



**ZENITH UNIVERSITY**

# First Aid & Adult CPR: Training and Certification Course

(PRESENTED IN ENGLISH)

## Course Description

This course, sponsored by Zenith Insurance Company and presented by Rescue 411, can give you the vital knowledge and skills you need to respond to a life-threatening situation with confidence. Knowing first aid and CPR can be the difference between life and death, rapid recovery or long-term hospitalization, and temporary or permanent disability. 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?

- Safety managers
- Supervisors

To view other courses offered by Zenith, visit  
[www.thezenith.com/seminars](http://www.thezenith.com/seminars)

**TheZenith®**  
WORKERS' COMPENSATION SPECIALISTS

## WHEN

**Wednesday, Feb. 22, 2012**  
8 a.m. – 4:30 p.m.

Please arrive early for registration and continental breakfast. There will be a working lunch provided.

## WHERE

**Fairfield Inn & Suites**  
503 E. Danenburg Drive  
El Centro, CA 92243

## REGISTER

This course is **FREE** for Zenith policyholders. You may register using the online form at [www.thezenith.com/seminars](http://www.thezenith.com/seminars) or by contacting Gloria Munz at (619) 686-2969 or [gmunz@thezenith.com](mailto:gmunz@thezenith.com).

Please include attendee name(s), company information and policy number.

**REGISTRATION DEADLINE:**  
**Wednesday, February 15**