

Basic CPR training for adults with an AED

More than 5,000 sudden cardiac arrests occur in Sweden each year and 500-600 people survive thanks to CPR. The chance of survival is entirely dependent on the quick and effective help of people who perform CPR.

We teach you how to save lives and act correctly in the event of a cardiac arrest. Our knowledgeable instructors with real life experience of CPR and first aid offer training in Adult CPR with an AED. This course follows the latest guidelines from Svenska HLR Rådet and gives participants who complete the course a certificate of approved education.

The course consists of both theory and practical training and provides basic knowledge of CPR and how to use an AED during cardiac arrest. We only practice with manikins of good quality and ease of use that gives a true-to-life feeling regarding CPR performance and application of AED:s.

Target group:

Companies, organizations, associations and individuals. The course consists of both theory and practical training.

Course content:

- Why CPR?
- S – Safety
- A – Airways
- Check for consciousness
- Check for breathing
- Recovery position
- Call 112
- The chain of survival
- Perform CPR the right way
- Steps for airway obstruction
- Information regarding an AED
- Demonstration of an AED
- Usage safety with an AED
- Practical training with an AED

Duration:

The training will take 2 hours to complete

