

Course Comparison

| Category | Presentations | | Short courses | | International courses | | | | First aid & CPR courses | | | | | | | | | |
|----------------------------|---|--------------------|-----------------|-------------|-----------------------|--------------|-------------|--------------|---------------------------------------|------------------|--------------------------|-----------------|---------------------------------------|------------------|------------------|---------------------------------------|------------------|---------|
| | CPR Practice | First Aid Practice | Basic First Aid | PP CPR | AHA CPR | HS CPR & AED | BLS for HCP | HS First Aid | Level 1: Min | Level 1: DOL | Level 1: SETA | Level 2 upgrade | Level 1 & 2 | | Level 3 upgrade | Level 1, 2 & 3 | | |
| Course Name | Pulse Point | Pulse Point | Pulse Point | Pulse Point | Pulse Point | Pulse Point | Pulse Point | Pulse Point | Dept. of labour (DOL) Minimum content | Pulse Point: DOL | Pulse Point: SETA 119597 | Pulse Point | Dept. of labour (DOL) Minimum content | Pulse Point: DOL | Pulse Point: DOL | Dept. of labour (DOL) Minimum content | Pulse Point: DOL | |
| Course Version | Pulse Point | Pulse Point | Pulse Point | Pulse Point | Pulse Point | Pulse Point | Pulse Point | Pulse Point | Dept. of labour (DOL) Minimum content | Pulse Point: DOL | Pulse Point: SETA 119597 | Pulse Point | Dept. of labour (DOL) Minimum content | Pulse Point: DOL | Pulse Point: DOL | Dept. of labour (DOL) Minimum content | Pulse Point: DOL | |
| Duration | Course Duration | 1 Hour | 2 Hours | 3 hrs | 3 hrs | 3 hrs | 4 hrs | 6 hrs | 1 day | 2 days | 2 days | 2 days | 1 day | 3 days | 3 days | 2 days | 5 days | 5 days |
| Accreditation | Department of Labour | | | | | | | | | ✓ | ✓ | | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ |
| | SETA & SAQA | | | | | | | | | | ✓ | | | | | | | |
| | Health Professions Council of South Africa (HPCSA) | | | | ✓ | | | ✓ | | | ✓ | | | ✓ | ✓ | | | ✓ |
| | HPCSA Standard CPD / CEU Points | | | | 3 CPDs | | | 15 CPDs | | | 16 CPDs | | 13 CPDs | | 29 CPDs | 16 CPDs | | 45 CPDs |
| | HPCSA Ethics CPD / CEU points | | | | | | | | | 2 ethics | | 2 ethics | | 4 ethics | 2 ethics | | 6 ethics | |
| | Register of Exercise Professionals (REPSSA) | | | | 2 CPDs | | | | | 12 CPDs | | | | | | | | |
| | Resuscitation council of Southern Africa | | | ✓ | | ✓ | ✓ | ✓ | ✓ | | | | | | | | | |
| | American Heart Association | | | ✓ | | ✓ | ✓ | ✓ | ✓ | | | | | | | | | |
| | Discovery Vitality | | | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | | ✓ | ✓ | ✓ | | ✓ | ✓ | | ✓ |
| Basics of first aid | Safety & Emergency scene management | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ |
| | Principles of first aid | | | | | | | | | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ |
| | Ethics related to emergency care | | | | | | | | | | ✓ | ✓ | | ✓ | ✓ | ✓ | ✓ | ✓ |
| | The Chain of Survival | | | | | | | ✓ | ✓ | ✓ | ✓ | ✓ | | ✓ | ✓ | ✓ | ✓ | ✓ |
| | Basic First Aid Kit list | | ✓ | ✓ | | | | | | | ✓ | ✓ | ✓ | | ✓ | ✓ | ✓ | ✓ |
| CPR | Choking | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ |
| | Artificial respiration | ✓ | | | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ |
| | One-rescuer Adult CPR | ✓ | | | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ |
| | One-rescuer Child CPR | ✓ | | | ✓ | ✓ | ✓ | ✓ | ✓ | | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ |
| | One-rescuer Infant CPR | | | | ✓ | ✓ | ✓ | ✓ | ✓ | | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ |
| | Two-rescuer Adult CPR | | | | | | | ✓ | | | | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ |
| | Automated External Defibrillator (AED) | | | | Intro | | ✓ | ✓ | ✓ | | | | | | | ✓ | | ✓ |
| Training | Theory : Practical | 50:50 | 50:50 | 50:50 | 50:50 | 50:50 | 50:50 | 50:50 | 50:50 | 50:50 | 50:50 | 50:50 | 50:50 | 50:50 | 50:50 | 50:50 | 50:50 | 50:50 |

