



**Popular
local training
opportunity!**

Occupational First Aid, Adult CPR & AED Training for Small Businesses

This comprehensive, 6-hour National Safety Council (NSC) training helps ensure compliance with OSHA First Aid Standard 29 CFR 1910.151 for those individuals seeking First Aid and CPR/AED certification.

As a value-added service for our policyholders, Chesapeake Employers' Insurance is again offering first aid and CPR/AED training in 2023. Take advantage of our training programs to help protect the safety and health of your employees.

Benefits of this training:

- Comprehensive classroom training
- Nominal cost; lower cost than other nationally recognized trainings*
- Helps ensure OSHA compliance

This training course offers important life-saving skills for laypersons. The first aid section includes first aid basics and information on medical, injury and environmental emergencies. The CPR section presents basic adult CPR and covers the proper use of AEDs in cardiac and breathing emergencies.

Classes are limited to 24 people and are taught by Chesapeake Employers' Safety Management Consultants certified as NSC First Aid Instructors. An NSC certification card will be awarded upon successful completion of the training. First Aid and CPR certifications are good for two years from the date of training.

2023 training dates

Classes will be held from 9:00 a.m. - 3:00 p.m. at Chesapeake Employers' Insurance Co., Towson, MD 21286, on the following dates:

- Wednesday, February 8, 2023
- Wednesday, May 10, 2023
- Wednesday, August 9, 2023
- Wednesday, November 8, 2023

To register, visit our website at www.ceiwc.com/safety-resources/seminars-and-trainings. For questions, please contact Aubrey Stires at astires@ceiwc.com or 410-494-2143.

