



Course List

Tel: 011 477 9999

Email: mail@pulsepoint.co.za

Web: www.pulsepoint.co.za

The provider for high quality, fun and interactive, first aid and CPR training.



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Icon Descriptions



First Aid



CPR



HPCSA CPD/
Ethics Points



Discovery Vitality
2500 points



Contact us

Email: mail@pulsepoint.co.za

Tel: 011 477 9999

(8am – 4:30pm)

Fax: 086 551 9999

www.pulsepoint.co.za

Affordable, High Quality First Aid Training

Save Lives!

At Pulse Point, we are passionate about teaching people how to minimise injury and save lives. We believe everyone should be able to help when things go wrong.

Have Fun!

Our instructors make training simple, fun and interactive. They simply love to share their knowledge and experience with their students. Thousands of students have already benefited from their exciting, interactive and knowledgeable training. You'll also be happy to get your certificates at the end of the course, no long wait.

Put it into action!

Students not only learn the theory, but also get to put what they've learnt into action through practical sessions and simulated emergencies. These simulations greatly improve the student's ability & confidence. We bring lots of manikins & practical equipment for the students to use, to ensure everyone gets hands on experience.

Learn how you like to learn!

What's more we also use a combination of DVD's, demonstrations, presentations, discussions, practical sessions and practical simulations to ensure all learning styles and abilities are accommodated.

We come to you!

We make the first aid training convenient by coming to you whenever you're free to do the training! (Provided someone else hasn't booked that time already) We also bring all our own equipment.

Free travel if you are less than 20km from us!

That's right! If you're less than 20 km from us then the travel is free of charge. Alternatively it is only R3.00/km to compensate for both the time & cost incurred while travelling. (Route distance calculated as fastest route, by time, using highways where available)

More people = less price per person

Our prices are great too. They even decrease with bigger group sizes, so the more people you get together the less each person pays. All prices **include VAT**.

By yourself? No problem. Come to us!

If however you don't have a group to do the course with, or if you don't have the space at your office or home, then you can join one of our public courses at either of our training venues (Joburg North, West & East). The North venue is in Sandton (Marlboro region, next to the M1 highway). The West venue is in Delarey (Roodepoort/ Randburg/ Florida region, near the Gordon road off ramp). The East venue is in Meadowbrook (Edenvale/ Bedfordview/ Isando region, near the Edenvale road off ramp). A light lunch is also included in the price.

Accreditation & Quality Assurance

Department of Labour (CI551), Health Professions Council of South Africa (HPCSA), American Red Cross® (ARC) & American Heart Association® (AHA) / ILCOR Guidelines aligned (2010 Global standards on CPR & First Aid), Register of Exercise Professionals (REPS SA), Emergency Care and Safety Institute (ECSI), Resuscitation Council of Southern Africa (Training Center, Faculty Member), Discovery Vitality approved, HWSETA.

