

CPR with defibrillator

Course facts

Number of participants: Up to 12 per instructor

Time required: about 2 hours

Location: We come to your workplace or book you into our training room in Järfälla

Certificate: After completing the course, the participant receives a personal course certificate. The company can receive a consolidated certificate.

- ✓ **Personal course certificates!**
- ✓ **Certified instructors Everyone gets to practice on each CPR**
- ✓ **manikin Course according to the**
- ✓ **CPR Council's guidelines Meets the requirements for AFS 2023:2**

Content

After a CPR training with us, you should be able to start cardiopulmonary resuscitation and dare to use a defibrillator if someone close to you suffers a sudden cardiac arrest.

- The chain that saves lives
- Consciousness and breathing control
- CPR with good quality (own practice dummy)
- 112 and its supporting role
- Use a defibrillator
- Measures in case of respiratory arrest



Description

In the event of a sudden cardiac arrest, time is critical. If the victim receives CPR within a few minutes and a defibrillator is connected within the first few minutes, survival increases by up to 70%. Our course gives you basic knowledge of CPR and how to use a defibrillator. You will also learn how to act if someone has put something in your throat, so-called airway obstruction.

Certified instructors

We invest in quality so everyone can practice with realistic CPR mannequins and training defibrillators. All our instructors are certified by the Swedish Council for cardiopulmonary resuscitation and current guidelines. The training helps you meet the requirements of the Swedish Work Environment Authority's regulation on first aid AFS 2023:2 and contains the latest guidelines for training in CPR.



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