



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

ENGLISH AND SPANISH

Wednesday, April 18, 2012

8:30 a.m. – 3 p.m.

Clarion Inn Conference Center

1612 Sisk Road

Modesto, CA 95350

ENGLISH AND SPANISH

Wednesday, April 25, 2012

8:30 a.m. – 3 p.m.

Zenith Insurance Company

7440 N. Palm Ave., Suite 103

Fresno, CA 93711

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. On the day of the event, please arrive at 8 a.m. for registration and continental breakfast.

REGISTRATION DEADLINE:
One week prior to the event