

IBSBLE104

## FSE low and high voltage – With first aid (Adaptive e-learning + practical)

---

**Duration** 3 hours + 120 min. e-learning

---

**Target group** This course is designed to provide thorough training for professionals (Electricians and other professionals) involved with electrical installations, ensuring they are well-versed in legal requirements and prepared to administer first aid in emergencies.

---

**Prerequisites** There are no prerequisites for this course. However, it is required to be repeated annually to ensure ongoing compliance and proficiency.

---

**Objective** Equip participants with the skills to safely work on electrical installations, including first aid. This course complies with the regulation on safety during work on and maintenance of electrical installations (FSE) §7.

Practical session consists of:  
First Aid Preparedness - Life-saving first aid including treatment of electrical injuries.

E-learning consists of:  
Introduction  
FSE Regulation  
Roles and Responsibilities  
Personal Protective Equipment (PPE)  
Electrical Tools  
Planning of Electrical Installation  
Work Environment  
First Aid for Electrical Injuries

---

**Contents** This FSE course is designed as blended learning, consisting of a digital part and a practical part. The e-learning covers laws and regulations related to FSE, while the practical part includes relevant first aid training.

Modules Include the Following Topics:

Module 1 - E-learning

In the e-learning module, you will cover the following topics:

Introduction

FSE Regulation

Roles and Responsibilities

Personal Protective Equipment (PPE)

Electrical Tools

Planning of Electrical Installation

Work Environment

First Aid for Electrical Injuries

Module 2 - Practical Course

In the practical part, you will go through the following topics:

Personal Safety and Alerting

Patient Assessment

ABC Measures

CPR

Specialized First Aid Training for Electrical Accidents:

---

Cardiac Arrest  
Burn Injuries  
Electrical Shock  
Fall Injuries  
Bleeding

RelyOn offers courses in Oslo, Kristiansand, Stavanger, Bergen, and Trondheim. If you're taking a course in Haugesund, it will be provided by RelyOn's partner, Haugaland Førstehjelp

---

**Exam**

There is no examination required. Certification upon course completion is valid for 12 months.