

# CERTIFICATE

***Roula Sakkour***

has participated at  
Första hjälpen/HLR vuxen - onlinekurs  
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, 2025-11-04



Reza Moossavi, Trainer

Read more at

rodakorset.se

