CPR & First Aid Training

Friday, March 16, 2012

7:30 am - 1:00 pm | CCIA Office

912 Silas Deane Highway, Wethersfield, CT 06109

Instructor: Tara Fleming, CINTAS

This **Heart Saver First Aid** course developed by the **American Heart Association** teaches rescuers to effectively recognize and treat adult emergenices 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 resucitation).

The course will cover:

- Medical emergencies
- Environmental emergencies
- Adult Chain of Survival and the importance of calling 9-1-1
- 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
- Legal and ethical issues.

Program Contents:

- Classroom training and hands-on-skills practice with manikin
- Hands-on practice with CPR
- "Heartsaver First Aid" text provided to each student
- Heartsaver First Aid skills performance assessment
- Course completion card

About the Instructor

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

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.

Training methods enable the American Heart Association to cover the entire course in half a day, whereas other programs require a full day.

PLEASE REGISTER BY FRIDAY, MARCH 2, 2012

MEMBER COST PER PERSON $125.00   COST PER PERSON $150.00   TOTAL AMOUNT ENCLOSED_____

Attendees_____

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Contact_____Phone_____E-Mail_____

For registrations or course program questions, please contact John Wilhelm at 860-529-6855 or jwilhelm@ctconstruction.org.

Please send registration & payment to: CCIA, 912 Silas Deane Highway, Wethersfield, CT 06109.

Pre-Register by faxing form to: 860-563-0616