

CPR

Every day more than 20 people suffer from a sudden unexpected cardiac arrest in Sweden. A cardiac arrest can occur at any time. Today we know that the chances of surviving a cardiac arrest increases by 2-3 times if cardiopulmonary resuscitation (CPR) is initiated in time. Our exclusive courses, that follow the advises from "Swedish Council for heart-lung rescue training", teaches you to perform CPR with very good quality. Each participant receives thereby a large amount of practical training. Our experienced instructors can offer everything from intensive courses to courses where adventure activities and lessons are woven together into a pattern that is both entertaining, informative and speedy. For those who wish to work actively to disseminate knowledge of CPR, we can also offer instructor training. All courses include training packages that you bring home after the course. The package includes, among other things, a training dummy and training DVDs. This makes it possible for participants to repeat individually but also to disperse their knowledge of CPR. Each participant receives also a skills card as proof of completion of the course.

FACTS

Price: from 1095 SEK/ person

Minimimprice: 15000 SEK

Participants: 9 - 150 persons

Recomended time: 2 hours

Prices are valued excluding Swedish VAT



OUTDOOR EXPERIENCE



COMPETITION



COSY



COOPERATION

