

## First Aid Trainer Training

### A course for First Aider to learn how to teach First Aid

**Cost:** Â£1800 for up to 6 students on your site (Â£200 for extra students up to 8 max)

**Course length:** 4 days

**This course is for:** Any eligible individuals who wish to become First Aid Trainers and/or Assessors.

**Certificate:** A certificate of competence will be awarded upon successful completion of the course. This price includes a trainer's portfolio, Full Colour First Aid Manual and certification.

**For bookings contact:** Nigel Sivyer Tel: 01322 666 404, Mobile 07960 937 120, Email [info@firstaidcourses.co.uk](mailto:info@firstaidcourses.co.uk)

### Aims

To give students an introduction to training and assessing methods and strategies used when delivering and assessing First Aid courses and the knowledge & skills to maintain a First Aid at Work Trainers portfolio of evidence.

Teaching, coaching and presenting First Aid courses require not only full up-to-date knowledge of First Aid techniques and protocols but also the ability to use teaching skills to gain maximum learning for the students. This course will provide essential teaching skills through group work and teaching exercises to build the confidence to run First Aid training events.

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### Objectives

Unlike other First Aid training courses, our course allows students to give 3 front-of-class presentations and demonstrations (15, 20 and 30 minutes) of hands-on first aid teaching practice. Teaching, coaching and presenting First Aid courses require not only full up-to-date knowledge of First Aid techniques and protocols but also the ability to use teaching skills to gain maximum learning for the students. This course will provide essential teaching skills through group work and teaching exercises to build the confidence to run First Aid training events.

## Syllabus

### DAY 1

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- Intro and domestics
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- Outline aims and objectives of course
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- Aims & Objectives. (What are they? How do we use them?)
- 
- The Trainer (Qualities and their maintenance)
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- The Student (Types, How to cope)
- 
- The learning process (Motivation, barriers and assessment of learning)
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- Lesson Plans (Planning & preparation)
- 
- Teaching methods and strategies
- 
- Teaching a first aid theory lesson
- 
- Preparation for simple microteaching exercise for the following day.

### DAY 2

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- Presentation of exercise to the group
- 
- Feedback and self assessment
- 
- Visual Aids (Types, selection and variety of resources)
- 
- Use of the voice & timing and Questioning skills
- 
- Teaching a First Aid skill lesson
- 
- Tutorial & preparation

### DAY 3

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- First Aid Skill session presentations
- 
- Feedback & assessment
- 
- Assessing First Aid at Work students (a practical exercise)
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- HSE Regulations & guidance
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- Teaching CPR & Unconsciousness
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# 1st Aid at Work TRAINING SERVICES

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HSE Approval 1441/94

Creating & maintaining a competency portfolio.

#### DAY 4

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Allocation of Theory/skill lesson for final presentation

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*Theory/skill presentation preparation.* Student's presentation of subjects for final assessment

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Feedback & final assessment

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Course conclusion & feedback

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