

IBSRDL103

First Aid (NO)

Duration 80 Minutes

Target group

Prerequisites

Objective First aid
What is life-saving first aid?
ABC method
Cardiac and pulmonary resuscitation (including use of cardiac arrest)
Extreme heat and cold
Burns and burns (including electrical and chemical burns)
Bleeding and wound care
Fracture and soft tissue damage situations
Altered conscious state (head injury, stroke and diabetes)
First to an accident site
unconsciousness
Mountain damage and rescue on ice (optional)
Bite and bite (optional)

Contents About the course
During the course, you will learn the basics of practicing life-saving first aid outdoors, at home, or in the workplace. The course is based on national guidelines and provides you with the necessary theoretical training. Through the portal you can take the course whenever it suits you.

Exam