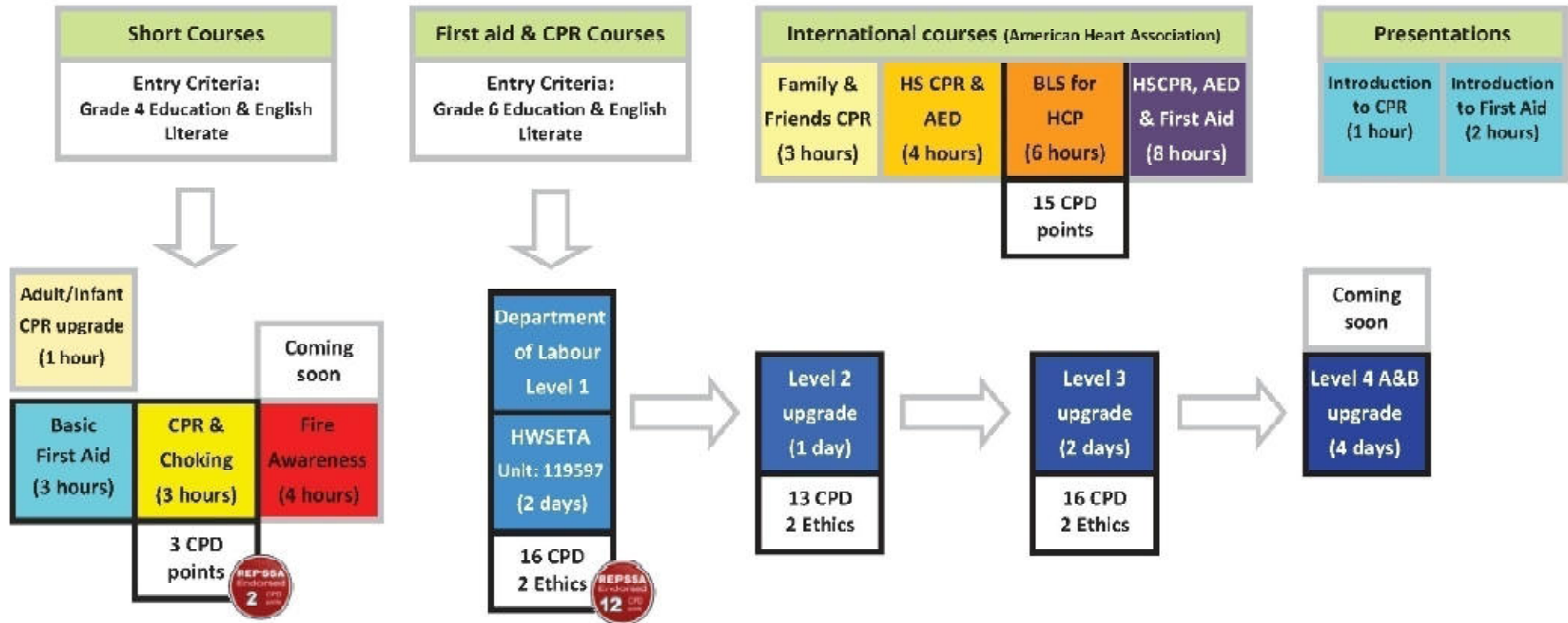
BBBEE

Pulse Point cc is a Level 4, Value Adding Supplier, with a procurement recognition level of 100%.

Course Flow

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Approved for Health Professions Council of South Africa (HPCSA) CPD/CEU points.

Approved for Discovery Vitality Points.

- Grey Border: We can come to you. The more people on the course, the cheaper it is per person.
- Black Border: Same as Grey Border, but we also have public courses for you to join at a fixed price.
- CPD / CEU points are for people registered with the HPCSA. REPSA CPD points are labeled separately.
- Course Duration would be shorter for smaller groups & Entry Criteria are recommended guidelines.
- As always let us know if you have any questions or need any information.

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[Click here for the latest version](http://www.pulsepoint.co.za/Pulse-Point-Course-Flow.pdf)
www.pulsepoint.co.za/Pulse-Point-Course-Flow.pdf



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F&F CPR, BLS for HCP, HS CPR & AED, HS First Aid

Accreditation for these courses

Health Professions Council of South Africa (HPCSA), American Heart Association (AHA) & American Red Cross & ILCOR Aligned.

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Presentation Courses

- Introduction to CPR

Learn the basics of how to perform CPR. This course covers the basics of CPR in the South African environment. Perfect for large groups who want to know CPR but don't need to be certified.

The course covers:

- Adult/Child CPR
- Adult/Child Choking

OR

- Infant CPR
- Infant Choking

You will receive:

- South African CPR manual.
- Mouth piece, gloves & pouch.

Duration

- 1 hour

Optional extras:

- Spare CPR pouch
- Introduction to First Aid

Cost per person
(When we come to you.)

R1200 Callout

+

R60 per person

(Price includes VAT)

- Introduction to First Aid

Learn the essentials of first aid and how to deal with a life threatening emergency. This course is great for wellness programs, skills development, as well as staff empowerment. Perfect for large groups!

The course covers:

- Safety & first aid kit essentials
- Adult, Child, Infant Choking
- Seizures, Shock
- Bleeding, Broken Bones, Burns
- Asthma, Allergies, Fainting
- Poisons, Bites & Stings
- Head injuries, Choking practice
- Bleeding, Fracture & Shock practice

You will receive:

- South African Basic First Aid Manual
- Intro to First Aid Certificate (valid for 2years)

Duration

- 2 hours

Optional extras:

- Basic first aid kit
- Introduction to CPR

Cost per person
(When we come to you.)

