



COMMONWEALTH
CONTRACTORS

SAFETY SEMINAR AGENDA

MARCH 27, 2019 • GLEN ALLEN CULTURAL ARTS CENTER

8:00: REGISTRATION & CONTINENTAL BREAKFAST– GRAND BALLROOM

8:20: WELCOME & INTRODUCTIONS

GRAND BALLROOM

DOGWOOD SALON

GROUP A

GROUP B

8:30 – 9:30: EMERGENCY PLANNING AT THE JOBSITE

PRESENTED BY: DAVE THOMPSON, SAFETY DIRECTOR – HENDERSON, INC.

TAKEAWAY: *Proper planning for jobsite medical, fire, and weather emergencies*

9:30 – 10:15: THE BASICS OF FIRST AID

PRESENTED BY: AMANDA PITTMAN, FIRST AID AND SAFETY SALES REPRESENTATIVE – CINTAS CORPORATION

TAKEAWAY: *Basic first aid preparedness including first aid kits, supplies & inspections*

10:15 – 10:30: BREAK

10:30 – 11:30: FIRE SAFETY

PRESENTED BY: MARINHO GONCALVES, SAFETY & HEALTH CONSULTANT – VIRGINIA DEPARTMENT OF LABOR & INDUSTRY

TAKEAWAY: *Raising awareness of types of fires & proper use of extinguishers*

11:30 – 12:15: GAS LINE SAFETY

PRESENTED BY: STEPHEN RICHARDSON, DAMAGE PREVENTION – COLUMBIA GAS OF VIRGINIA

TAKEAWAY: *Keeping workers safe around gas lines*

12:15 – 1:00: LUNCH

GROUP B

GROUP A

1:00 – 2:00: EMERGENCY PLANNING AT THE JOBSITE

PRESENTED BY: DAVE THOMPSON, SAFETY DIRECTOR – HENDERSON, INC.

TAKEAWAY: *Proper planning for jobsite medical, fire & weather emergencies*

2:00 – 2:45: THE BASICS OF FIRST AID

PRESENTED BY: AMANDA PITTMAN, FIRST AID AND SAFETY SALES REPRESENTATIVE – CINTAS CORPORATION

TAKEAWAY: *Basic first aid preparedness including first aid kits, supplies & inspections*

2:45 – 3:00: BREAK

3:00 – 4:00: FIRE SAFETY

PRESENTED BY: MARINHO GONCALVES, SAFETY & HEALTH CONSULTANT – VIRGINIA DEPARTMENT OF LABOR & INDUSTRY

TAKEAWAY: *Raising awareness of types of fires and proper use of extinguishers*

8:30 – 11:30: ADULT CPR

CERTIFICATION TRAINING

PRESENTED BY: MEGGAN

ROBBINS, OS&H CONSULTANT – LANDIN, INC.

TAKEAWAY: *Certification through American Heart Association*

1:00 – 4:00: ADULT CPR

CERTIFICATION TRAINING

PRESENTED BY: MEGGAN

ROBBINS, OS&H CONSULTANT – LANDIN, INC.

TAKEAWAY: *Certification through American Heart Association*