



SAAB

Date Issue Document ID

2022-12-05 1

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Jens Berglund

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Course information LABC

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1 INTRODUCTION

This education puts a lot of focus on lifesaving measures with certified CPR education. This education involves excercises with defibrilator, LABC (Life threatening situation, airways, bleeding, circulatory shock. You will learn how to control concioussness, breathing and pulse, how to create free airways, take care of and place an unctunscious person in recovery position, how to give mouth to mouth breathing and stop bleednings plus circulatory shock.

We do also look at how to do chest compression when there is a heart attack, treating airway congestion. Vi do also look at: acute life-threatening medical condition like asthma, diabetes, epilepsy, heart attacks and stroke. Presence during the whole course is obligatory.



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2 COURSE ADMINISTRATION

2.1 Date, Time and Location

mån 9 jan. 2023 08:00 Central European Time (Stockholm)	mån 9 jan. 2023 12:00 Central European Time (Stockholm)	Göteborg - Lindholmspiren 3A
mån 9 jan. 2023 13:00 Central European Time (Stockholm)	mån 9 jan. 2023 17:00 Central European Time (Stockholm)	Göteborg - Lindholmspiren 3A
tis 10 jan. 2023 08:00 Central European Time (Stockholm)	tis 10 jan. 2023 12:00 Central European Time (Stockholm)	Malmö - Isbergs gata 2-3
ons 11 jan. 2023 08:00 Central European Time (Stockholm)	ons 11 jan. 2023 12:00 Central European Time (Stockholm)	Linköping - Bröderna Ugglas Gata
ons 11 jan. 2023 13:00 Central European Time (Stockholm)	ons 11 jan. 2023 17:00 Central European Time (Stockholm)	Göteborg - Solhusgatan 10
ons 11 jan. 2023 13:00 Central European Time (Stockholm)	ons 11 jan. 2023 17:00 Central European Time (Stockholm)	Linköping - Bröderna Ugglas Gata
tors 12 jan. 2023 07:30 Central European Time (Stockholm)	tors 12 jan. 2023 11:30 Central European Time (Stockholm)	Göteborg - Solhusgatan 10
tors 12 jan. 2023 12:30 Central European Time (Stockholm)	tors 12 jan. 2023 16:30 Central European Time (Stockholm)	Göteborg - Solhusgatan 10
tis 24 jan. 2023 07:30 Central European Time (Stockholm)	tis 24 jan. 2023 11:30 Central European Time (Stockholm)	Järfälla - Nettovägen 6
tis 24 jan. 2023 12:30 Central European Time (Stockholm)	tis 24 jan. 2023 16:30 Central European Time (Stockholm)	Järfälla - Nettovägen 6
ons 25 jan. 2023 13:00 Central European Time (Stockholm)	ons 25 jan. 2023 17:00 Central European Time (Stockholm)	Karlskoga - Boforsverken, Boforsvägen 1



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tors 26 jan. 2023 07:30 Central European Time (Stockholm)	tors 26 jan. 2023 11:30 Central European Time (Stockholm)	Karlskoga - Boforsverken, Boforsvägen 1
tors 26 jan. 2023 12:30 Central European Time (Stockholm)	tors 26 jan. 2023 16:30 Central European Time (Stockholm)	Karlskoga - Boforsverken, Boforsvägen 1
fre 10 feb. 2023 07:30 Central European Time (Stockholm)	fre 10 feb. 2023 11:30 Central European Time (Stockholm)	Karlskrona - Styrmansgatan 1
ons 15 feb. 2023 13:00 Central European Time (Stockholm)	ons 15 feb. 2023 17:00 Central European Time (Stockholm)	Linköping - Bröderna Ugglas Gata
tors 16 feb. 2023 07:30 Central European Time (Stockholm)	tors 16 feb. 2023 11:30 Central European Time (Stockholm)	Linköping - Bröderna Ugglas Gata
tors 16 feb. 2023 12:30 Central European Time (Stockholm)	tors 16 feb. 2023 16:30 Central European Time (Stockholm)	Linköping - Bröderna Ugglas Gata
tors 23 feb. 2023 08:00 Central European Time (Stockholm)	tors 23 feb. 2023 12:00 Central European Time (Stockholm)	Malmö - Isbergs gata 2-3
tors 23 feb. 2023 13:00 Central European Time (Stockholm)	tors 23 feb. 2023 17:00 Central European Time (Stockholm)	Malmö - Isbergs gata 2-3
ons 8 mars 2023 13:00 Central European Time (Stockholm)	ons 8 mars 2023 17:00 Central European Time (Stockholm)	Järfälla - Nettovägen 6
tors 9 mars 2023 07:30 Central European Time (Stockholm)	tors 9 mars 2023 11:30 Central European Time (Stockholm)	Järfälla - Nettovägen 6
tors 9 mars 2023 12:30 Central European Time (Stockholm)	tors 9 mars 2023 16:30 Central European Time (Stockholm)	Järfälla - Nettovägen 6