R1200 Callout

+

R60 per person

(Price includes VAT)



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F&F CPR, BLS for HCP, HS CPR & AED, HS First Aid

Accreditation for these courses

Health Professions Council of South Africa (HPCSA). Register of Exercise Professionals (REPSSA). American Heart Association (AHA), Resuscitation Council of Southern Africa (RCSA), American Red Cross & ILCOR Aligned.

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Short Courses

- C.P.R. & Choking course



Learn to perform CPR, help a choking person and deal with a life threatening emergency.

The course covers:

- Adult CPR
- Child CPR
- Infant CPR
- Adult/Child Choking
- Infant Choking
- Basic AED use

Duration

- 3 hours

You will receive:

- South African CPR manual.
- Mouth piece, gloves & pouch.
- CPR certificate (valid for 2 years)
- HPCSA CPD certificate: 3 CEUs
- REPSSA CPD certificate: 2 CPDs
- 2500 Discovery vitality points

Optional extras:

- Spare CPR pouch



Get 10% off if you book both a Basic first aid course & CPR course on the same day.

Private Course Price (When we come to you.)

- 1: R1470, 5: R370 pp,
 - 2: R790 pp, 6: R320 pp,
 - 3: R540 pp, 7: R310 pp,
 - 4: R430 pp, 8-15: R300 pp
- 16+: On request

Public Course Price (When you come to us.)

- CPR: R360
- CPR & Basic: R580 (including VAT & Lunch)

- Basic First Aid course



Learn how to help an injured person (adult, child and infant). This course covers all the day to day injuries that you will probably need to deal with. It is an excellent course for basic skills development.

The course covers:

- Fractures, Burns and Bleeding
- Seizures and Shock
- Head injuries and Sprains
- Bites and Stings
- The emergency call and Safety
- The Recovery position
- Poisons & Choking

You will receive:

- South African Basic First Aid manual.
- Basic First Aid certificate (valid for 2 years)

Duration

- 3 hours

Optional extras:

- 1 hr Adult Or Infant CPR

Private Course Price (When we come to you.)

- (Price per person)
 - 1: R1470, 5: R370,
 - 2: R790, 6: R320,
 - 3: R540, 7: R310,
 - 4: R430, 8-15: R300
- 16+: On request

Public Course Price (When you come to us.)

- Basic: R360
- CPR & Basic: R580 (including VAT & Lunch)

- Adult/Infant CPR upgrade course



Learn to perform CPR, help a choking person and deal with a life threatening emergency.

The course covers:

- Adult/Child CPR & Choking
- OR
- Infant CPR & Choking

Duration

- 1 hour (must be run as an add-on to another course)

You will receive:

- South African CPR manual.
- Mouth piece, gloves & pouch.
- CPR certificate (valid for 2 years)
- 2500 Discovery vitality points

Optional extras:

- Spare CPR pouch

Private Course Price (When we come to you.)

- (Price per person)
 - 1: R940, 5: R250
 - 2: R500, 6: R230
 - 3: R360, 7: R220
 - 4: R280, 8+: R210
- (Price includes VAT)



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F&F CPR, BLS for HCP, HS CPR & AED, HS First Aid

Accreditation for these courses

Department of Labour. Health Professions Council of South Africa (HPCSA). Register of Exercise Professionals (REPS SA). RCSA, AHA, ARC & ILCOR Aligned.



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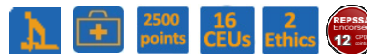
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Department of Labour Courses

- First Aid Level 1 course



This course covers all first aid essentials, and is the benchmark of first aid. It is also a company requirement for the Occupational Health and Safety act (OHSAct), FGASA, SwimSA & SCUBA diving.

The course covers:

- Adult and Child CPR & Choking
- Emergency scene management
- Emergency numbers
- Wounds & Bleeding
- Shock and Vital signs
- Head to toe survey
- Unconsciousness and fainting
- Introduction to asthma, strokes, seizures, heart attacks
- Fractures, Splinting, Bandaging
- Head and Spinal Injuries
- Burns & Electrocution
- Poisons, Bites & Stings
- Intro. to heat & cold emergencies
- 6 Work Related emergency Simula

You will receive:

- South African Level 1 manual (62 pages)
- Mouth piece, gloves & pouch
- Level 1 first aid certificate (valid for 3 years)
- HPCSA CPD certificate: 16 CEUs + 2 ethics points
- REPSSA CPD certificate: 12 CPDs
- 2500 Discovery vitality

Duration

- 2 days (16 hours)

Optional extras:

- First aid kit



Private Course Price
(When we come to you.)

