



Danish First Aid Council

First Aid Certificate

[Name]

[Civil Registration System number (CPR no.)]

has on the [Date] completed the first aid educations listed below in accordance with Danish First Aid Councils recommendations, to a satisfactory standard.

[First aid educations completed – see next pages for overview and translation]

The Danish First Aid Council recommend that the obtained first aid skills are maintained regularly, latest the [date two years after the course]. However, for first aid courses completed in relation to acquisition of driving licenses, it applies in accordance to the Driving License Statutory Order, that the certificate must not be older than one year.

[Logo of the organization issuing the certificate]


Instructor: [Name of the first aid instructor (Instructor no.)]

Certificate-ID: [Certificate number]. The certificate can be validated at <http://kursusbevis.foerstehjaelpsraad.dk> using the certificate-ID.




Overview and translation of first aid education and competency targets

 Førstehjælp ved hjertestop (4 timer)

 *Basic Life Support (4 hours)*

The participant can independently as well in collaboration with others, handle an adult unconscious person, with and without normal breathing, in accordance to the European Resuscitation Council's guidelines for basic life support. The participant can provide relevant first aid to an adult person who has foreign body airway obstruction in accordance to the ERC guidelines for basic life support. The participant may use a defibrillator, where relevant, for the first aid.

 Førstehjælp ved ulykker (2 timer +)

 *First aid in case of accidents (2 hours +)*


The participant can act from the main principles of first aid and can perform relevant life-saving first aid to people injured by foreign body airway obstruction, altered consciousness and with signs of circulatory failure. The participant can create safety for themselves and injured in accidents. The participant can provide first aid at major accidents and can move injured lying on the ground or sitting in a car. The participant can provide psychological first aid in the first minutes.

 Opdatering af Førstehjælp ved hjertestop (3 timer)

 *Update of Basic Life Support (3 hours)*


Participants act from previously learned skills and can, independently as well in collaboration with others, handle an adult unconscious person, with and without normal breathing, in accordance to the ERC guidelines for basic life support. The participant may use a defibrillator, where relevant, for the first aid. The participant can provide first aid in cause of symptoms of a heart attack and symptoms of the condition stroke

 Opdateringsuddannelse Livreddende førstehjælp (3 timer)

 *Update Emergency Life Support (3 hours)*

Participants act from previously learned skills in first aid, and can handle first-aid situations from the main principle of first aid. The participant can perform relevant life-saving first aid to injured with foreign body airway obstruction and altered consciousness. The participant can provide relevant first aid to an injured person with: a life-threatening bleeding and signs of circulatory failure / shock, life-threatening burns and can perform first aid in cases of poisoning and / or burns. The participant can as the first in first aid situations, ensure safety and move injured lying on the ground or sitting in the car. The participant can provide psychological first aid in the first minutes.

 Førstehjælp og forebyggelse til børn (2,5 timer)

 *First aid and prevention for children (2.5 hours)*

The participant can respond appropriately and provide relevant first aid for injuries, accidents and illness cases with children and know how to prevent injuries in everyday life.

 Særtillæg: Førstehjælp for voksne med ansvar for børn (0,5 timer)

 *Special supplement: First aid for adults responsible for children (0.5 hours)*

The participant can prevent drowning accidents for children. The participant has reflected on the risk of not securing children in cars, and secure children in cars.



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- ☐ Særtillæg: Brancherelateret førstehjælp og forebyggelse (1 time)

☐ *Special supplement: Industry-related first aid and prevention (1 hour)*
The participant can provide the appropriate first aid associated with the most frequent industry-related injuries and can prevent these.

- ☐ Særtillæg: Del 2 af 'Førstehjælp ved ulykker' (1,5 timer)

☐ *Special supplement: Part 2 of 'First aid in case of accidents'*
The participant can plan and execute the necessary actions, considering own and others' safety. The participant can by the use of the ABC method assess whether an injured person has critical injuries and handle those, including foreign body airway obstruction, unconscious persons with normal breathing and persons at risk of circulatory failure / shock. The participant can assess the need for professional help and call this at an appropriate time. The participant can provide psychological first aid to the injured, in the first minutes, in case of accidents.

