



British Heart  
Foundation

# HEARTSTART

Training a nation  
of life savers

# INSTRUCTOR ASSESSMENT FORM

**As a Training Supervisor you should make sure that all your Instructors have the skills and knowledge they need to deliver the Heartstart course effectively. Once they've completed the instructor training course, please fill in this form.**

Successful trainees (who've demonstrated that they can teach the theoretical and practical aspects of the course in all three units) can be awarded a Heartstart instructor certificate.

## **Instructor training course outline.**

### **Unit A – Practical skills (the Heartstart course)**

Where possible, trainee instructors should attend a Heartstart course before they start the instructor training course. This hands-on session can then be used to reinforce practical skills and knowledge.

### **Unit B – Background knowledge**

Theoretical information about coronary heart disease and emergency life support.

### **Unit C – Teaching life saving skills**

How to teach life saving skills using the four-stage approach.

## **Instructor assessment form**

**When you've completed this form, sign it and ask the trainee instructor to co-sign, then pass it to your Scheme Coordinator, who should keep it for three years.**

.....  
Scheme name

.....  
Name of trainee instructor

.....  
Name of training supervisor

.....  
Date of course delivery

### **Prior learning**

.....  
Prior learning is always recommended. Has the trainee instructor:

.....  
Attended a Heartstart course? yes/no

.....  
Read any other pre-course learning material or visited the Resuscitation Council (UK) website at [www.resus.org.uk](http://www.resus.org.uk)? yes/no

### **Unit A – Practical skills**

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Did the trainee instructor successfully:

.....  
Demonstrate safe approach and casualty assessment? yes/no

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Demonstrate the recovery position? yes/no

.....  
Perform cardiopulmonary resuscitation (CPR) on a training manikin? yes/no

.....  
Demonstrate the management of choking for adults, children and infants? yes/no

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Demonstrate the management of a suspected heart attack? yes/no

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Demonstrate the management of serious bleeding? yes/no

.....  
Your comments/action plan for further training:

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Please continue on a separate sheet if necessary.

## Unit B – Background knowledge

Did the trainee instructor successfully demonstrate:

An understanding of the key objectives of the BHF and Heartstart? yes/no

An understanding of the relevant basic anatomy and physiology of airway, breathing and circulation? yes/no

Awareness of the possible concerns of individuals in performing life saving skills training? yes/no

Your comments/action plan for further training:

Please continue on a separate sheet if necessary.

## Unit C – Teaching life saving skills training

Did the trainee instructor successfully demonstrate how to:

Establish and promote a safe learning environment? yes/no

Establish and promote a positive learning environment? yes/no

Communicate the theoretical elements of a training session effectively? yes/no

Demonstrate the practical elements of life saving skills training clearly and correctly? yes/no

Use relevant learning resources? yes/no

Evaluate the performance and correct technique of trainees? yes/no

Recognise their own limitations regarding knowledge and skills in teaching life saving skills training? yes/no

Please continue on a separate sheet if necessary.

## Assessment

Trainee instructor name (please print)

Did the trainee demonstrate the skills and knowledge required to deliver the Heartstart course?

yes/no

If you answered 'no' to the above, has further training been agreed?

yes/no

## Signatures

Trainee instructor signature

Date

Training Supervisor signature

Date