

CERTIFICATE

ida kolaas

has participated at
Första hjälpen/HLR Vuxen Online
First aid/CPR Adults Online

The course was 3 hours and included:

- Learn about signs of life and open airway
- Learn about how to put an unresponsive adult in the recovery position
- Know how to call for help
- Learn about 1177 Vårdguiden (Health care guide)
- Learn about cardiopulmonary resuscitation (CPR) on an adult
- Learn about how to use an automated external defibrillator (AED) in combination with CPR
- Know how to help an adult who is choking
- Know how to put pressure on a heavy bleeding.
- Know how to prevent circulatory failure
- Learn about how to prevent accidents
- Know how to provide first aid using the AKUT-test (FAST-test) when suspecting a stroke
- Learn about how to keep yourself and others safe in emergencies
- Learn about how to support people with psychological reactions

The Swedish Red Cross trains cardiopulmonary resuscitation in accordance with the European Resuscitation Councils (ERC) guidelines. We recommend you to repeat these skills every year.

Online, 2025-09-08



Jeanette Nordqvist, Trainer

Read more at

rodakorset.se



Swedish Red Cross