

A pair of hands is shown from a top-down perspective, gently cupping a bright red heart. The hands are positioned against a dark, textured wooden background. The heart is the central focus and features a white logo. The logo consists of the letters 'HLR' on the left, a stylized heart symbol in the middle, and the word 'rådet' on the right. Below this main text is a thin white line with a heartbeat-like pulse graphic extending from the left and right. Underneath the pulse line, the full name 'SVENSKA RÅDET FÖR HJÄRT- LUNGRÄDDNING' is written in a smaller, all-caps font.

HLR  rådet

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SVENSKA RÅDET FÖR HJÄRT- LUNGRÄDDNING

*Svenska rådet för hjärt-lungräddning*

# FÖRSTA HJÄLPEN

*Symposium, Södersjukhuset, Stockholm - 24 oktober 2018*



*Medlem av*



EUROPEAN  
RESUSCITATION  
COUNCIL

I samarbete med Svenska Livräddningssällskapet, Civilförsvarsförbundet och Röda Korset

## **The 2015 definition of First Aid**

First Aid is defined as the *helping behaviours* and *initial care* provided for an acute illness or injury. First Aid can be initiated by anyone in any situation. A First Aid Provider is defined as someone trained in First Aid who should:

- recognise, assess and prioritise the need for first aid;
- provide care using appropriate competencies;
- recognise limitations and seek additional care when needed.

# Agenda



## Session 1 - 12:30-13:25

- *Inledning, Andreas Claesson,*
- *Betydelsen vardagshjältar, Jenny Burman,*
- *Europeiska riktlinjer Andreas Claesson*
- *Räddar vi några liv? Araz Rawshani*

## Session 2 - 13:30-14:50

- *Utveckling av Första hjälpen, Johan Skogmalm,*
- *Nytt från ERC Bologna, Ingela Hasselqvist-Ax*
- *Information till allmänheten i kris Hansi Elsbacher*
- *Civilförsvarsförbundet beredskap, Jan Alsander,*
- *Drunkning, Mikael Olausson,*
- *Senaste forskningen om blodsockerfall, Therese Djärv,*

## Kaffe 14:50-15:25

## Session 3 - 15:25-16:30

- *Livshotande blödningar, Therese Djärv*
- *Hur anlägger vi ett avsnörande förband? Erik Holm,*
- *SMS Livräddare David Fredman, Jessica Holmström,*
- *Frågor till panelen*



# hlr.nu

[hjärtstartarregistret.se](https://hjärtstartarregistret.se)



#hlrradet



#svenskahlrradet

Instagram



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HLR  rådet

SVENSKA RÅDET FÖR HJÄRT- LUNGRÄDDNING