

First Steps to better HCA induction training

Are you starting out as a health care assistant and want to develop your knowledge and skills? Or are you a trainer or employer looking for assistance with induction training for new HCAs?

The RCN is here to help with First Steps: a free, interactive online induction training resource for HCAs to learn at their own pace covering communication skills, clinical skills, health and safety, personal development, equality, and much more.

Peak flow meter | In use | Repeat

Oxygen levels

Blood sugar testing

Height (m) | 1.75 | BMI 23 | Normal range | Weight (kg) | 70

Normal breathing | Rapid breathing (hyperventilation) | Shallow breathing (hypoventilation)

Source: Adapted from WHO, 1995, WHO, 2000 and WHO 2004.

The resource is even available to you and your staff if you are not a member of the RCN. To get started with this unmissable resource visit:

www.rcn.org.uk/hcafirststeps