



## Why Does First Aid and CPR Training Help

01/18/26 – 01/24/26

Brieser Construction offers First Aid/ CPR training to its employees every year. **ALL** our employees are highly encouraged to participate in the training, which is good for 2 years, and our foreman and superintendents are required to attend and be current in their training. Keeping ourselves safe and being able to react in emergency situations are key components as to why we take the training. Here are some other lesser known but just as important reasons:

### FIRST AID

- Knowing first aid can save a life
- It can help comfort a patient before medics arrive
- Can keep the injury or problem from getting worse
- Develops safer habits confidence in the workforce

### CPR

- CPR (Cardiopulmonary resuscitation) can save a life
- Prevents brain death by keeping blood flow to the brain
- Speed up recovery times
- You will be prepared and ready for a cardiac emergency
- Restores blood circulation

Typically, the months of February and March are when Brieser reaches out to its employees who are due to have their training updated or have never had it before. Not only does this apply to our tradesmen in the field, but to **EVERY BRIESER EMPLOYEE!!** Please consider attending this year when that time comes, and remember, you can also use this training for those emergency situations at home!







SCAN

SAFETY/TOOLBOX TALKS/TRAINING/MMDDYY TRAINING CERTIFICATION