

CPR/FIRST AID & AED 2017

This Heart Saver First Aid Course developed by the **American Heart Association** teaches rescuers to effectively recognize and treat adult emergencies in the critical first minutes until EMS personnel arrive. The course also provides a complete health and safety training solution for first aid, adult CPR (cardiopulmonary resuscitation).

THE COURSE WILL COVER:

- 1) Medical emergencies;
- 2) Environmental emergencies;
- 3) Adult Chain of Survival and the importance of calling 9-1-1;
- 4) Techniques of adult CPR (ABCs):
 - Airway: Opening the airway;
 - Breathing: Checking breathing and performing rescue breathing if needed (with or without a barrier device);
 - Circulation: Checking for signs of circulation and performing compressions and ventilations;
 - Rescue techniques for choking adults;
- 5) Legal and ethical issues.



CERTIFICATION: Both CPR & First Aid are for 2 years. For individuals who have not been certified by the American Heart Association, and who now require CPR recertification, it is recommended that they take the entire CPR/First Aid class.

2017 CLASSES, FRIDAYS

FEBRUARY 3 | MARCH 17 | APRIL 21

7:30 AM - 1:30 PM

CCIA MEMBERS: \$125 | NON-MEMBERS: \$150

Cost includes 6.35% Sales Tax, course materials, coffee, pastry, lunch, and certificate.

INSTRUCTOR: Tara Fleming, Occupational Safety Instructor with CINTAS First Aid & Safety since May 2006.

LOCATION: CONNECTICUT CONSTRUCTION INDUSTRIES ASSOCIATION
912 Silas Deane Highway, Suite 112, Wethersfield, CT 06109

REGISTER BY RESPONDING TO: JOHN WILHELM:

E-mail: jwilhelm@ctconstruction.org | Fax: 860-563-0616 | Phone: 860-529-6855

COMPANY _____

PHONE: _____ E-MAIL: _____

ADDRESS _____

ATTENDEES _____

CLASS DATES ATTENDING: _____ February 3 _____ March 17 _____ April 21

TOTAL ENCLOSED: \$ _____ Make Checks Payable to: CCIA
Send to: CCIA, 912 Silas Deane Highway, Suite 112, Wethersfield, CT 06109

REFUND POLICY: Registrants will receive a full refund provided CCIA is notified at least ten (10) days prior to the start of the program. No shows will be billed at full price.

OSHA 10-HOUR 2017 CLASSES - REVERSE SIDE

OSHA 10-HOUR 2017

The OSHA 10 Hour course teaches workplace safety and helps workers reduce the risk of job-site hazards. Upon successful completion of the class, students will receive a document of proof from the instructor. The certificate issued by OSHA will be mailed afterwards.

- Review OSHA's Policies & Procedures
- Electrical Hazards/Assured Equipment Grounding Conductor Programs
- Fall Protection Requirements
- Scaffolding
- Ladders
- Excavation & Shoring
- Lock-Out Tag-Out Procedures
- Occupational Health & Hygiene
- Hazard Communication/MSDS Sheets
- Confined Space
- Respiratory Protection
- Personal Protective Equipment
- Job Hazard Analysis



THE OSHA 10-HOUR COURSE IS A 1 & 1/2 DAY CLASS

2017 CLASSES, TUESDAYS & WEDNESDAYS

FEBRUARY 7 & 8 | MARCH 7 & 8 | APRIL 4 & 5

7:00 AM - 3:00 PM - DAY 1 | 7:00 AM - 11:00 AM - DAY 2

CCIA MEMBERS: \$160 | NON-MEMBERS: \$220

Cost includes 6.35% Sales Tax, course materials, coffee, pastry, lunch, and certificate.

INSTRUCTOR: Dan Gorman, Owner/Operator, Safe at Work
OSHA Outreach Instructor for 20 years

LOCATION: CONNECTICUT CONSTRUCTION INDUSTRIES ASSOCIATION
912 Silas Deane Highway, Suite 112, Wethersfield, CT 06109

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COMPANY _____

PHONE: _____ E-MAIL: _____

ADDRESS _____

ATTENDEES _____

CLASS DATES ATTENDING: _____ Feb 7 & 8 _____ March 7 & 8 _____ April 4 & 5

TOTAL ENCLOSED: \$ _____ Make Checks Payable to: CCIA
Send to: CCIA, 912 Silas Deane Highway, Suite 112, Wethersfield, CT 06109

REFUND POLICY: Registrants will receive a full refund provided CCIA is notified at least seven (7) days prior to the start of the program. No shows will be billed at full price.

CPR/FIRST AID & AED 2017 CLASSES - REVERSE SIDE