



OCCUPATIONAL

FIRST AID SKILLS

& CPR

JANUARY 29-30



OBJECTIVES

This training will help participants understand the importance of proper safety procedures, basic first aid principles, and techniques for managing common workplace injuries, equipping them with essential life-saving and life-sustaining skills.

COURSE OUTLINE

- + Wound and Bleeding
- + Musculoskeletal Injuries
- + Burn Injuries
- + Shock
- + Basic Life Support
- + Patient Transport

WHO SHOULD ATTEND

This course is designed for all the Management Staff; Supervisors, Production Workers and especially those in high-risk category at workplace.

TRAINER

Dr. Lim Jac Fang, an Occupational Health Doctor with extensive qualifications, led Sabah's OSH program (1999-2009) and is actively involved in various professional organizations. He also lectures and has numerous publications in his field.

FEES

Member: **RM972.00**
Non-Member: **RM1,026.00**



REGISTRATION FORM

OCCUPATIONAL FIRST AID SKILLS & CPR

Time: 9.00 am - 5.00 pm

**Venue: FMM Sabah Branch, No. 143,
Block Q, Lorong Plaza Permai 1,
Alamesra Plaza Permai, 88400 Kota
Kinabalu, Sabah**

Please register the following participant
for the above program.

(To be completed in BLOCK LETTERS)

**Date:
January 29-30, 2026**

Registration due date: 23 January 2026

Please tick accordingly:

Fees: FMM Member : RM 972.00 per pax

Non Member : RM 1,026.00 per pax

(Fees is inclusive of 8% SST, certificate, training notes & meals)

NO.	NAME	DESIGNATION	NATIONALITY	NRIC	EMAIL
1					
2					
3					
4					
5					

(If space is insufficient, please attach a separate list)

We hereby confirmed that (please tick accordingly):

We will be claiming under SBL-KHAS Scheme. Full payment would made to FMM Institute in the event that no disbursement from HRD Corp under any circumstances.

We will NOT BE CLAIMING from HRD Corp. Payment will be made to FMM Institute by bank transfer to MAYBANK Account No. [5-100-1303-8421]

Submitted by:

Name:	Designation:	H/P No:
Email:	Tel:	Fax:
Company	FMM Membership No:	MyCOID:
Address:	Company Stamp & Signature	Date:

Terms and Conditions

- Registration is on a first-come first-served basis.
- All cancellations must be made in writing.
- Cancellation received 7 – 13 working days before the start of the class is subject to a cancellation fee of 50% of the training fees.
- Cancellation received within 6 working days before the start of the class is subject to a cancellation fee of 100% of the training fees.
- If the participant **fails to attend** the programme or **less than 75% attendance**, the **full training fees are payable**. However, replacement can be accepted at no additional cost.
- The FMM Institute reserves the right to change the speaker, reschedule or cancel the programmes and all efforts will be taken to inform participants of the changes.