding the fall injury, and a self-study questionnaire.

#### PRE-REQUISITES

- Must not be afraid of heights.
- Must have own PPE (Personal Protective Equipment) / Safety boots.

Course	Duration	Skills Test	Written Test	CPD Points	Certificate Valid
<b>Level I</b>	<b>1 DAY</b>	<b>YES</b>	<b>YES</b>	<b>NO</b>	<b>2 YEARS</b>
<b>Level II</b>	<b>2 DAYS</b>	<b>YES</b>	<b>YES</b>	<b>NO</b>	<b>3 YEARS</b>

### CPR for Everyone (RCSA)

#### Overview

The **CPR for EVERYONE** course is designed to teach the techniques of CPR and choking in adults, children and infants, and the use of the AED to lay rescuers, particularly those who are expected to respond to emergencies in their occupation or workplace. The Course provides hands-on practice in the skills of CPR and choking for adults, children and infants, including the use of barrier devices and pocket masks, and how to activate the emergency services. A 17-page colour manual is provided to each participant for review before, during and after the course. The student will be required to pass a 15-question multiple choice test and successfully pass 3 skills tests before receiving a certificate of competence in CPR, choking and AED.

Duration	CPR & Choking	AED Module	First Aid Module	BVM Module	Skills Test	Written Test	CPD Points	Certificate Valid
<b>6 HOURS</b>	<b>YES</b>	<b>Yes</b>	<b>NO</b>	<b>NO</b>	<b>YES</b>	<b>YES</b>	<b>4</b>	<b>2 YEARS</b>





### Basic Life Support for Healthcare Providers (AHA)

#### Overview

The **Basic Life Support** course is intended for participants who provide health care to patients in a wide variety of settings, including in-hospital and out-of-hospital settings. The course is also designed for anyone who is required to take a Healthcare Provider course for employment. The course is a pre-requisite for advanced life support courses in resuscitation, including Advanced Cardiovascular Life Support (ACLS); Paediatric Advanced Life Support (PALS); Advanced Neonatal Life Support (ANLS); Advanced Medical Life Support (AMLS), and BLS Instructor course. The course comprises 36 lessons and teaches the skills of CPR and choking for victims of all ages, including ventilation with barrier devices, pocket masks, bag-valve-mask devices with supplemental oxygen, and the use of Automated External Defibrillators.

Duration	CPR & Choking	AED Module	First Aid Module	BVM Module	Skills Test	Written Test	CPD Points	Certificate Valid
<b>7 HOURS</b>	<b>YES</b>	<b>YES</b>	<b>NO</b>	<b>YES</b>	<b>YES</b>	<b>YES</b>	<b>10 gen. + 1 ethics</b>	<b>2 YEARS</b>

### Defensive Driving with 4x4 Off-road

#### Overview

It also makes good business sense that employees who are expected to supervise these related activities should know what the correct procedures are so that they are competent to identify good or bad practices during the course of their supervision day / shift.

#### PRE-REQUISITES

Must have a valid drivers licence

Duration	Written Test	Skills Test	Certificate Valid
<b>2 DAYS</b>	<b>YES</b>	<b>YES</b>	<b>2 YEARS</b>

#### OTHER SERVICES EMERGENCY MEDICAL TRAINING CC OFFER:

- Selling of Medical Boxes / Kits and Fire Extinguishers.
- Restocking of Medical Kits [according to the Ministry of Labour]
- Medicals approved by Occupational Health and Safety Doctor

#### BOOKING PROCESS

- Request availability of a specific course date directly with Precision Emergency Training Cc.
- Complete a course registration form and email to [training1@pet-nam.com](mailto:training1@pet-nam.com) / [admin@pet-nam.com](mailto:admin@pet-nam.com)

#### CORRESPONDENCE

All correspondence to be directed to Precision Emergency Training Cc.

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