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tis 21 mars 2023 07:30 Central European Time (Stockholm)	tis 21 mars 2023 11:30 Central European Time (Stockholm)	Arboga - Kungsörsvägen 60
tis 21 mars 2023 12:30 Central European Time (Stockholm)	tis 21 mars 2023 16:30 Central European Time (Stockholm)	Arboga - Kungsörsvägen 60
ons 22 mars 2023 07:30 Central European Time (Stockholm)	ons 22 mars 2023 11:30 Central European Time (Stockholm)	Linköping - Bröderna Ugglas Gata
ons 22 mars 2023 12:30 Central European Time (Stockholm)	ons 22 mars 2023 16:30 Central European Time (Stockholm)	Linköping - Bröderna Ugglas Gata
tors 20 apr. 2023 07:30 Central European Time (Stockholm)	tors 20 apr. 2023 11:30 Central European Time (Stockholm)	Göteborg - Solhusgatan 10
tis 25 apr. 2023 07:30 Central European Time (Stockholm)	tis 25 apr. 2023 11:30 Central European Time (Stockholm)	Huskvarna - Stensholmsvägen 20
ons 3 maj 2023 13:00 Central European Time (Stockholm)	ons 3 maj 2023 17:00 Central European Time (Stockholm)	Linköping - Bröderna Ugglas Gata
tors 4 maj 2023 07:30 Central European Time (Stockholm)	tors 4 maj 2023 11:30 Central European Time (Stockholm)	Linköping - Bröderna Ugglas Gata
tors 4 maj 2023 12:30 Central European Time (Stockholm)	tors 4 maj 2023 16:30 Central European Time (Stockholm)	Linköping - Bröderna Ugglas Gata
ons 10 maj 2023 13:00 Central European Time (Stockholm)	ons 10 maj 2023 17:00 Central European Time (Stockholm)	Järfälla - Nettovägen 6
tors 11 maj 2023 07:30 Central European Time (Stockholm)	tors 11 maj 2023 11:30 Central European Time (Stockholm)	Järfälla - Nettovägen 6



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tors 11 maj 2023 12:30 Central European Time (Stockholm)	tors 11 maj 2023 16:30 Central European Time (Stockholm)	Järfälla - Nettovägen 6
mån 15 maj 2023 00:00 Central European Time (Stockholm)	mån 15 maj 2023 00:00 Central European Time (Stockholm)	Göteborg - Solhusgatan 10
mån 15 maj 2023 07:30 Central European Time (Stockholm)	mån 15 maj 2023 11:30 Central European Time (Stockholm)	Göteborg - Solhusgatan 10
tis 16 maj 2023 07:30 Central European Time (Stockholm)	tis 16 maj 2023 11:30 Central European Time (Stockholm)	Karlskoga - Boforsverken, Boforsvägen 1
tis 16 maj 2023 07:30 Central European Time (Stockholm)	tis 16 maj 2023 11:30 Central European Time (Stockholm)	Göteborg - Solhusgatan 10
tis 16 maj 2023 12:30 Central European Time (Stockholm)	tis 16 maj 2023 16:30 Central European Time (Stockholm)	Karlskoga - Boforsverken, Boforsvägen 1
ons 17 maj 2023 07:30 Central European Time (Stockholm)	ons 17 maj 2023 11:30 Central European Time (Stockholm)	Karlskoga - Boforsverken, Boforsvägen 1
ons 17 maj 2023 12:30 Central European Time (Stockholm)	ons 17 maj 2023 16:30 Central European Time (Stockholm)	Karlskoga - Boforsverken, Boforsvägen 1
tors 8 juni 2023 13:00 Central European Time (Stockholm)	tors 8 juni 2023 17:00 Central European Time (Stockholm)	Linköping - Bröderna Ugglas Gata
fre 9 juni 2023 07:30 Central European Time (Stockholm)	fre 9 juni 2023 11:30 Central European Time (Stockholm)	Karlskrona - Styrmansgatan 1
fre 9 juni 2023 07:30 Central European Time (Stockholm)	fre 9 juni 2023 11:30 Central European Time (Stockholm)	Linköping - Bröderna Ugglas Gata