(Price per person)

1: R3000, 6: R930

2: R1800, 7: R800

3: R1720, 8: R760

4: R1340, 9: R740

5: R1090, 10-15: R720

16+: R690

24+: On request

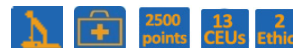
(Price Including VAT)

Public Course Price
(When you come to us.)

R840

(Including VAT & Lunch)

- First Aid Level 2 Upgrade course



This intermediate course covers the essentials of first aid in more detail. This is an upgrade for a Level 1 first aid course where a student has a valid Level 1 certificate.

The course covers:

- Adult & Child 2 Rescuer CPR
- Infant CPR & Choking
- Drowning
- Asthma
- Heart Attacks & Chest Injuries
- Strokes & Seizures detailed
- Abdominal Injuries
- Advanced Poisonings, Snake Bites & Temperature emergencies
- Rescue Carries
- 3 Work Related emergency Simulations

You will receive:

- South African Level 2 manual (53 pages)
- Mouth piece, gloves & pouch
- Level 2 first aid certificate (valid for 3 years)
- HPCSA CPD certificate: 13 CEUs + 2 ethics points
- 2500 Discovery vitality points

Duration

- 1 day (1 – 8 people)
- 2 days (9 or more people)

Optional extras:

- First aid kit



Private Course Price
(When we come to you.)

(Price per person)

1: R2660, 6: R540

2: R1380, 7: R520

3: R920, 8: R500

4: R700, 9: R480

5: R580, 10-15: R460

16+: R440

24+: On request

(Price Including VAT)

Public Course Price
(When you come to us.)

R740

(Including VAT & Lunch)



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F&F CPR, BLS for HCP, HS CPR & AED, HS First Aid

Accreditation for these courses

Department of Labour. Health Professions
Council of South Africa (HPCSA). RCSA, AHA,
ARC & ILCOR Aligned. HWSETA



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Department of Labour Courses

- First Aid Level 1 & 2 course

This intermediate course covers the essentials of first aid in more detail. The extra theoretical and practical training enables students to improve their care of an injured person.

The course covers:

- Level 1 content
- Adult & Child 2 Rescuer CPR
- Infant CPR & Choking
- Drowning & Asthma
- Multiple injury management
- Heart attacks & chest injuries
- Epilepsy, Strokes,
- Impaled objects
- Abdominal Injuries
- Advanced: Poisonings, Snake bites & Temperature emergencies
- Rescue Carries
- 9 Work Related emergency Simulations

You will receive:

- South African Level 1 & 2 manual (62+53 pages)
- Mouth piece, gloves & pouch
- Level 2 first aid certificate (valid for 3 years)
- HPCSA CPD certificate: 29 CEUs + 4 ethics points
- 2500 Discovery vitality points

Duration

- 3 days (24 hours)
(1 day if you have already done the level 1. The price is also reduced. See Level 2 upgrade course.)

Optional extras:

- First aid kit

Private Course Price

(When we come to you.)
(Price per person)
1: R5660, 6: R1470
2: R3180, 7: R1320
3: R2640, 8: R1260
4: R2040, 9: R1220
5: R1670, 10-15: R1180
16+: R1130
24+: On request
(Price Including VAT)



Public Course Price

(When you come to us.)
R1330
(including VAT & Lunch)

- First Aid Level 3 Upgrade course

This is an upgrade for a Level 2 first aid course where a student has a valid Level 2 certificate. It is excellent for people that are exposed to dangerous and hazardous environments or that are more than a few hours from their nearest hospital. The course is also recommended for anyone wishing to become a paramedic.

