

#ASKME FOR TIPS ON HOW TO BUILD A STRONG FIRST AID TEAM



First aid is not difficult to learn, and we strongly recommend that you train as many first aiders as you can. But there are some valuable qualities you might want to look out for in your volunteers.

Our regulatory first aid courses will involve written assessments and continuous observations by the trainer so you can be assured that your staff will be trained to a high standard. Our simple suggestion is that you look out for these five qualities in your volunteers, so you can build a first aid team that works well together to keep your workplace safe.

**Use our online calculator to find out what your requirements are for first aiders:
sja.org.uk/facalc**

1. People who like to help others

Some people seem drawn to help others around them – the colleagues they work with, their families, and all those they care about. For people like this, it will be no problem to find the time to train and practise their first aid skills, while covering the responsibilities that go with the job they are employed to do.

2. Co-operative team players

Your first aiders may well train and refresh their skills together, and they may all be called upon to attend a workplace incident. If they have the quality of 'give and take', it will help them work in harmony with ease, compared to people who perhaps like to work alone and prefer to do things their own way.

3. People who stay calm in a crisis

Not everyone can stay calm and rational in an emergency. It's vital that your first aiders can, so their full attention can be given to managing a casualty situation and applying the first aid approach they have learned.

4. People who like to follow the steps

Dealing with a casualty emergency requires a workplace first aider to follow a trusted procedure. Your ideal volunteers will be people who naturally want to learn the correct approach, and then follow it step by step, each time they are called on to help.

5. People who build rapport easily

Making a casualty know they have been heard and understood is an important way to make them feel calm and cared for. Being a natural listener and a warm communicator are great qualities to seek in your first aiders.

Book online: sja.org.uk/fa

Phone: 0344 770 4800 (Mon-Fri 8:30am-5:30pm)