



ZENITH UNIVERSITY

First Aid & Adult CPR: Training and Certification Course

(PRESENTED IN ENGLISH AND SPANISH)

Course Description

Knowing first aid and CPR can be the difference between life and death, rapid recovery or long-term hospitalization, and temporary or permanent disability. This course will provide training on the vital knowledge and skills you need to respond to a life-threatening situation with confidence. While you cannot predict when an emergency will occur, you can be prepared.

This hands-on first aid and CPR training will teach you how to:

- Recognize and provide first aid for a variety of injuries including burns, wounds, head, neck and back injuries, and heat- and cold-related emergencies.
- Perform cardiac pulmonary resuscitation (CPR)
- Manage sudden illnesses such as stroke, seizures, bites and poisoning
- Provide appropriate care while waiting for emergency medical services (EMS) to arrive

Upon completion of requirements, you will receive certification in both CPR and first aid for 2 years.

WHO SHOULD ATTEND THIS SEMINAR?

- Business owners and managers
- Safety managers and program administrators
- Anyone with supervisory safety responsibilities

To view other courses offered by Zenith, visit
www.thezenith.com/seminars

TheZenith®
WORKERS' COMPENSATION SPECIALISTS

COURSE DATES

SPANISH SESSION

Wednesday, March 28, 2012
8 a.m. – 12 p.m.

Four Points by Sheraton Bakersfield
5101 California Ave.
Bakersfield, CA 93309

Registration will begin at 7:30 a.m.

ENGLISH SESSION

Wednesday, March 28, 2012
12:30 p.m. – 4:30 p.m.

Four Points by Sheraton Bakersfield
5101 California Ave.
Bakersfield, CA 93309

Registration will begin at noon.

REGISTER

This course is **FREE** for Zenith policyholders.

You may register using the online form at www.thezenith.com/seminars or by contacting Karen Meeker at (559) 449-4836 or catraining@thezenith.com. Please include attendee name(s), company information and policy number.

You may register a maximum of five employees per class from your company.

REGISTRATION DEADLINE:
Wednesday, March 21