



Course List

Tel: 011 477 9999

Email: mail@pulsep.co.za

Web: www.pulsep.co.za

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



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Icon Descriptions



2500 points
(every 2 years)



CPR



First Aid

Contact us

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(9am – 4pm)

Fax: 086 551 9999

www.pulsep.co.za

Affordable, High Quality First Aid Training

About Pulse Point

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.

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.

Learn how you like to learn!

What's more we also use a combination of DVD's, demonstrations, presentations and discussions to ensure all learning styles 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)

Free travel for the first 20km!

That's right! If we come to you, then the first 20 km are free of charge. Each km thereafter is only R2.50/km. (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.

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 our beautiful training venue in Delarey (South of Northcliff, near the Gordon road off ramp)

Accreditation & Quality Assurance

Resuscitation Council of Southern Africa, Department of Labour (CI551), American Red Cross® (ARC) & American Heart Association® (AHA) / ILCOR Guidelines aligned (2010 Global standards on CPR & First Aid), South African Resuscitation Training Center Faculty & Executive Member, Health Professions Council of South Africa (HPCSA), Discovery Vitality approved, HWSETA (pending)

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Wellness Courses

- 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 1st hour
- Adult, Child, Infant Choking
- Seizures, Shock
- Bleeding, Broken Bones, Burns
- Asthma, Allergies, Fainting 2nd hour
- Poisons, Bites & Stings
- Head injuries, Choking practice
- Bleeding, Fracture & Shock practice

You will receive:

- Basic First Aid Manual (26 pages)
- Intro to First Aid Certificate (valid for 2years)

Cost per person
(When we come to you.)

R700 Callout
+

1 hour: R90 per person

OR

2 hours: R130 per person

Duration

- 1 or 2 hours

Recommended extras:

- Basic first aid kit (R49)
- 1 hr Adult CPR (R70pp)

(Price includes VAT)

- 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:

- 44 page colour First Aid booklet & attendance card.
- Basic First Aid certificate (valid for 2years)
- 2500 vitality points

Cost per person
(When we come to you.)

R1100 (1 person)

R590 (2 people)

R400 (3 people)

R320 (4 people)

R270 (5 people)

R250 (6 or more)

R220 (15 or more)

R200 (45 or more)

Duration

- 3 hours

Recommended extras:

- Basic first aid kit (R49)
- 1 hr Adult CPR (R70pp)

(Price includes VAT)

- 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

You will receive:

- 55 page colour CPR booklet, & attendance card.
- Mouth piece, gloves & pouch.
- CPR certificate (valid for 2years)
- 2500 vitality points

Cost per person
(When we come to you.)

R1100 (1 person)

R590 (2 people)

R400 (3 people)

R320 (4 people)

R270 (5 people)

R250 (6 or more)

R220 (15 or more)

R200 (45 or more)

Recommended extras:

- Spare CPR pouch (R25)

(Price includes VAT)

Duration

- 3 hours





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Accreditation for these courses



Department of Labour. AHA, ARC
& ILCOR Aligned & HWSETA
(pending)

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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 & Electrocutation
- Poisons, Bites & Stings
- Intro. to heat & cold emergencies

You will receive:

- Level 1 manual (55 pages)
- Mouth piece, gloves & pouch
- Level 1 first aid certificate (valid for 3 years)
- 2500 vitality points



Duration

- 2 days (16 hours)

Recommended extras:

- Basic first aid kit (R49)
- Spare CPR pouch (R25)
- Regulation first aid kit (R299)
- Recommended first aid kit (R459)

Cost per person
(When we come to you.)

- R2200 (1 person)
 - R1300 (2 people)
 - R1270 (3 people)
 - R980 (4 people)
 - R800 (5 people)
 - R680 (6 people)
 - R590 (7 people)
 - R550 (8 or more)
 - R520 (15 or more)
 - R500 (30 or more)
- (Price includes VAT)

Public Course Price
(When you come to us.)

R650

- 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

You will receive:

- Level 2 manual (54 pages)
- Mouth piece, gloves & pouch
- Level 2 first aid certificate (valid for 3 years)
- 2500 vitality points



Duration

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

Recommended extras:

- Regulation first aid kit (R299)
- Recommended first aid kit (R459)

Cost per person
(When we come to you.)

- R1900 (1 person)
 - R1000 (2 people)
 - R700 (3 people)
 - R540 (4 people)
 - R440 (5 people)
 - R380 (6 people)
 - R330 (7 people)
 - R300 (8 or more)
- (Price includes VAT)

Public Course Price
(When you come to us.)

R550



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Accreditation for these courses



Department of Labour. AHA, ARC
& ILCOR Aligned & HWSETA
(pending)

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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
- 6 Work Related Simulations

You will receive:

- Level 1 manual (55 pages)
- Level 2 manual (51 pages)
- Mouth piece, gloves & pouch
- Level 2 first aid certificate (valid for 3 years)
- 2500 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.)

Recommended extras:

- Regulation first aid kit (R299)
- Recommended first aid kit (R459)

Cost per person
(When we come to you.)

R4100 (1 person)
R2300 (2 people)
R1970 (3 people)
R1520 (4 people)
R1240 (5 people)
R1060 (6 people)
R920 (7 people)
R850 (8 or more)
R820 (15 or more)
R800 (30 or more)

(Price includes VAT)

Public Course Price
(When you come to us.)

