



COMMONWEALTH  
CONTRACTORS

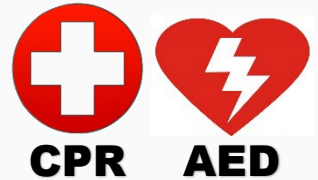


# SAFETY SEMINAR & CPR TRAINING

Don't miss out on this opportunity to receive your American Heart Association

## Heartsaver® CPR/AED Certification

A \$75+ VALUE, ABSOLUTELY FREE FOR COMMONWEALTH  
CONTRACTORS' MEMBERS!



**WHAT:** Commonwealth Contractors is offering a full-day **Safety Seminar & CPR Training** to its members. The focus is *essential worksite safety*, including emergency preparedness, first aid, fire safety, and working around gas lines, which will be addressed in presentations and classroom instruction.

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

**WHEN:** March 27<sup>th</sup>, 2019.  
Registration & Continental Breakfast begin at **8 AM**.  
Instruction begins at **8:30 AM** and runs until **4 PM**.  
Lunch will be provided.

**WHERE:** *Glen Allen Cultural Arts Center*  
2880 Mountain Road  
Glen Allen, VA 23060

**WHY:** **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 CPR/AED training will receive certification; everyone will receive instruction on *essential worksite safety*.

**OTHER USEFUL INFORMATION:** Your official American Heart Association certification will be emailed to you after successful completion of the course. Attendees will be divided into groups and assigned to morning or afternoon sessions of CPR training, with safety presentations scheduled for the alternate timeslots.

## SAFETY PRESENTATIONS

### EMERGENCY PLANNING AT THE JOBSITE

*DAVE THOMPSON – HENDERSON, INC.*

**Proper planning for jobsite medical, fire, and weather emergencies.**

### THE BASICS OF FIRST AID

*AMANDA PITTMAN – CINTAS CORP.*

**Basic first aid preparedness including first aid kits, supplies & inspections.**

### FIRE SAFETY

*MARINHO GONCALVES – VIRGINIA DOLI*

**Raising awareness of types of fires & proper use of extinguishers.**

### GAS LINE SAFETY

*STEPHEN RICHARDSON – COLUMBIA GAS OF VA*

**Keeping workers safe around gas lines.**

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

**QUESTIONS?** Contact Emily Murphy at [emurphy@landininc.com](mailto:emurphy@landininc.com) or (804) 612-1442.