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| Injury Management | Single Injury Management | | ✓ | ✓ | | | | | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ |
| | Multiple injury management | | ✓ | ✓ | | | | | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ |
| | Diagnosis of medical conditions | | ✓ | ✓ | | | | | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ |
| | Multiple patient management | | | | | | | | | | | | | | ✓ | ✓ |
| Traumatic Injuries | Wounds and bleeding | ✓ | ✓ | ✓ | | | | | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ |
| | Bandaging practice | | ✓ | ✓ | | | | | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ |
| | Unconsciousness and fainting | | ✓ | ✓ | | | | | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓✓ | ✓✓ |
| | Shock | | ✓ | ✓ | | | | | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓✓ | ✓✓ |
| | Shock practice | | ✓ | ✓ | | | | | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ |
| | Burns | | ✓ | ✓ | | | | | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ |
| | Specific fractures | | ✓ | ✓ | | | | | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ |
| | Fractures & Splinting | | ✓ | ✓ | | | | | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ |
| | Basic Splinting practice | | ✓ | ✓ | | | | | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ |
| | Standard Splinting practice | | | | | | | | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ |
| | Head and Spinal Injuries | | ✓ | ✓ | | | | | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ |
| | Poisons | | Intro | Intro | | | | | Intro | Intro | Intro | ✓ | ✓ | ✓ | ✓ | ✓ |
| | Eye injuries | | ✓ | ✓ | | | | | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ |
| | Soft tissue injuries | | ✓ | ✓ | | | | | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ |
| | Joint injuries & Sprains | | ✓ | ✓ | | | | | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ |
| | Hand injuries | | ✓ | ✓ | | | | | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ |
| | Impaled objects | | | | | | | | | Intro | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ |
| | Compartment syndrome | | | | | | | | | Intro | Intro | | | ✓ | ✓ | ✓ |
| | Chest injuries | | | | | | | | | | | ✓ | ✓ | ✓ | ✓ | ✓ |

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| | | CPR Practice | First Aid Practice | Basic First Aid | PP CPR | AHA CPR | HS CPR & AED | BLS for HCP | HS First Aid | Level 1: Min | Level 1: DOL | Level 1: SETA | Level 2 upgrade | Level 1 & 2 | Level 3 upgrade | Level 1, 2 & 3 | |
| Traumatic Injuries (cont.) | Pelvic and abdominal injuries | | | | | | | | | | | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ |
| | Crush Injuries | | | | | | | | | | | | | | ✓ | ✓ | ✓ |
| | Concussion & Compression | | | | | | | | | | | | | | ✓ | ✓ | ✓ |
| Medical emergencies | Seizures & Fits | | Intro | Intro | | | | | Intro | | Intro | Intro | ✓ | ✓ | ✓ | ✓ | ✓ |
| | Heart attacks and Chest pain | | | | | | | | Intro | | Intro | Intro | ✓ | ✓ | ✓ | ✓✓ | ✓✓ |
| | Stroke | | | | | | | | Intro | | Intro | Intro | ✓ | | ✓ | | ✓ |
| | Asthma | | ✓ | ✓ | | | | | ✓ | | ✓ | ✓ | ✓ | | ✓ | ✓ | ✓ |
| | Allergies & Skin reactions | | ✓ | ✓ | | | | | ✓ | | ✓ | ✓ | ✓ | | ✓ | ✓ | ✓ |
| | Drowning | | | ✓ | | | | | | | | | ✓ | | ✓ | | ✓ |
| | Diabetes | | | | | | | | Intro | | Intro | Intro | Intro | | Intro | ✓ | ✓ |
| | Emergency child birth | | | | | | | | | | | | | | ✓ | ✓ | ✓ |
| Environmental Injuries | Snake bites and bee stings | | Intro | Intro | | | | | Intro | | Intro | Intro | ✓ | ✓ | ✓ | ✓ | ✓ |
| | Bites and stings | | Intro | | | | | | Intro | | Intro | Intro | ✓ | ✓ | ✓ | ✓ | ✓ |
| | Temperature emergencies | | | | | | | | Intro | | Intro | Intro | ✓ | ✓ | ✓ | ✓ | ✓ |
| Anatomy and Physiology | Basic anatomy and physiology | | | | | | | | ✓ | | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ |
| | Applied anatomy and physiology | | | | | | | | | | ✓ | ✓ | | ✓ | ✓ | ✓ | ✓ |
| Patient Monitoring | Patient History | | | | | | | | | ✓ | ✓ | ✓ | | ✓ | ✓ | | ✓ |
| | Adult Vital signs | | | | | | | | | ✓ | ✓ | ✓ | | ✓ | ✓ | | ✓ |
| | Infant & Child Vital signs | | | | | | | | | | | | | | ✓ | | ✓ |
| | Glasgow Coma Scale | | | | | | | | | | | | | | ✓ | | ✓ |
| | Blood pressure | | | | | | | | | | | | | | ✓ | | ✓ |

