



**FMM INSTITUTE SABAH BRANCH**

199901000527 (475427-W)

Centre for Professional Development



# 5S + 1S HOUSEKEEPING

5S Housekeeping is a workplace organisation method that adds safety as a key element to boost productivity and efficiency. This training covers the six pillars (Sort, Set in Order, Shine, Standardise, Sustain and Safety). Participants will learn to build discipline, visual control and proactive hazard reduction for lasting workplace excellence.

**FEB 26-27,  
2026**



## OBJECTIVES

- Familiarise you with the 5S method and its benefits.
- Equip you to apply and sustain each "S" at the workplace.
- Train you to become leaders in 5S activities and audits.
- Understand what is the extra + 1S??

**MEMBER FEES: RM864.00**

**NON-MEMBER FEES: RM972.00**

## MODULES

- 1 Introduction to 5S + 1S
- 2 S1 - Sort (Seiri)
- 3 S2 - Set in Order (Seiton)
- 4 S3 - Shine (Seiso)
- 5 S4 - Standardize (Seiketsu)
- 6 S5 - Sustain (Shitsuke)
- 7 + 1S ???
- 8 Audit & Evaluation

088-447580

fmmSabah@fmm.org.my

www.fmm.org.my

**FMM INSTITUTE SABAH BRANCH**

199901000527 (475427-W)

Centre for Professional Development

**REGISTRATION FORM****5S + 1S HOUSEKEEPING**

Time: 9.00 am - 5.00 pm

Date:

**February 26-27, 2026**

Registration due date: 20 Feb 2026

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)**Please tick accordingly: ☒Fees: ☐ FMM Member : RM 864 per pax☐ Non Member : RM 972 per pax

(Fees is inclusive of 8% SST, certificate, training notes &amp; 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:	MyCOLD:
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.