

May 2011 is

# Life Safety Month

## at Bentall Kennedy!

Life Safety Month gives tenants the opportunity to participate in a number of training sessions provided by

Bentall Kennedy through qualified experts in each field. All seminars during this month are at no cost to tenants.

To register for the seminars, simply contact our Service Centre at: 1-866-ClikFIX (254-5349)

### EARTHQUAKE PREPAREDNESS

Presented by Life Consultants

With the number of earthquakes we get in BC, what will you do when the water stops, the power goes out, and the fires begin?

**Dates:** May 11<sup>th</sup> & 12<sup>th</sup>  
9:30 a.m. & 2:30 p.m.

**Location:** Bentall Centre Athletic Club

### PERSONAL SAFETY

Presented by Kim Sheridan, Paladin Security

Many people occasionally fear for their personal safety when they are out in public. Do you know what to do if you sense that you are being followed by a suspicious person?

**Dates:**  
May 17<sup>th</sup> 8:30 a.m. – 9:30 a.m.  
May 18<sup>th</sup> 10:00 a.m. – 11:00 a.m.

**Location:** Charles Room, Two Bentall Centre - Suite 1165, 555 Burrard St.



VANCOUVER POLICE DEPARTMENT  
*Beyond the Call*

### BOMB THREAT & SUSPICIOUS PACKAGE TRAINING

Presented by Kim Sheridan, Paladin Security

In today's security-conscious times, more people are becoming aware of possible threats to public safety. Does your company have a policy outlining what steps to take if you receive a suspicious looking package in the mail?

**Dates:** May 18<sup>th</sup> 8:30 a.m. – 9:30 a.m.  
**Location:** Charles Room, Two Bentall Centre - Suite 1165, 555 Burrard St.

### WOMEN'S SELF DEFENSE

Presented by Contenders



Contenders Training Studio offers a seminar designed to teach women how to defend themselves against an attack. You will learn what to do, what not to do to avoid a bad situation; and learn skills that could save your life when you have no other choice.

Please wear work-out clothing as some movement will be required.

**Dates:** May 5<sup>th</sup> & 25<sup>th</sup>  
10:00 a.m. & 3:00 p.m.

(1 hour per session)

**Location:** Bentall Centre Athletic Club

### BENTALL FIRE DRILLS

Bentall Management strongly advises that all tenants participate in the Fire Drills which will be held on the following dates:

- Bentall One – Tuesday, May 24<sup>th</sup>
- Bentall Two – Friday, May 27<sup>th</sup>
- Bentall Three – Wednesday, May 25<sup>th</sup>
- Bentall Four – Thursday, May 26<sup>th</sup>
- Bentall 5 – Tuesday, May 31<sup>st</sup>

### FIRST AID

Presented by Life Consultants

This First Aid session (1 hour) will include:

1. External Bleeding (Open Wounds)
2. Internal Bleeding (Closed Wounds)
3. Wound Management (Cleaning, Dressing and Bandaging)
4. Special Bleeding Scenarios – nose and mouth bleeding, scrapes, amputations, & puncture wounds

**Dates:** May 11<sup>th</sup> & 12<sup>th</sup>  
8:15 a.m., 9:25 a.m., 10:35 a.m., 2:05 p.m. & 3:15 p.m.

**Location:** Bentall Centre Athletic Club

### EMERGENCY WARDEN TRAINING

Presented by Bentall LP, Kevin Soltani, Manager of Security, Fire & Life Safety

Safe and efficient evacuation procedures are crucial in any fire emergency. Here's your opportunity to learn the proper evacuation procedures in the event of a fire.

This training is highly recommended to all emergency and deputy wardens, but may be attended by any tenant.

Don't miss this!

**Dates:**  
May 5<sup>th</sup> & 19<sup>th</sup> 9:30 a.m. – 11:30 a.m.  
May 3<sup>rd</sup> & 10<sup>th</sup> 2:00 p.m. – 4:00 p.m.

**Location:**  
Charles Room, Two Bentall Centre Suite 1165, 555 Burrard St.

### IDENTITY THEFT & FRAUD INFORMATION SESSION

Presented by Kim Sheridan, Paladin Security

Commercial and economic crime is the fastest growing type of criminal activity in Canada today. In 2010 the total dollar loss for identity theft complaints in Canada was over \$10 million dollars. Learn the simple steps you can take to protect yourself and your company from becoming a victim.

**Dates:** May 17<sup>th</sup> 10:30 a.m. – 11:30 a.m.  
**Location:** Charles Room, Two Bentall Centre - Suite 1165, 555 Burrard St.

### THE 10 FATAL FACTORS

Presented by WPS Disaster Management Solutions, Don Sherwood

Emergencies and disasters injure and take lives in predictable ways! The 10 Fatal Factors Program outlines what these are, in what order they can impact you, your family, and staff, and most importantly what you can do to prepare.

**Dates:**  
May 11<sup>th</sup> 8:30 a.m. & 10:30 a.m.  
**Location:** Charles Room, Two Bentall – Suite 1165  
May 12<sup>th</sup> 8:30 a.m., 10:30 a.m., 12:30 p.m. & 2:30 p.m.  
**Location:** Charles Room, Two Bentall – Suite 1165

### CPR

Presented by Life Consultants

In the event that someone requires medical attention, do you know what to do?

No matter where you are, people of all ages can suffer from heart failure.

This CPR session (1 hour) will include:

- Proper procedure when calling 911
- Introduction to CPR
- Choking (conscious person)
- Specific choking situations / scenarios.
- The unconscious person and the proper recovery position

**Dates:** May 11<sup>th</sup> & 12<sup>th</sup>  
8:15 a.m., 9:25 a.m., 10:35 a.m., 2:05 p.m. & 3:15 p.m.  
**Location:** Bentall Centre Athletic Club

## Contact ClikFIX

# 1-866-ClikFIX (254-5349)

## to register now

