

# 1st Aid at Work Training Services

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HSE Approval 1441/94

## First Aid Trainer Training (4 Days)

This course is recognised by the HSE's First Aid Approvals and Monitoring Section (FAAMS) for First Aid at Work Trainers

**Aim** To give eligible 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.

**Who should attend?** Any eligible individuals who wish to become First Aid Trainers and/or Assessors.

**Benefits?** 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** Outline aims and objectives of course  
Aims & Objectives. (What are they? How do we use them?)  
*The Trainer (Qualities and their maintenance)*  
The Student (Types, How to cope)  
*The learning process (Motivation, barriers and assessment of learning)*  
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** Presentation of exercise to the group  
*Feedback and self assessment*  
Visual Aids (Types, selection and variety of resources)  
*Use of the voice & timing*  
Questioning skills  
Teaching a First Aid skill lesson  
Tutorial & preparation

**DAY 3** First Aid Skill session presentations  
Feedback & assessment  
Assessing First Aid at Work students (a practical exercise)  
Rationale behind first aid treatments  
*HSE Regulations & guidance*  
Teaching CPR & Unconsciousness  
*Creating & maintaining a competency portfolio.*

**DAY 4** Allocation of Theory/skill lesson for final presentation  
*Theory/skill presentation preparation.*  
Student's presentation of subjects for final assessment  
*Feedback & final assessment*  
Course conclusion & feedback

### Teaching strategies & methods

The course combines tutorials & demonstrations with student centered methods such as group work, case studies, question & answer sessions, skill demonstrations & practice. Assessment will be portfolio and competency based and there is a final assessment on the last day

### Fees

The course fee includes a trainer handbook, all tutor-trainer fees and certification. Substantial discounts can be negotiated for larger contracts and programs.

### Award

A certificate of competence will be awarded upon successful completion of the course.