



ZENITH UNIVERSITY

First Aid & Adult CPR: Training and Certification Course

(PRESENTED IN SPANISH)

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

TheZenith[®]
WORKERS' COMPENSATION SPECIALISTS

WHEN

Thursday, Feb. 23, 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 or by contacting Gloria Munz at (619) 686-2969 or gmunz@thezenith.com.

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

REGISTRATION DEADLINE:
Thursday, February 16