



COMMONWEALTH  
CONTRACTORS



# FIRST AID, CPR AND AED TRAINING

Don't miss out on this opportunity to receive your American Heart Association  
**Heartsaver® First Aid/CPR/AED Certification**

**ONLY FOR COMMONWEALTH CONTRACTORS' MEMBERS!**



Commonwealth Contractors is offering a full **FIRST AID, CPR and AED Training** to its members.

#### LOCATION:

This one-day certification course will be offered in a "hybrid" model. See below for details.

#### HYBRID COURSE:

All students wishing to participate in this certification class will **first complete Heartsaver® First Aid CPR AED Online\***. Hybrid students will be required to bring a copy of their online completion certificate to an abbreviated in person skills session. **Skill sessions will take approximately 2 hours to complete.** Once a **student is registered with us as a hybrid student, Commonwealth Contractors will schedule your skills session time. Skills sessions will be held between 8:00am and 4:00PM on the following dates and locations:**

March 22 – Comfort Inn Virginia Beach – Norfolk Airport  
March 23 – Drury Inn – Glen Allen  
March 24 – Greenridge Rec Center – Roanoke

\*Please note, there is a \$19.50 fee paid directly to the American Heart Association; after this Commonwealth Contractors will cover the cost of your certification skills course as well as your certification eCard.

**OTHER USEFUL INFORMATION:** Your official American Heart Association certification eCard will be emailed to you after successful completion of the course. Once you receive via email you will be able to print out the card.

#### DID YOU KNOW?

**CPR saves lives. More than 300,000 people have cardiac arrests in the United States every year. After someone stops breathing, or the heart stops beating, he or she can survive for only 4 to 6 minutes before lack of oxygen results in brain damage or death. CPR can buy extra time, until professional help can arrive, by artificially circulating oxygen to the brain. Those who successfully finish the FIRST AID/CPR/AED training will receive certification.**

**All employees of Commonwealth Contractors' members will benefit from this universal material! Space is limited due to restrictions on CPR class sizes, so register today to guarantee your seat!**

**SPACE IS LIMITED – REGISTER NOW AT [CCGSIA.COM](http://CCGSIA.COM)**

**QUESTIONS?** Please email Stephanie at [OSHadmin@landinservices.com](mailto:OSHadmin@landinservices.com)