

# AED TRAINING TRAINING — LESSON PLAN

4-Hour Training Session

## LEARNING OBJECTIVES

- ✓ Recognise the signs of cardiac arrest and act quickly
- ✓ Perform effective CPR (cardiopulmonary resuscitation)
- ✓ Locate and retrieve an AED from a public access site
- ✓ Safely attach AED pads and follow voice prompts
- ✓ Understand when and how to deliver a shock
- ✓ Continue CPR after a shock until emergency services arrive

## SESSION TIMETABLE (09:00–16:00)

09:00–09:15	<b>Welcome &amp; Introductions</b> — Trainer introduces themselves and the course. Participants introduce themselves. Overview of the day, housekeeping, fire exits, breaks.
09:15–09:45	<b>Icebreaker Activity</b> — Icebreaker: AED Location Hunt. Teams compete to identify all AED locations in the building and nearest public access sites
09:45–10:30	<b>Topic Introduction &amp; Background</b> — Introduction to AED Training. Legal framework: Resuscitation Council UK Guidelines 2021   Health and Safety (First Aid) Regulat... Key statistics and why this training matters.
10:30–10:45	<b>Morning Break</b> — Comfort break — 15 minutes
10:45–11:30	<b>Core Knowledge Session 1</b> — Learning objectives 1–3. Call 999: Call emergency services immediately and request an AED if available nearby. Start CPR: Begin 30 chest compressions followed by 2 rescue breaths — continue until AED is ready.
11:30–12:15	<b>Core Knowledge Session 2</b> — Learning objectives 4–6. Switch On AED: Press the power button or open the lid — follow the voice prompts. Attach Pads: Remove clothing, attach pads as shown — one below right collarbone, one left side below armpit.
12:15–13:00	<b>Lunch Break</b> — Lunch break — 45 minutes
13:00–13:45	<b>Practical Activities</b> — Hands-on practice and group activities. Cardiac Arrest Scenario: Participants respond to a simulated cardiac arrest — who calls 999, who starts CPR, who gets the AED?
13:45–14:30	<b>Case Studies &amp; Scenarios</b> — Group work on real-world scenarios. Myth or Fact?: Trainer reads statements about AEDs — participants vote myth or fact using cards
14:30–14:45	<b>Afternoon Break</b> — Comfort break — 15 minutes
14:45–15:30	<b>Assessment &amp; Quiz</b> — Written assessment: 8-question multiple choice quiz. Review answers as a group. Address any knowledge gaps.
15:30–16:00	<b>Evaluation &amp; Close</b> — Complete feedback forms. Q&A session. Summary of key learning points. Next steps and CPD recommendations.