



TRAIN-THE-TRAINER (TTT) FOR FIRST AID, CPR & AED TRAINING



MTBM Group Sdn. Bhd. (1600656-M)

Level 8, MCT Tower, Sky Park, One City, Jalan USJ 25/1, 47650 Subang Jaya, Selangor

Course Title: Train-The-Trainer (TTT) for First Aid, CPR & AED Training

Course Validity: 3 Days

Validity: 3 Years

HRD Corp Scheme: Claimable

INTRODUCTION

This 3-day Train-The-Trainer (TTT) program is designed for individuals aspiring to become certified trainers in First Aid, CPR, and AED. Participants will gain comprehensive knowledge of emergency response principles, advanced teaching techniques, and hands-on skills to train others effectively. The course focuses on developing presentation skills, practical demonstrations, and evaluation techniques to ensure quality training delivery.

OBJECTIVE(S):

- Understand the principles of First Aid, CPR, and AED.
- Develop effective teaching and facilitation skills for emergency response training.
- Learn to assess and evaluate participants' skills and knowledge.
- Gain confidence to conduct engaging and impactful training sessions.
- Ensure compliance with international guidelines and local regulatory standards.

TARGET GROUP(S):

- Safety officers and first responders.
- Health and safety trainers.
- Human resource professionals.
- Educators and individuals responsible for emergency training.

ENTRY REQUIREMENT(S):

- Able to read, write, and communicate verbally in Malay/English.
- Complete the Basic First Aid, CPR & AED Training

TOPIC(S):

1. Introduction to Train-The-Trainer (TTT) for First Aid, CPR, and AED.
2. Principles of Adult Learning and Training Techniques.
3. Comprehensive Overview of First Aid, CPR, and AED Guidelines.
4. Hands-On Demonstration Techniques for First Aid and CPR.
5. Presentation and Facilitation Skills for Emergency Response Training.
6. Evaluation and Assessment of Participants' Skills.
7. Planning and Delivering Effective Training Sessions.

LIST OF REFERENCE BOOK(S):

- American Heart Association (AHA) Guidelines for CPR and ECC.

LIST OF TEACHING AID(S):

- CPR manikins for adults, children, and infants.
- AED training devices.
- First aid kits and training supplies.
- LCD projector and computer.
- Whiteboard with accessories.

METHODOLOGY(S):

- Lecture.
- Hands-on practice with first aid and CPR techniques.
- Role-playing and simulation of training sessions.
- Group discussions and feedback.

TRAINING SCHEDULE

Day 1

Time	Activity/Topic
8:30 am - 9:00 am	Registration and Introduction
9:00 am - 10:30 am	Topic 1: Introduction to TTT and Emergency Response Training
10:30 am - 10:45 am	Morning Tea Break
10:45 am - 12:30 pm	Topic 2: Principles of Adult Learning and Training Techniques
12:30 pm - 1:30 pm	Lunch Break
1:30 pm - 3:30 pm	Topic 3: Comprehensive Overview of First Aid, CPR, and AED Guidelines
3:30 pm - 3:45 pm	Afternoon Tea Break
3:45 pm - 5:00 pm	Practical Session: First Aid and CPR Techniques

TRAINING SCHEDULE

Day 2

Time	Activity/Topic
8:30 am - 9:00 am	Recap of Day 1
9:00 am - 10:30 am	Topic 4: Hands-On Demonstration Techniques for First Aid and CPR
10:30 am - 10:45 am	Morning Tea Break
10:45 am - 12:30 pm	Topic 5: Presentation and Facilitation Skills
12:30 pm - 1:30 pm	Lunch Break
1:30 pm - 3:30 pm	Group Activity: Conducting Demonstration Sessions
3:30 pm - 3:45 pm	Afternoon Tea Break
3:45 pm - 5:00 pm	Practical Session: Evaluating Training Effectiveness

TRAINING SCHEDULE

Day 3

Time	Activity/Topic
8:30 am - 9:00 am	Recap of Day 2
9:00 am - 10:30 am	Topic 6: Evaluation and Assessment of Participants' Skills
10:30 am - 10:45 am	Morning Tea Break
10:45 am - 12:30 pm	Topic 7: Planning and Delivering Effective Training Sessions
12:30 pm - 1:30 pm	Lunch Break
1:30 pm - 3:30 pm	Final Presentations: Delivering a First Aid, CPR, and AED Training Module
3:30 pm - 3:45 pm	Afternoon Tea Break
3:45 pm - 5:00 pm	Closing, Feedback, and Certificate Distribution