

CERTIFICATE

has completed an introductory first aid course during
the anniversary of the Finnish Red Cross.

The course includes the following topics:

- how to secure breathing: how to clear the airways,
how to place a person on their side and how to help a
person who is suffocating
- how to stop bleeding
- how to protect a patient from cold.

The course is a part of the 140th anniversary celebrations of
the Finnish Red Cross.

Location and date

Signature