



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?

- Managers
- Supervisors
- Crew leaders/foremen

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

TheZenith®
WORKERS' COMPENSATION SPECIALISTS

WHEN

Wednesday, March 14, 2012

8 a.m. – 4:30 p.m.

Please arrive early for registration.
Breakfast and lunch will be served.

WHERE

APMA

**512 Pajaro Street, Ste. 7
Salinas, CA 93901**

REGISTER

This course is **FREE** for Zenith policyholders. You may register using the online form at www.thezenith.com/seminars or by contacting Katie Marshall at (925) 416-5385 or kmarshall@thezenith.com.

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

**REGISTRATION DEADLINE:
Wednesday, March 7**