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| Advanced first aid skills | Rescue Carries | | | | | | | | | | | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ |
| | Problem solving scenarios | | | | | | | | | ✓ | ✓ | ✓ | | ✓ | ✓ | ✓ | ✓ |
| | Emergency simulations | | | | | | | | | 6 | 6 | 3 | | 9 | 6 | ✓ | 15 |
| Testing & Assessments | CPR evaluation | | | | ✓ | | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ |
| | Written test evaluating both theory & practical | | | | | | ✓ | | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ |
| | Practical assesment on an emergency simultaion | | | | | | | ✓ | | ✓ | ✓ | ✓ | | ✓ | ✓ | ✓ | ✓ |
| | Portfolio of Evidence submission | | | | | | | ✓ | | | ✓ | ✓ | | ✓ | ✓ | ✓ | ✓ |
| Student aids | Manual | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ |
| | Resuscitation aid (mouth piece) | ✓ | | | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ |
| | Pair of gloves | ✓ | | | ✓ | | ✓ | ✓ | | ✓ | ✓ | ✓ | | ✓ | ✓ | | ✓ |
| | Keyring pouch | ✓ | | | ✓ | | ✓ | ✓ | | ✓ | ✓ | ✓ | | ✓ | ✓ | | ✓ |
| Training aids | Whiteboard | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | | ✓ | ✓ | | ✓ | ✓ |
| | Video | | | ✓ | ✓ | ✓ | ✓ | ✓ | | ✓ | ✓ | | | ✓ | | | ✓ |
| | Powerpoint | | ✓ | ✓ | | | | | | ✓ | ✓ | ✓ | | ✓ | ✓ | | ✓ |
| | First Aid Kit | | ✓ | ✓ | | | | | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ |
| | Adult/Child Resuscitation manikin | ✓ | | | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ |
| | Infant Resuscitation manikin | | | | ✓ | ✓ | ✓ | ✓ | | | | ✓ | ✓ | ✓ | | ✓ | ✓ |
| | Cervical immobilization device | | | | | | | | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ |
| | Anatomy visual aids | | | | | | | | | | ✓ | | ✓ | ✓ | ✓ | ✓ | ✓ |
| | Full spinal boards | | | | | | | | | | | | | | ✓ | ✓ | ✓ |
| | Wound simulation | | | | | | | | | ✓ | | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ |
| Minimum Ratios | Minimum Instructors to Students | 1:15 | 1:25 | 1:20 | 1:10 | 1:9 | 1:9 | 1:9 | 1:9 | 1:15 | 1:15 | 1:12 | 1:12 | 1:12 | 1:12 | 1:12 | 1:12 |
| | Minimum Manikins to Students | 1:3 | | | 1:3 | 1:3 | 1:3 | 1:3 | 1:3 | | 1:3 | 1:3 | 1:3 | 1:3 | 1:3 | 1:3 | 1:3 |
| | Practical equipment to Students | | 1:4 | 1:3 | | | | | 1:3 | | 1:3 | 1:3 | 1:3 | 1:3 | 1:3 | | 1:3 |