The course covers:

- AED use
- Triage & GCS
- Unconsciousness
- Advanced Shock
- Advanced Heart attacks
- Blood Pressure
- Diabetes
- Head & Spinal injuries
- Compression & Crush Injuries
- Emergency Child Birth
- Elementary anatomy & physiology
- 6 Work Related emergency Simulations

You will receive:

- South African Level 3 manual (66 pages)
- Mouth piece, gloves & pouch
- Level 3 first aid certificate (valid for 3 years)
- HPCSA CPD certificate: 16 CEUs + 2 ethics points
- 2500 Discovery vitality points

Duration

- 2 days (16 hours)

Optional extras:

- First aid kit
- BP Cuff & Stethoscope

Private Course Price

(When we come to you.)
(Price per person)
1: R2820, 6: R930
2: R2500, 7: R760
3: R1700, 8: R720
4: R1320, 9: R690
5: R1100, 10-15: R670
16+: R640
24+: On request
(Price Including VAT)



Public Course Price

(When you come to us.)
R850
(including VAT & Lunch)



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F&F CPR, BLS for HCP, HS CPR & AED, HS First Aid

Accreditation for these courses

Department of Labour. Health Professions
Council of South Africa (HPCSA). RCSA, AHA,
ARC & ILCOR Aligned. HWSETA



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Department of Labour Courses

- First Aid Level 1, 2 & 3 course 2500 points 45 CEUs 6 Ethics

This comprehensive course covers all first aid topics. It is excellent for people that are exposed to dangerous and hazardous environments or that are more than a few hours from their nearest hospital. The course is also recommended for anyone wishing to become a paramedic.

The course covers:

- Level 1 content
- Level 2 content
- AED use
- Triage & GCS
- Unconsciousness
- Advanced Shock
- Heart attack management (Angina vs AMI)
- Blood Pressure
- Diabetes
- Head & Spinal injuries
- Compression & Crush Injuries
- Emergency Child Birth
- Elementary anatomy & physiology
- 15 Work Related emergency Simulations

You will receive:

- South African Level 1 manual (62 pages)
- South African Level 2 manual (53 pages)
- South African Level 3 manual (66 pages)
- Mouth piece, gloves & pouch
- Level 3 first aid certificate (valid for 3 years)
- HPCSA CPD certificate: 45 CEUs + 6 ethics points
- 2500 Discovery vitality points

Duration

- 5 days (40 hours)

(2 days if you have already done the Level 2. The price is also reduced. See Level 3 upgrade course.)

Optional extras:

- First aid kit



Private Course Price (When we come to you.)

(Price per person)
1: R8480, 6: R2400
2: R5680, 7: R2080
3: R4340, 8: R1980
4: R3360, 9: R1910
5: R2770, 10-15: R1850
16+: R 1770
24+: On request
(Price Including VAT)

Public Course Price (When you come to us.)

Level 1, 2, 3: R1980
Level 2 & 3: R1390
(including VAT & Lunch)



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Accreditation for these courses

South African Qualifications Authority (SAQA),
Health and Welfare Sector Education and
Training Authority (HWSETA). DOL, REPSSA,
HPCSA, RCSA, AHA, ARC & ILCOR Aligned.

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SETA Courses

- Unit standard 119597: “Perform basic life support and first aid procedures” (SETA First Aid Level 1 course)

This course enables candidates to: Assess an emergency situation then apply first aid procedures to these life-threatening situations, including treating common injuries while demonstrating an understanding of emergency scene management, elementary anatomy and physiology. It covers all the topics of a department of labour (DOL) first aid level 1 and part of the DOL level 2. As such, it can also be used to fulfil the company requirement for the Occupational Health and Safety act (OHSAct), FGASA, SwimSA & SCUBA diving.

The course covers:

- Adult, Child & Infant CPR & Choking
- Emergency scene management
- Emergency numbers
- Wounds, Bleeding, bandaging
- Shock and Vital signs
- Head to toe survey
- Unconsciousness and fainting
- Introduction to asthma, strokes, seizures, heart attacks, diabetes
- Fractures, Splinting, Bandaging
- Head and Spinal Injuries, Sprains
- Burns & Electrocutation
- Poisons, Bites & Stings, Allergies
- Intro. to heat & cold emergencies
- Impaled objects, amputations
- The human body – Anatomy & Physiology
- 6 Work Related emergency Simulations

You will receive:

- South African Learner guide
- Portfolio of Evidence Guide
- South African Learner Workbook
- Mouth piece, gloves & pouch
- HWSETA Level 1 first aid certificate (valid for 3 years)
- DOL Level 1 first aid certificate (valid for 3 years)

Duration

- 2 days (16 hours) + portfolio of evidence submission



Private Course Price (When we come to you.)

