ASSOCIATED BUILDERS & CONTRACTORS, INC.
SEMINARS

FIRST AID CERTIFICATION

Tuesday, February 16, 2010
5:30 p.m.
Engineering Safety Consultants, Inc.
(12758 Cimmaron Path, Ste. 127)

CFR 1926.23 & 1926.50(C) requirements of OSHA are met by successful completion of this course.

- OSHA requires a first aid trained person on every jobsite.
- Receive a 2-year certificate.

$20.00 ABC Members
$30.00 Non-Members
(PAYMENT MUST ACCOMPANY THIS FORM TO REGISTER)

Topics:

- Introduction
- Victim Assessment
- Basic Life Support
- Bleeding & Wounds
- Specific Body Area Injury
- Cold & Heat Injuries
- Bone, Joint & Muscle Injuries
- Medical Emergencies
- First Aid Skills
- Moving & Rescuing Victims
- Shock, Burns & Poisoning

CPR CERTIFICATION

Wednesday, February 17, 2010
5:30 p.m.
Engineering Safety Consultants, Inc.
(12758 Cimmaron Path, Ste. 127)

29 CFR 1926.50(C) & 1926.950(E)(I)(ii) -refer to a trained person in first aid and resuscitation in case cardiac pulmonary resuscitation is necessary on the jobsite.

- OSHA requires a CPR trained person on every jobsite.
- Receive a 2-year certificate.

$20.00 ABC Members
$30.00 Non-Members
(PAYMENT MUST ACCOMPANY THIS FORM TO REGISTER)

Topics:

- How To Recognize A Heart Attack
- What To Do If Someone Stops Breathing
- What To Do If Someone Chokes
- Precautions To Take
- Heimlich Maneuver
- CPR Techniques
- Actual Practice on Manikins
- Follow The American Heart Guidelines
- Certified Instructors

Please check: *CPR Certification* *First Aid Certification* *ABC Member* *Non-Member* *CPR ABC Member $20* *First Aid ABC Member $20* *CPR Non-Member $30* *First Aid Non-Member $30*

Name: _____
Company Name: _____
Mailing Address: _____
City/State/Zip: _____
Phone/Fax: _____

No refunds will be made (for either seminar) after one week prior to the program's date or when a registrant fails to appear. We will confirm your registration 5 days prior to the program; call (210) 342-1994 to confirm your registration.