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fre 9 juni 2023 12:30 Central European Time (Stockholm)	fre 9 juni 2023 16:30 Central European Time (Stockholm)	Linköping - Bröderna Ugglas Gata
tors 15 juni 2023 08:00 Central European Time (Stockholm)	tors 15 juni 2023 12:00 Central European Time (Stockholm)	Malmö - Isbergs gata 2-3
ons 30 aug. 2023 13:00 Central European Time (Stockholm)	ons 30 aug. 2023 17:00 Central European Time (Stockholm)	Linköping - Bröderna Ugglas Gata
tors 31 aug. 2023 07:30 Central European Time (Stockholm)	tors 31 aug. 2023 11:30 Central European Time (Stockholm)	Linköping - Bröderna Ugglas Gata
tors 31 aug. 2023 12:30 Central European Time (Stockholm)	tors 31 aug. 2023 16:30 Central European Time (Stockholm)	Linköping - Bröderna Ugglas Gata
tis 5 sep. 2023 07:30 Central European Time (Stockholm)	tis 5 sep. 2023 11:30 Central European Time (Stockholm)	Arboga - Kungsörsvägen 60
tis 5 sep. 2023 12:30 Central European Time (Stockholm)	tis 5 sep. 2023 16:30 Central European Time (Stockholm)	Arboga - Kungsörsvägen 60
ons 27 sep. 2023 13:00 Central European Time (Stockholm)	ons 27 sep. 2023 17:00 Central European Time (Stockholm)	Järfälla - Nettovägen 6
tors 28 sep. 2023 07:30 Central European Time (Stockholm)	tors 28 sep. 2023 11:30 Central European Time (Stockholm)	Järfälla - Nettovägen 6
tors 28 sep. 2023 12:30 Central European Time (Stockholm)	tors 28 sep. 2023 16:30 Central European Time (Stockholm)	Järfälla - Nettovägen 6
tis 3 okt. 2023 07:30 Central European Time (Stockholm)	tis 3 okt. 2023 11:30 Central European Time (Stockholm)	Karlskoga - Boforsverken, Boforsvägen 1



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ons 4 okt. 2023 07:30 Central European Time (Stockholm)	ons 4 okt. 2023 11:30 Central European Time (Stockholm)	Karlskoga - Boforsverken, Boforsvägen 1
ons 4 okt. 2023 12:30 Central European Time (Stockholm)	ons 4 okt. 2023 16:30 Central European Time (Stockholm)	Karlskoga - Boforsverken, Boforsvägen 1
fre 6 okt. 2023 07:30 Central European Time (Stockholm)	fre 6 okt. 2023 11:30 Central European Time (Stockholm)	Karlskrona - Styrmansgatan 1
ons 18 okt. 2023 13:00 Central European Time (Stockholm)	ons 18 okt. 2023 17:00 Central European Time (Stockholm)	Linköping - Bröderna Ugglas Gata
tors 19 okt. 2023 07:30 Central European Time (Stockholm)	tors 19 okt. 2023 11:30 Central European Time (Stockholm)	Linköping - Bröderna Ugglas Gata
tors 19 okt. 2023 08:00 Central European Time (Stockholm)	tors 19 okt. 2023 12:00 Central European Time (Stockholm)	Malmö - Isbergs gata 2-3
tors 19 okt. 2023 12:30 Central European Time (Stockholm)	tors 19 okt. 2023 16:30 Central European Time (Stockholm)	Linköping - Bröderna Ugglas Gata
tors 19 okt. 2023 13:00 Central European Time (Stockholm)	tors 19 okt. 2023 17:00 Central European Time (Stockholm)	Malmö - Isbergs gata 2-3
ons 25 okt. 2023 13:00 Central European Time (Stockholm)	ons 25 okt. 2023 17:00 Central European Time (Stockholm)	Göteborg - Solhusgatan 10
tors 26 okt. 2023 07:30 Central European Time (Stockholm)	mån 26 okt. 2026 11:30 Central European Time (Stockholm)	Göteborg - Solhusgatan 10
tors 26 okt. 2023 12:30 Central European Time (Stockholm)	tors 26 okt. 2023 16:30 Central European Time (Stockholm)	Göteborg - Solhusgatan 10