- ☐ Særtillæg: Førstehjælper med særligt ansvar (0,5 time)

☐ *Special supplement: First aider with special responsibility (0.5 hour)*
The participant can recognize the symptoms of burns and provide relevant first aid to these. The participant can provide relevant first aid for chemical exposure leading to poisoning or etching. The participant can contact the Poison Control Center and call for help 1-1-2 at an appropriate time if necessary.

- ☐ Færdselsrelateret førstehjælp bil/MC/traktor (4 timer)

☐ *Traffic-related first aid car/motorcycle/tractor (4 hours)*
The participant can act from the main principles of first aid and the ABC principles and perform relevant lifesaving first aid to injured persons in connection with the typical traffic and traffic-related accidents on the road and street where the car, motorbike or tractor are involved. The participant can act for driving related car or motorcycle accidents that are immediately life threatening or can develop into life-threatening situations and provide relevant first aid for both light and heavy injured and can hand over the entire sequence of events to the ambulance staff. The participant can survey, which dangerous situations can occur when driving by car, motorbike and tractor. The participant has reflected on their own attitude and ability to act preventively at the typical reasons why people are killed or injured in an accident.

- ☐ Færdselsrelateret førstehjælp for unge knallertførere (4 timer)

☐ *Traffic-related first aid for young moped drivers (4 hours)*
The participant can act from the main principles of first aid in traffic-related accidents, where mopeds are involved. The participant can act for driving related moped accidents that are immediately life threatening or can develop into life-threatening situations. The participant can provide first aid to people with the most frequent injuries in traffic accidents. The participant can independently prevent accidents and know the typical causes of accidents with moped. The participant has reflected on their own attitudes and opportunities to take preventive measures at the typical causes of accidents with moped.


- ☐ Førstehjælp ved blødninger (1,5 timer)

☐ *First aid for bleedings (1.5 hours)*
The participant can assess and provide the appropriate first aid for both minor and major bleeding regardless of location on the body and the scale of the bleeding. Additionally, the



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participant can provide relevant first aid for suspected internal bleeding. The participant can act from the main principles of first aid. The participant can act preventively in relation to avoiding circulatory failure due to bleeding.

 Førstehjælp ved småskader (1,5 timer)

 *First aid for minor injuries (1.5 hours)*

The participant can assess and provide the relevant first aid in connection with minor injuries, including damage caused by pets (dogs, cats, etc.), plants in Denmark, foreign bodies in the skin, ear, nose and eyes, dental injuries, nosebleeds, minor burns and burns minor stabs and cuts, stroke, head injuries, minor cuts and abrasions.

 Førstehjælp ved skader i forbindelse med temperaturpåvirkninger (1 time)


 *First aid for injuries related to temperature stresses (1 hour)*

The participant can act from the main principles of first aid and provide relevant first aid for the effect of heat or cold exposure of a person regardless of whether the impact is locally on the skin or on the entire body.

 Førstehjælp ved kemiske påvirkninger (0,5 time)

 *First aid in case of chemical exposure (0.5 hour)*


The participant can act from the main principles of first aid in situations with poisoning and burns, as well as prevent them in everyday life.

 Førstehjælp ved sygdomme (1,5 timer)

 *First aid in connection to illness (1.5 hours)*


The participant can take appropriate action in case of acute situations related to the illness and can assess and provide the relevant first aid in critical or life-threatening situations.

 Førstehjælp ved skader på bevægeapparatet inkl. hovedskader (1,5 timer)

 *First aid in case of musculoskeletal injuries incl. injuries to the head (1.5 hours)*


The participant can take appropriate action in case of musculoskeletal injuries and in case of head injuries. The participant can assess when to call for help, refer to the doctor / hospital or whether the treatment can be completed by the first-aider.

 Særtillæg: Medborgerførstehjælp (1 time)

 *Special supplement: Citizen First Aid (1 hour)*

The participant can plan and execute the necessary actions, considering own and others' safety. The participant can assess whether the injured have critical injuries resulting in problems with airway, breathing or circulation. The participant can assess the need for professional help and call this at an appropriate time. The participant can plan and execute the life-saving first aid, including recovery position, or positioning if symptoms of circulatory failure. The participant can provide psychological first aid to an injured person in the first minutes.

 Særtillæg: Akut opståede sygdomme (1 time)

 *Special supplement: Acutely arising illnesses (1 hour)*

The participant can act relevant at the most frequently acute illnesses and can provide first aid for this - including the prevention of circulatory failure / shock.