To:

Instant kurs AS
E-mail: info@instantkurs.no

Date: _____ / ____ - 20____

Confirmation of practical training in FSE with First Aid

Information about the course user:

The undersigned hereby confirms that _____ born _____
has completed practical first aid training as part of an FSE course with first aid.

Information about the person signing the confirmation (competent person):

Name: _____

Company: _____

Position: _____

Phone: _____

E-mail: _____

Signature: _____

A copy of the undersigned's certificate of competence must be attached to this document when submitting.

☐ Check the box if the instructor has a competency certificate from INSTANT (if so it is not necessary to have a copy of the instructor's competency certificate).

Certificate of competence

© Instant Kurs AS

*If necessary, attach the back of the instructor certificate as well.

Checklist: FSE with First Help

Action	Completed?
1. Scene safety and alerting	
Assess your own safety and secure the scene	☐
Get an overview of the situation and call for the necessary assistance	☐
2. Assessment of the injured person	
Check responsiveness and breathing	☐
3. Unconscious person	
Place the person in the recovery position if they are breathing normally, and monitor their condition	☐
Start CPR if breathing is absent or abnormal	☐
4. Cardiac arrest	
Perform CPR	☐
Use an automated external defibrillator (AED)	☐
5. Other acute injuries	
Stop severe bleeding and manage signs of circulatory failure.	☐
Manage burns and electrical injuries	☐
Manage a foreign object in the airway	☐

© Instant Kurs AS