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FIRST AID AND ADULT CPR IN THE COMMUNITY

The First Aid course is based on international guidelines from the European Resuscitation Council (ERC). These guidelines are founded on a systematic review of scientific evidence and established best practices and are consistent with emergency medical treatment guidelines in Sweden.

During the course, participants will learn how to maintain an open airway, control bleeding, manage shock, treat burns and perform cardiopulmonary resuscitation (CPR). The course combines theoretical instruction with practical exercises, including hands-on training with an automated external defibrillator (AED).

Target audience: Organisations wishing to strengthen their employees' skills in performing CPR and providing essential first aid in the event of an accident or emergency.

Please note! If you are looking for a course focusing exclusively on CPR, we recommend our 60–90-minute course, "Adult CPR in the Community".



Course content
Initial response and assessment using SX-ABCDE
Cardiopulmonary resuscitation (CPR)
Unconsciousness
Medical emergencies
Trauma
Environmental emergencies
Mass casualty incidents (if required or requested)
Psychological reactions

Course content
3–4 hours, delivered in a single session.

Duration
5–12 participants.

Prerequisites
No prior knowledge or experience is required.

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