

RAMCA SAFETY WORKSHOP

FIRST AID/CPR

RAMCA's most popular safety offering is the First Aid and CPR program as approved by the National Safety Council. This two-part program will cover Cardio-Pulmonary Resuscitation for adults, and will include hands-on training using "Annie" mannequins. In addition, General First Aid will be presented, providing a comprehensive overview of all general first aid requirements as recommended by the National Safety Council.

Both federal and state OSHA regulations require that your job sites have someone who is proficiently trained in first aid/CPR available at all times. Construction safety consultants suggest that *all* of your field personnel obtain both CPR *and* First Aid certification, so that your entire crew is skilled in responding to any job-site medical emergency. If you already have employees certified in this area, be sure their certifications for both general first aid **and** CPR have not expired.

Attendees who successfully complete this safety program will receive a completion card, training material and will be certified in both CPR and General First. To take advantage of The National Safety Council's two-year certification for CPR and First Aid, both programs must be taken together.

This RAMCA safety program meets all OSHA and MSHA requirements and will be presented by Mr. Jamie Accashian, a nationally certified trainer in these areas. Registrations will be accepted on a first-come, first-served basis, and space is limited due to requirements associated with the utilization of the training mannequins.

This RAMCA safety program will be held as follows:

<i>DATE</i>	<i>Saturday, February 14th, 2009</i>
<i>PLACE</i>	<i>Parlor D Holiday Inn Select – Koger South Conference Center 1021 Koger Center Blvd, Richmond, VA (Just off Rt. 60 one block west of Johnston Willis Hospital)</i>
<i>TIME</i>	<i>8:00 a.m. to 1:00 p.m.</i>
<i>FEE</i>	<i>\$75.00 per person (fee includes continental breakfast)</i>

**REGISTRATION FORM
RAMCA SAFETY PROGRAM
FIRST AID/CPR
FEBRUARY 14TH, 2009**

PLEASE COMPLETE THIS FORM AND FAX OR MAIL BACK TO:

RAMCA
1108 E. Main St
Suite 1200
Richmond, VA 23219

FAX YOUR RESPONSE TO:
804-346-8287

_____ PEOPLE FROM MY FIRM WILL ATTEND THE FIRST AID AND CPR
SAFETY PROGRAM

Please enclose a typed or printed list of those attending.

**THE FEE PER PERSON IS \$75.00, WHICH INCLUDES A CONTINENTAL
BREAKFAST, FIRST AID MANUAL AND CERTIFICATION CARD.**

MY CHECK IN THE AMOUNT OF _____ IS ENCLOSED. .

_____ PAYMENT IS BEING PROCESSED AND WILL BE FORWARDED TO
RAMCA.

_____ PLEASE INVOICE ME.

Name of Company (please print or type)

Signature

Date

**Attendee registration is limited, and will be taken on a
first come, first-served basis.**
**Due to ordering requirements for session handouts,
responses must be received by February 6th**