

STAFF GUIDE #5 FIRST AID TRAINING

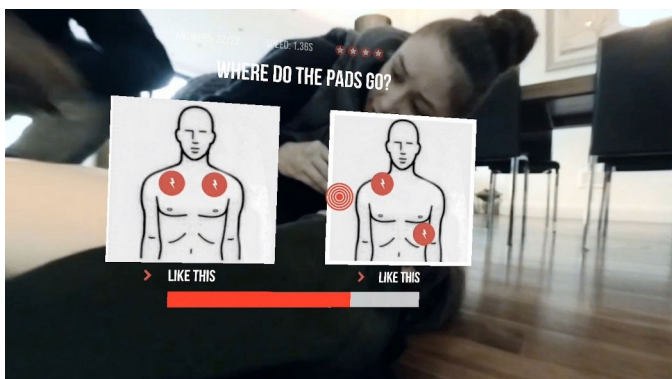
▶ RUNNING FIRST AID AWARENESS TRAINING

All first aid courses delivered within the RAFAC on behalf of St John Ambulance and the British Heart Foundation that result in a qualification have to be completely delivered face-to-face to meet their requirements.

However, first aid awareness training can still be delivered to staff and cadets. This can help to ensure that their skills are developed and that personnel are ready to attend a first aid course when their qualification expires.

TRAINING RESOURCES

- A comprehensive range of first aid training resources have been listed in the document that accompanies this publication, **How To Guide #6**. Use these resources first when planning and delivering training.
- The resources selected have been checked for accuracy and are suitable for delivery to staff and cadets.
- We are keen to develop our training resources to ensure that we share best practice with the widest possible audience. If you come across examples of good resources or have good ideas of your own get in touch with your Wing First Aid Officer who will pass your ideas up the Chain of Command.



Screenshot from the UK Resuscitation Council Lifesaver app

DELIVERING TRAINING

- Cadets and staff may wish to access the resources provided and revise topics themselves.
- Any other type of training, whether it is in small groups or on a more formal basis should be delivered via Microsoft Teams. Find out more about how to deliver online training by viewing [ACTO 14](#). You will need a Bader account to view it.

TRAINING IDEAS

You can deliver awareness training in various ways;

- ✓ Show or share first aid videos.
- ✓ Show or share PowerPoint Presentations.
- ✓ Generate quizzes using Microsoft forms (visit bit.ly/2yLkEPG for more info, you will need a Bader account to view this.)
- ✓ Ask staff or cadets to conduct their own research and feed back what they have found out to others.



The citizenAID app