(Price per person)

1: R3000, 6: R930

2: R1800, 7: R800

3: R1720, 8: R760

4: R1340, 9: R740

5: R1090, 10-15: R720

16+: R690

24+: On request

(Price Including VAT)

Plus R120 per portfolio submission



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International Courses

- Family & Friends C.P.R. & Choking course

Learn to perform CPR, help a choking person and deal with a life threatening emergency.

The course covers:

- Adult CPR
- Child CPR
- Infant CPR
- Adult/Child Choking
- Infant Choking

Duration

- 3 hours

You will receive:

- 55 page colour CPR booklet.
- Mouth piece, gloves & pouch.
- CPR certificate (valid for 2 years) (Courses are conducted according to American Heart Association (AHA) standards and guidelines.)
- 2500 Discovery vitality points

Optional extras:

- Spare CPR pouch



Private Course Price

(When we come to you.)

(Price per person)

1: R1510, 4: R460,

2: R810, 5: R380,

3: R570, 6+: R340

15+: On request

(Price includes VAT)

Public Course Price

(When you come to us.)

See the local CPR & Choking short course

- Basic Life Support for Healthcare Providers (BLS for HCP)

Get 15 CPD points in 6 hours with this advanced CPR course. This course is aimed at anyone needing healthcare provider CPR skills, and is a prerequisite for ACLS and PALS courses.

The course covers:

- 2010 Guidelines update
- Adult, child and infant choking & CPR; with the use of a BVM (Bag-Valve-Mask)
- AED – Automated External Defibrillation.
- Advanced airway management.

Duration

- 5 - 6 hours

You will receive:

- 62 page colour Basic Life Support student manual
- HPCSA CPD certificate: 15 CEUs
- BLS for HCP certificate. (Courses are conducted according to American Heart Association (AHA) standards and guidelines.)
- Mouth piece, gloves & pouch.
- 2500 Discovery vitality points

Optional extras:

- Pocket mask



Private Course Price

(When we come to you.)

(Price per person)

1: R3150, 4: R1060,

2: R1750, 5: R940,

3: R1270, 6+: R900

15+: R850

30+: On request

(Price includes VAT)



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Accreditation for these courses

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International Courses

- Heartsaver CPR & AED (HS CPR & AED)



This course is ideal for clients that need to be internationally certified in the use of an AED, as well as in CPR & choking.

The course covers:

- 2010 Guidelines
- Adult, Child & Infant C.P.R. with a pocket mask
- Adult, Child & Infant Choking
- AED use (Automatic External Defibrillator)

You will receive:

- 51 page colour CPR student manual
- HS CPR & AED certificate. (Courses are conducted according to American Heart Association (AHA) standards and guidelines.)
- Mouth piece, gloves & pouch.
- 2500 Discovery vitality points



Duration

- 3 - 4 hours

Private Course Price

(When we come to you.)

(Price per person)

1: R3150, 4: R990,

2: R1750, 5: R940,

3: R1270, 6+: R900

15+: R850

30+: On request

(Price includes VAT)

- Heartsaver First Aid (HS First aid)



This course is ideal for clients that need to be internationally certified in the use of an AED, as well as in CPR & choking & basic first aid.

The course covers:

- 2010 Guidelines
- HS CPR & AED content
- Shock, Internal & External bleeding
- Breathing problems, Allergic reactions
- Fractures, splinting and bandaging
- Head and Spine Injuries
- Heat related Emergencies
- Poisons, Bites and Stings

You will receive:

- 126 page colour First Aid & CPR manual.
- HS First Aid certificate (Courses are conducted according to American Heart Association (AHA) standards and guidelines.)
- Mouth piece, gloves & pouch.
- 2500 Discovery vitality points

Duration

- 1 day



Private Course Price

(When we come to you.)

(Price per person)

1: R3150, 4: R1050,

2: R1750, 5: R1000,

3: R1270, 6+: R960

15+: R900

30+: On request

(Price includes VAT)