



**PROFESSIONAL RESUSCITATION  
PRACTITIONERS**

CPR • Choking • First Aid and Health Care

[www.SurvivalCPR.co.za](http://www.SurvivalCPR.co.za)

Please find below a table of courses offered:

<u>Course</u>	<u>Cost / person</u>	<u>Recommended Duration</u>	<u>Min no of people</u>	<u>Endorsed by American Heart Assoc &amp; Resusc Council of SA</u>	<u>Certified by Occupational Health &amp; Safety Act</u>
Level 1	R 800	16 hours	10	No	Yes
Adult Course	R 500	6 hours	10	Yes	No
Parent Course	R 500	6 hours	10	Yes	No
Domestic Workers Course	R 500	6 hours	10	Yes	No

Course content:

**1. Level 1** – as per Occupational Health & Safety regulations

**2. Adult course -**

Healthy heart living	Head injuries	Anaphylaxis
Stroke	Fractures	Recovery position
Epilepsy	Bleeds	CPR
Diabetes	Burns	Choking
Asthma		

**3. Parent course** – suitable for expectant parents & parents with young children

Emergency access	Fractures	Allergic reactions
Home safety	Electrocution	Burns
Febrile convulsions	Poisons	Recovery position
Head injuries & concussion	Bites	CPR
Bleeds	Stings	Choking
SIDS (Sudden Infant Death Syndrome)		Paediatric Medications

**4. Domestic course** – content as per 3 above. Course designed for domestic workers.

Please contact me if you require further information.

Kind regards

Sr Catherine Rodwell  
082 896 1820

TRAINING IN ACCORDANCE WITH THE RESUSCITATION COUNCIL OF SOUTH AFRICA

**Sr. Catherine Rodwell**  
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- **Diploma General nursing**  
- Psychiatric & community nursing and midwifery  
- Advanced cardiac life support  
- Advanced trauma life support  
- CPR instructor