R650 + R550 = R1200



- 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 Practical scenario simulations

You will receive:

- Level 3 manual (64 pages)
- Mouth piece, gloves & pouch
- Level 3 first aid certificate (valid for 3 years)
- 2500 vitality points

Duration

- 2 days (16 hours)

Recommended extras:

- Recommended first aid kit (R459)
- Utility first aid kit (R998)
- BP Cuff & Stethoscope (R99 & R89)
- Pocket mask (R89)

Cost per person
(When we come to you.)

R2200 (1 person)
R2000 (2 people)
R1270 (3 people)
R980 (4 people)
R800 (5 people)
R680 (6 people)
R590 (7 people)
R550 (8 or more)
R520 (15 or more)
R500 (30 or more)

(Price includes VAT)

Public Course Price
(When you come to us.)

R850





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Basic Suturing, IV Therapy

Accreditation for these courses



Department of Labour. AHA, ARC
& ILCOR Aligned & HWSETA
(pending)

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Department of Labour Courses

- First Aid Level 1, 2 & 3 course



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
- 6 Work Related Simulations
- 9 Practical scenario simulations

You will receive:

- Level 1 manual (55 pages)
- Level 2 manual (51 pages)
- Level 3 manual (64 pages)
- Mouth piece, gloves & pouch
- Level 3 first aid certificate (valid for 3 years)
- 2500 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.)

Recommended extras:

- Recommended first aid kit (R459)
- Utility first aid kit (R998)
- BP Cuff & Stethoscope (R99 & R89)
- Pocket mask (R89)

Cost per person (When we come to you.)

R6300 (1 person)
 R4300 (2 people)
 R3240 (3 people)
 R2500 (4 people)
 R2040 (5 people)
 R1740 (6 people)
 R1510 (7 people)
 R1400 (8 or more)
 R1340 (15 or more)
 R1300 (30 or more)

(Price includes VAT)

Public Course Price (When you come to us.)

R650 + R550 + R850 =
R2050



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Resuscitation Council of Southern
Africa & HPCSA. American Heart



Association & American Red
Cross / ILCOR Aligned.

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CPD Point Courses

- 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.

You will receive:

- 62 page Full colour Basic Life Support student manual
- 15 CPD/CEU point certificate.
- BLS for HCP certificate
- Mouth piece, gloves & pouch.
- 2500 vitality points

Recommended extras:

- Pocket mask (R89)

Duration

- 5 - 6 hours

Cost per person
(When we come to you.)

R1850 (1 person)
R1100 (2 people)
R850 (3 people)
R700 (4 or more)
R640 (15 or more)

(Price includes VAT)

Public Course Price
(When you come to us.)

R750

- Heartsaver CPR & AED (HS CPR & AED)



Get 7 CPD points in 4 hours with this CPR course. 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
- 7 CPD/CEU point certificate.
- HS CPR & AED certificate
- Mouth piece, gloves & pouch.
- 2500 vitality points

Duration

- 3 - 4 hours

Cost per person
(When we come to you.)

R1950 (1 person)
R1060 (2 people)
R790 (3 people)
R650 (4 people)
R550 (5 people)
R500 (6 or more)
R450 (15 or more)

(Price includes VAT)

- Heartsaver First Aid (HS First aid)



Get 7 CPD points in 1 day with this essential first aid course. 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 full colour First Aid & CPR manual.
- 7 CPD/CEU point certificate.
- HS First Aid certificate
- Mouth piece, gloves & pouch.
- 2500 vitality points

Duration

- 1 day

Cost per person
(When we come to you.)

R850 (3 people)
R650 (6 people)
R580 (8 or more)
R550 (15 or more)

(More group size prices
available. (Price includes VAT)





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Basic Suturing, IV Therapy

Accreditation for these courses

Currently not accredited

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Skills Courses

- Basic Suturing Course

This essential skills course covers the basics of suturing. Whether you need the skills for emergency trauma when travelling to remote areas, or just for fixing your injured animals (horses, farm animals, etc) when the vet can't get to you, this course is great for anyone interested in learning or refreshing their suturing skills.

The course covers:

- The interrupted suture

You will receive:

- 10 page Basic Suturing student manual.
- Basic Suturing certificate (valid for 2 years)
- Basic Suturing kit.

Duration

- 2 hours

Recommended extras:

- Field Tray & Spare Forceps (P.O.R.)

Cost per person
(When we come to you.)

R1100 (1 person)
R620 (2 people)
R460 (3 people)
R380 (4 people)
R340 (5 or more)
R320 (15 or more)

(Price includes VAT)

- Intravenous Therapy Course (IV Therapy)

This essential life saving skills course teaches you how to take blood pressure, insert a cannula (needle) and put up and maintain an intravenous (IV) line. You will also get to practice on a simulation arm. This skill is great to have if you are travelling to a remote location where you might need to put up an IV line whilst waiting for an emergency evacuation.

The course covers:

- Intro to IV Therapy
- Fluid Compartments
- Blood Pressure
- Basic Anatomy & Physiology (related to IV therapy)
- Flow rate calculations
- Types of IV Fluids.
- IV therapy demo & practice

You will receive:

- 20 page IV Therapy student manual.
- IV Therapy certificate (valid for 2 years)

Duration

- 3 hours

Recommended extras:

- Cannulas, Admin sets, Fluids (P.O.R.)

Cost per person
(When we come to you.)

R1100 (1 person)
R620 (2 people)
R460 (3 people)
R380 (4 people)
R340 (5 or more)
R320 (15 or more)

(Price includes VAT)