PGB/97/2026

9/10/2026

# FIRST AID TRAINING COURSE

## INTRODUCTION TO FIRST AID & CPR

FMM Penang Branch



**24 NOVEMBER 2026**

**FMM SEBERANG JAYA, PENANG**

## Introduction

We are pleased to inform you that FMM Penang Branch in collaboration with a certified instructor from **HR Medic Team Management Services**, will be organising a full-day first aid training course on "Introduction to First Aid & CPR" on November 24, 2026

**Details of Programme:**

8.30 am – 2.30 pm : (Theory & Practical)

2.30 pm – 6.30 pm : (Practical & Examination)

HRDF CLAIMABLE



## Objectives

1. To develop participant to become qualified first aider at work place.
2. Basic life support and preserve life
3. To render First Aid Management for various injuries such as bleeding, burn, shock, fracture, spinal injuries and etc.
4. Understand the importance of Automated External Defibrillator (AED) to increase survival rate.
5. Understand the systematic approach to survey and diagnose patient.

## Modules

| | SUBJECT |
|---|---|
| Introduction | - Scope of First Aid |
| Trauma & Emergencies | - Wounds & Bleeding<br>- Fractures & Dislocation/ Sport Injuries<br>- Burn & Scalds |
| Cardiac & Respiratory Emergencies | - Asphyxia & Shock<br>- Cardio Pulmonary Resuscitation (CPR)& Use of AED<br>- Lifting & Transportation |

## Examination

Four Sections: Theory, Oral, Practical & CPR Certificates of Attendance will be issued by FMM Penang Branch and ID Badges to participants obtaining a minimum of 50% pass in all sections. HR Medic certificates are recognized worldwide & valid for 2 years. (Renewable by attending refresher training before the expiry date).

## Who Should Attend

*HR/ Plant/ Facilities/ Security/ EHS/ Technical Managers/ Engineers/ Executives/ ERT Members/ OSH Practitioners/ all employees interested in first aid management.*

## Date, Time & Venue

Date : 24 November 2026
Time : 8.30 am - 6.30 pm
Venue : FMM Penang Branch, 2767, Mukim 1, Lebuh Tenggiri 2, 13700 Bandar Seberang Jaya, Penang

## Participation Fees

| | |
|---|---|
| FMM Member | RM 650.00*/ participant |
| Non- FMM Member | RM 780.00*/ participant |

**Participation fees above are inclusive of 8% SST*
**Inclusive of training materials, triangular bandage, examination fee, 2 coffee break & lunch*

## Grant Under The SBL Khas Scheme

For SBL-Khas Scheme, grant approval must be forwarded to FMM Penang at least 3 days before the event date. Kindly confirmed that you will be claiming under SBL-Khas or NOT be claiming under SBL-KHAS Scheme. Please tick:

( ) Claim: Full payment would be made to FMM, no disbursement from HRDF under any circumstances

( ) NON-Claim : Enclosed cheque/bank draft No._ for RM_ being payment made for participant(s) made in favour of Federation of Malaysian Manufacturers.

## Administrative Details

**Seats are limited**, based on "first come, first-served" only and basis upon receipt of completed form. Return completed registration form to FMM Penang Branch by **November 18 , 2026.**

Mode of payment:
Cheque payable to **FEDERATION OF MALAYSIAN MANUFACTURING**
E-payment: Malayan Banking Berhad
A/C No: 5074 0650 4502




**FMM SST No. W10-1901-32000108**

## Cancellation & Refund

Cancellation must be in writing to FMM and if received:
- No refund for cancellation within 2 days prior to the programme
- 50% refund for cancellation between 3-6 days
- Full refund for cancellation 7 days prior to the programme

Replacement at no additional cost. FMM reserves the right to cancel or reschedule the above programme and all efforts will be taken to inform participants of any changes. Registered participants who do not turn up will be charged accordingly.

## Enquiries & Registration

Ms Farah Ardilla Putri : **farah_ardilla@fmm.org.my** & Ms Suguna : **suguna@fmm.org.my** / Tel: 04 399 2057

# REGISTRATION FORM

## FIRST AID TRAINING COURSE
## INTRODUCTION TO FIRST AID & CPR
## 24 NOV 2026 @ FMM SEBERANG JAYA

To: FMM Penang Branch (Attn: Ms Farah / Ms Suguna)
Tel: 04-399 2057

Is Vegetarian Meal required? For_____person (s)
Do you require invoice? Yes No

Dear Sir/ Madam,
Please register the following participant(s):

| | FULL NAME | I.C. NO | DESIGNATION |
|---|---|---|---|
| 1. | | | |
| 2. | | | |
| 3. | | | |
| 4. | | | |
| 5. | | | |

*Note: KINDLY TYPE/ PRINT NAMES IN BLOCK LETTER. (If space is insufficient, please attach a separate list)*

Enclosed cheque/ bank draft No.:_____for RM_____being payment for participation fees for _____ participant(s) made in favour of '***Federation of Malaysian Manufacturing.'***

Submitted by:
Name:_____Designation:_____
Company:_____
New ROC Num:_____TIN Number:_____SST Number:_____
Address: _____

Tel:_____ Fax:_____ Email:_____
FMM Membership No. (If your company is a member) :_____