ASSOCIATED BUILDERS & CONTRACTORS, INC.
SEMINARS

Associated Builders and Contractors, Inc.
South Texas Chapter

FIRST AID CERTIFICATION
Tuesday, March 17, 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, March 16, 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.