



Trainer Role Profile

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| Role: | Trainer |
| Hours: | Minimum of 6 x 90-minute sessions per year |
| Location: | Different venues in Malvern and surrounding villages |
| Salary: | Volunteer Role |

Role Context

Heartstart Malvern is a small volunteer-led charity. Our aim is to improve the survival rate from people suffering an out of hospital cardiac arrest by providing free Cardio-Pulmonary Resuscitation (CPR) and defibrillator training, and by installing Public Access Defibrillators (PADs). Since its launch in 2017, Heartstart Malvern has provided training to over 5,000 people and has installed 33 Public Access Defibrillators.

The charity's general direction is overseen by 5 Trustees and the training is delivered by a team of 16 highly committed volunteer trainers. Heartstart Malvern will be 10 years old in 2027 and is aiming to have trained over 10,000 people and to install its 50th PAD before the end of its tenth year.

Heartstart Malvern delivers its training in a variety of settings including community groups, schools and at local businesses. The free training sessions are 90 minutes long and are very practical. During a training session, participants are taught how to perform Cardio-Pulmonary Resuscitation (CPR) and how to use a defibrillator.

The overall role of the trainer is to help is to help course participants to develop the practical skills and confidence to attempt resuscitation on a patient in cardiac arrest. As resuscitation is a practical skill, trainers will be spend a majority of the session observing, encouraging, and when appropriate, correcting people, practising their resuscitation skills.

There is no expectation for new trainers to demonstrate how to do CPR or use a defibrillator until they feel confident and competent to do so. No previous medical or first aid experience is needed to become a trainer.

All volunteer trainers will be subject to satisfactory DBS clearance.

Main Roles and Responsibilities of a Trainer

The main responsibilities of a trainer are:

1. Helping course participants to develop confidence and competence in Cardio Pulmonary Resuscitation (CPR) and the use of an Automated External Defibrillator (AED)

- Watching course participants practise and develop their skills
- Correcting course participants technique in a supportive and encouraging way

- Depending on the trainer's experience and aspirations, helping to present various parts of the course as part of the session training team.

2. Helping training sessions to run smoothly

- Letting the training co-ordinator know as soon as possible if you are unable to attend a training session you are booked onto
- Where possible help with the collection and returning of training equipment
- Help to set up the training room and to pack equipment away afterwards
- Ensure that manikins are cleaned between participants

3. Other requirements

- Ensuring course registration forms are completed
- Signposting participants to the Heartstart Malvern's website for further training resources (e.g. handouts and Youtube clips)
- Encouraging participants to support the scheme (e.g. by recommending friends to attend training, following Heartstart on Social Media or by considering fundraising)
- Encouraging course participants to complete an evaluation form
- Issuing course certificates
- Ensuring Health and Safety and Safeguarding Guidelines are adhered to

Skills and knowledge

Our trainers will have the following skills and knowledge:

- Excellent communication skills
- Personable and friendly
- Works well in a team
- Reliable
- Enthusiasm

Please note that it is not necessary for trainers to have a training qualification or previous clinical experience. We will develop people who have the interest and enthusiasm to become a Lead Trainer.