



OCCUPATIONAL FIRST AID AND CARDIOPULMONARY RESUSCITATION (CPR)



3 - 4 NOVEMBER 2025 | 8:30AM - 4:30PM

**FMM SARAWAK BRANCH, LEVEL 5 (SOUTH), WISMA STA, 26, JALAN DATUK
ABANG ABDUL RAHIM, 93450 KUCHING, SARAWAK**

FEE

FMM MEMBER:
RM1134.00/pax

NON - MEMBER:
RM1350.00/pax
(Inclusive of 8% service tax)



OVERVIEW

Prevention is still one of the best methods against accidents at the workplace. However, even the best preventive efforts sometime fail, and it is therefore prudent to prepare for such eventualities. It has been shown that proper initial handling of the accident victims contributes significantly to the outcome and often determines if a life could be saved. This programme will impart the basic practical knowledge of First Aid, and it includes a session on cardiopulmonary resuscitation (CPR)



OBJECTIVES

- Understand the importance of proper safety procedures and principles of a healthy lifestyle
- Understand basic first aid principle and its procedures
- Identify common injuries at the workplace and how to deal with injuries
- Possess live-saving and life-sustaining skills



OUTLINE

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



FACILITATOR

Mr Mohd Jofaizal

@Joseph anak Entup is qualified first aid trainer who has been working with KKM for the past 29 years. He has been conducting Basic Life support and CPR for Medical Staff as well as Allied Health Students. He is also conducting First Aid training for MRCS, Advance Emergency First Training with AED for MSTs Miri, Food Handling, Mercury Awareness, Sea Survival both theory and practical, HUET both theory and practical, and also Life Boat. He is a qualified freelance lecturer for OUM and UNIMAS Sarawak. He has worked in the Accident and Emergency Unit for almost 29 years. 4 years in Lau King How Hospital Sibu, 6 years in Lawas Hospital, 12 years in Serian Hospital, 2 years in KK Selangau, 2 years in Lundu Hospital, 5 years in Pusat Jantung Sarawak and finally 2 years in Hospital Dukes of Kent Sandakan Sabah. He has been working with HRDF (IMOC) as a counselor covering both Sarawak and Sabah for 2 years mainly giving training for the entire retrenched worker. He is a qualified Assistant Medical officer (School of Para Medical personnel Kuching), poses Bachelor in Science (Pre Hospital care) NSW Australia, Master in Science (HRD) UNIMAS.



TARGET PARTICIPANTS

Management Staff, Supervisors, Production Workers and especially those in high-risk category at workplace.

(Both theory and practical tests will be conducted at the end of the course)



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NOVEMBER 3 - 4, 2025 | 8:30AM - 4:30PM |

FMM SARAWAK OFFICE, WISMA STA, LEVEL 5, KUCHING, SARAWAK

The Manager,

FMM Institute (475427W_Sarawak),

Tel: 082-332784 Fax: 082-332785 ,

Email: evance@fmm.org.my / fmmsarawak@fmm.org.my

Dear Sir/Madam,

Please register the following participant (s) for the above programme:

(To be completed in BLOCK LETTERS)

PLEASE TICK ☒ ACCORDINGLY:

PSMB Scheme:

- ☐ HRD Corp Claimable Courses
☐ Non Contributor

FEES:

- ☐ **FMM Member: RM 1134.00/pax**
(Inclusive of 8% Service Tax)
☐ **Non Member: RM 1350.00/pax**
(Inclusive of 8% Service Tax)

No	Name	Designation	Email	Nationality	IC No
1.					
2.					

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

Registration is on a first-come first-served basis. Completed registration should be forwarded to FMM Institute before **October 27, 2025**. Completed registration form online, faxed, mailed or e-mailed to FMM Institute, would be deemed as confirmed.

Those who register but do not turn up for the programme will be billed accordingly. There will be no refund for cancellation within 2 days prior to the programme, 50% refund for cancellation between 3 - 6 days and full refund for cancellation 7 days prior to the programme. However, replacement will be accepted at no additional cost. FMM Institute reserves the right to cancel or reschedule the programme and all efforts will be taken to inform participants of any changes. Should the programme be cancelled or postponed, FMM Institute is not responsible for covering airfare, hotel or other travel costs incurred by the participants.

We hereby confirmed that (please tick accordingly):

- ☐ We will be claiming from **HRD Corp** and 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 account payee **FMM Institute** by cheque or bank transfer to **Maybank Account No. 511083-105884**

Submitted by:

Name:	Designation:	Email
Tel:	Fax:	Mobile Number:
Company:	FMM Membership No:	My Corporate Identity No.
Adress:	Company Stamp & Signature	Date: