

OSHA 10 Hour General Industry Training & Certification

Date: Wednesday, April 7 - Thursday, April 8, 2010

Time:

Day 1 - 8:30-4:00 PM

Day 2 - 8:30-12:30 PM

Instructor: Vince Constande, Safety Manager

Cost: \$95.00 per student (includes materials and meals)

Description: This 10-hour program is intended to provide a variety of instruction on general industry safety and health standards to workers. Topics will include:

- Introduction to OSHA (The OSHA Act)
- OSHA Act - General Duty Clause
- Inspections, citations and penalties
- Recordkeeping
- Walking and Working Surfaces
- Means of Egress and Fire Protection
- Electrical
- Flammable and Combustible liquids
- Personal Protective Equipment
- Hazard Communication

Upon completion of this class students will receive an OSHA 10-Hour General Industry certification card in the mail.

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.



Registration Form

All classes listed below will be held at:

Damuth Trane
1100 Cavalier Blvd.
Chesapeake, VA 23323



For questions please call Amanda Elliott at 757-558-3304 or send an email to aelliott@trane.com.

To register for a class simply complete this form and fax it to Amanda Elliott at 757-558-9715. Or you can register online at www.damuth.com. Copies may be made of this form.

Name: _____

Company: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ FAX: _____ Email: _____

Spring 2010

Fans in Air Handling Units Satellite Broadcast - FREE! - 3/24/2010

Names of other attendees from your organization: _____

Central Geothermal Systems - FREE! - 6/23/10

Names of other attendees: _____

Sustainability Seminar 2010 - FREE! - 5/19/10

Names of other attendees: _____

Two Day Air Conditioning Clinic - \$400.00 per student - 3/10-3/11/10

of attendees from your organization: _____ X _____ = _____ Total Amount

Names of other attendees: _____

OSHA 10 Hour General Industry Training - \$95.00 per student - 4/7-4/8/10

of attendees from your organization: _____ X _____ = _____ Total Amount

Names of other attendees: _____

First Aid & CPR Training - \$90.00 per student - 4/28/10

of attendees from your organization: _____ X _____ = _____ Total Amount

Names of other attendees: _____

Total Billing Amount for Training classes:

Payment information:

P.O. #: _____

If paying by credit card please write the credit card number: _____

Credit card type: _____ Expiration Date: _____

Name as it appears on the card: _____

Registrations can also be made online at www.damuth.com.