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tors 26 okt. 2023 12:30 Central European Time (Stockholm)	tors 26 okt. 2023 16:30 Central European Time (Stockholm)	Göteborg - Solhusgatan 10
tis 7 nov. 2023 07:30 Central European Time (Stockholm)	tis 7 nov. 2023 11:30 Central European Time (Stockholm)	Linköping - Bröderna Ugglas Gata
tis 7 nov. 2023 12:30 Central European Time (Stockholm)	tis 7 nov. 2023 16:30 Central European Time (Stockholm)	Linköping - Bröderna Ugglas Gata
ons 8 nov. 2023 07:30 Central European Time (Stockholm)	ons 8 nov. 2023 11:30 Central European Time (Stockholm)	Linköping - Bröderna Ugglas Gata
ons 8 nov. 2023 12:30 Central European Time (Stockholm)	ons 8 nov. 2023 16:30 Central European Time (Stockholm)	Linköping - Bröderna Ugglas Gata
ons 22 nov. 2023 13:00 Central European Time (Stockholm)	ons 22 nov. 2023 17:00 Central European Time (Stockholm)	Järfälla - Nettovägen 6
tors 23 nov. 2023 07:30 Central European Time (Stockholm)	tors 23 nov. 2023 11:30 Central European Time (Stockholm)	Järfälla - Nettovägen 6
tors 23 nov. 2023 12:30 Central European Time (Stockholm)	tors 23 nov. 2023 16:30 Central European Time (Stockholm)	Järfälla - Nettovägen 6
ons 29 nov. 2023 13:00 Central European Time (Stockholm)	ons 29 nov. 2023 17:00 Central European Time (Stockholm)	Linköping - Bröderna Ugglas Gata
tors 30 nov. 2023 07:30 Central European Time (Stockholm)	tors 30 nov. 2023 11:30 Central European Time (Stockholm)	Linköping - Bröderna Ugglas Gata
tors 30 nov. 2023 12:30 Central European Time (Stockholm)	tors 30 nov. 2023 16:30 Central European Time (Stockholm)	Linköping - Bröderna Ugglas Gata



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2.2 Total Training Hours

LABC 4hours.

2.3 Costs

See Workday. For course delivered outside of Sweden and the UK a bespoke pricing system will be used. The cost for LABC is 2500:- per participant.

2.4 Cancellation Policy

0-10 business days before the course – 100% course cost.

11-20 business days before the course – 50% course cost.

2.5 Course Administration

Booking inquiries

Course Administrator – TeamDRT@saabgroup.com

For questions regarding course contact:

Anton Björklund, +46734187260 , anton.bjorklund@saabgroup.com Course Coordinator

3 Terminology

Training encompasses concepts and abbreviations that are used in international security-related contexts. During the course, English terms are used because English is the most common language we come in contact with in this context.

Abbreviation	Description
L	Lethal situation, life threatening bleeding
A	Airway
B	Breathing
C	Circulation
CPR (HLR)	Cardiopulmonary resuscitation
D	Disability
E	Exposure
AVPU	Awake/alert or Voice, Pain, Unresponsive
VCP	Vehicle Check-Point
IED	Improvised Explosive Device



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- UXO Unexploded Ordnance
 - STOP Stop, Think, Orientate, Plan
 - MIST Mechanism of injury Injuries Signs and symptoms Treatment rendered
 - CSP Country Security Plan
 - CHB Country Handbook
 - SAF Small Arms Fire
 - RPG Rocket Propelled Grenade
 - ITK Individual Trauma Kit
 - UTK Unit Trauma Kit
 - UMK Unit Medical Kit
 - PPG Personal Protection Gear
 - TSK Travel Security Kit
 - JMS Journey Management System
 - NPTP/PTP Travel Pharmacy
 - ISK Individual Sterile Kit
 - AED Automated External Defibrillator
 - TWG Tropical Work Gear
 - MRE Meal Ready to Eat
 - 8W Who, What, What, Where, When, What, What, What
- Golden hour 1 hr. time period from a casualty's point of injury to the handover to properly equipped medical professionals.