

Train-the-Trainer (TTT): Basic Life Support (BLS)

Day 1 – Train-the-Trainer BLS Content

1. Welcome & Introduction to TTT-BLS

- Overview of the program and objectives
- Roles and responsibilities of internal trainers
- Principles of adult learning and effective facilitation

2. Fundamentals of Basic Life Support

- Chain of survival
- Recognition of cardiac arrest
- Activation of emergency response system
- Personal and scene safety considerations

3. CPR Techniques and AED Usage

- CPR steps for adults, children, and infants
- Hands-only CPR and rescue breaths
- Airway, breathing, and circulation (ABC) sequence
- AED setup, pad placement, and operation procedures
- Practice with manikins and AED trainers

4. Choking Management

- Identifying partial vs. complete airway obstruction
- Heimlich maneuver for adults and children
- Back blows and chest thrusts for infants
- Scenario-based demonstrations and guided practice

5. Trainer Skills Workshop

- Communication and presentation skills for trainers
- Demonstration and debriefing techniques
- Managing diverse learners and classroom engagement
- Providing feedback and assessing learner performance

6. Assessment & Scenario Practice

- Conducting mock emergency scenarios
- Peer-to-peer teaching exercises
- Using trainer evaluation checklists

- Group feedback and performance reflection

7. Certification & Closing

- Written and practical skill assessments
- Trainer competency review
- Feedback collection and certification briefing