

CPR/FIRST AID & AED TRAINING

MONDAY, FEBRUARY 16, 2015

LOCATION: Connecticut Construction Industries Association
912 Silas Deane Highway, Wethersfield, CT 06109

TIME: 7:30 am -1:30 pm
(Coffee, pastry and donuts served in the morning.)

Cost: CCIA Member: \$125 | Non-Members: \$150

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

COURSE DESCRIPTION:

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.

PROGRAM CONTENTS:

- 1) Classroom training and hands-on-skills practice with manikin; 2) Hands-on practice with CPR;
- 3) "Heartsaver First Aid" text provided to each student, 4) Heartsaver First Aid skills performance assessment
- 4) Course completion card, 5) AED Training & Certification (Automated External Defibrillation)

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.

REGISTER BY WEDNESDAY, FEBRUARY 11TH BY RESPONDING TO JOHN WILHELM:

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

SEND PAYMENT TO CCIA, 912 SILAS DEANE HIGHWAY, WETHERSFIELD, CT 06109

COMPANY _____ PHONE: _____

ADDRESS _____

ATTENDEES _____

CONTACT NAME _____

TOTAL ENCLOSED: \$ _____

REFUND POLICY: To receive a full refund, registrants must notify CCIA of their intent to cancel 10 working days in advance of the class.