

RAIL INDUSRY TRAUMA MANAGEMENT TRAINING

RAIL TRAINER SELECTION, COMPETENCY DEMONSTRATION & MAINTENANCE SUMMARY

To support the implementation of the Trauma Management Framework for the Rail Industry, three short courses (3 - 4 hours) have been developed: Psychological First Aid for Managers, Psychological First Aid for First Responders and Coping with Trauma.

Trainers who intend to deliver these courses within their own organisation will need to become Approved Rail Trainers.

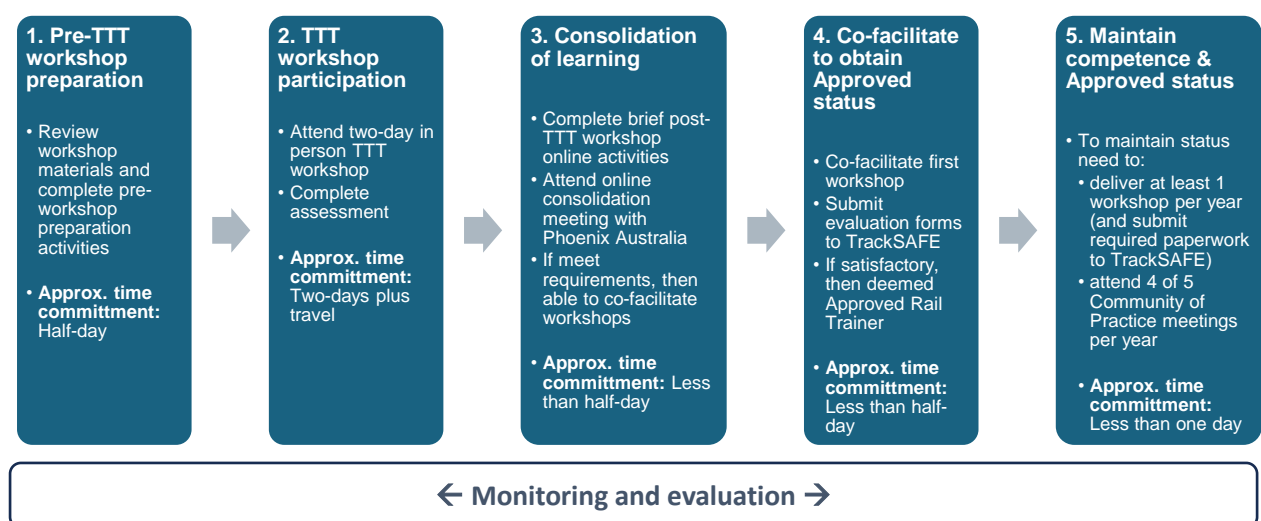
An Approved Rail Trainer is a person who has: attended a 2-day face to face Train the Trainer (TTT) workshop hosted by the TrackSAFE Foundation and delivered by Phoenix Australia; met the initial requirements to a satisfactory level; and continues to meet the maintenance requirements.

Persons interested in becoming an Approved Rail Trainer will have some or all of the following core competencies:

- a. Knowledge of trauma impact and support (e.g. supporting individuals who have experienced trauma)
- b. Understanding of mental health and wellbeing within the context of the rail industry
- c. Interpersonal skills, including active listening, empathy, and cultural sensitivity
- d. Strong facilitation skills tailored to managing group dynamics and creating inclusive discussions

The person will also need to have the capacity and organisational support to participate in initial and maintenance TTT activities (i.e. availability and willingness to attend the train the trainer workshop and commitment to achieving and maintaining Approval).

The Rail Trainer Approval process comprises the steps shown below. The approximate time commitments are only for the TTT specific requirements, and do not include delivery of the workshops within your organisation.



Please contact the TrackSAFE Foundation for more detailed information if you are interested in becoming an Approved Rail Trainer - info@tracksafefoundation.com.au

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