



TRAINING

## First Aid & CPR Training

**Date:** Wednesday, April 28, 2010

**Time:** 8-4:30 PM

**Instructor:** Vince Constande, Safety Manager

**Cost:** \$90.00 per student (includes materials and breakfast)

**Description:** This class will be taught in two parts. See full descriptions below:

**Part 1 - First Aid Training:** This class will review how to properly survey a scene and assess a patient. It will also cover how to identify and/or provide basic response to: bloodborne pathogens; bleeding control; shock; burns (thermal, electrical and chemical); head, neck and spine injuries; asthma, diabetic and anaphylaxis seizures and strokes; poisoning, heat/cold emergencies and other injuries.

**Part 2 - CPR Training:** This class is designed to provide students with the knowledge and awareness to provide basic life support in emergency situations. The class will begin with an introduction and overview of the anatomy and physiology of the pulmonary and cardiovascular system. Other topics will include a review of heart health, as well as, learning the signs and symptoms of heart attack, stroke and choking. The discussion will be followed by hands on demonstrations and explanations of the heimlich maneuver, abdominal thrusts and CPR.

*Please fill out this form and fax it to  
Amanda Elliott at 757-558-9715 by  
Thursday, April 22, 2010*

## Registration Information

Name: \_\_\_\_\_

Company: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_ FAX: \_\_\_\_\_ Email: \_\_\_\_\_

*\*\*Please note - a valid FAX number and/or email is appreciated for class notices regarding cancellations and/or reminders\*\**

Names of other attendees from your organization:

\_\_\_\_\_

### Billing Information

Purchase Order #: \_\_\_\_\_

### Credit Card Information

Type: \_\_\_\_\_ Credit Card Number: \_\_\_\_\_

Expiration: \_\_\_\_\_ Name on Card: \_\_\_\_\_

We will pay by check: \_\_\_\_\_