

# NRR Læringsportal

Velkommen til NRRs e-læring med filmer, bilder og andre ressurser.  
Her får du teste dine teoretiske kunnskaper før du deltar i praktisk trening på kurs.  
Velg kurs nedenfor ved å klikke på bildet.

[Finn kursbevis](#)[Meld deg på praktisk kursdel](#)

HHLR



DHLR



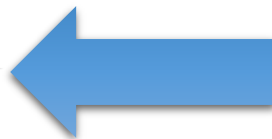
AHLR



MiniAnne



CPRD - English



Please login first

Username \*

Password \*

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Existing user



New user



Enter license code below

Licensecode here

Activate license code



Your license code is either not valid or typed incorrectly. Please check and try again.

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This license code is valid until 26/09/2018

[Continue to course](#)

# CPRD

## Norwegian basic course in CPR using a defibrillator

This course leads to the award of a certificate showing that you have mastered the important skills with regard to raising the alarm, CPR and defibrillator use.



### 1. Welcome / start here

✔ Completed ⌘ Not Completed

How to use the e-learning

The structure of the course

### 2. Its all about saving lives

To the course participant

⌘

Prompt and effective CPR

⌘

The chain of survival

⌘

### 3. Awareness and raising the alarm

Recongnition of symptoms

⌘

Look for signs of life

⌘

Get help - Call 1-1-3

⌘

Open the airway

Consider placing in the recovery position

⌘

### 4. CPR technique and use of basic aids

Compression technique

⌘

Rescue breaths

⌘

Rescue breaths with CPR mask

⌘

CPR - single rescuer technique

CPR - double rescuer technique

### 5. Using an AED

What is an AED?

⌘

Switch on the AED...

⌘

Follow the AED guidance

⌘