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## Rate Card 2026

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Updated 31<sup>st</sup> December 2025



# ST. JOHN AMBULANCE OF MALAYSIA National Headquarters

(INCORPORATED UNDER ACT 74 - ST. JOHN AMBULANCE OF MALAYSIA (INCORPORATION) ACT 1972)  
TIN No.: F 78571 6000      SST Registration No.: W10-2512-32100048





41, Jalan Shelley, 55100 Kuala Lumpur.

WhatsApp: +6010-546 7526







E-mail: [firstaid@sjam.org.my](mailto:firstaid@sjam.org.my)

<http://firstaid.sjam.org.my>

# Course listing and Comparison

Courses	Awareness of First Aid	First Aid at Workplace	Basic Life Support	CPR+AED (Adult)
Duration	1 day (8 hours)	2 days (16 hours)	1 day (8 hours)	2 hours
Assessment	No	Yes	Yes	No
Certificate Type	Attendance	Competency – 3 years	Competency – 3 years	No certificate
HRDC-Claimable	SBL	SBL	SBL	Not claimable
Recognised by DOSH	Not applicable	Yes	Not applicable	Not applicable
Theory Session	<ol style="list-style-type: none"> <li>1. First Aid Priorities</li> <li>2. Loss of Consciousness</li> <li>3. Respiratory Problems</li> <li>4. Wounds &amp; Bleeding</li> <li>5. CPR &amp; AED (Adult)</li> </ol>	<b>ALL topics in Awareness of First Aid plus:</b> <ol style="list-style-type: none"> <li>6. Medical Emergencies</li> <li>7. Bones &amp; Spinal Injuries</li> <li>8. Injuries to Soft Tissues</li> <li>9. Burns &amp; Scalds</li> <li>10. Poisoning</li> </ol>	Adult BLS (1 and 2 rescuer) Pediatric BLS (1 and 2 rescuer) AED Usage Choking management Airway Management	Urgency of Resuscitation Chain of Survival CPR and AED
Skills Session	<ol style="list-style-type: none"> <li>1. Dressing &amp; Bandaging</li> <li>2. CPR &amp; AED (Adult)</li> <li>3. Recovery Position</li> <li>4. Heimlich Maneuver</li> </ol>	<b>ALL skills in Awareness of First Aid plus:</b> <ol style="list-style-type: none"> <li>5. Management of Fractures</li> <li>6. Lifting &amp; Handling of Casualty</li> </ol>	CPR & AED Recovery Position Heimlich Maneuver Airway Management	CPR & AED
Click or Scan for Information and Registration				

# Rate Card

 Click or Scan QR to register an in-house class	In-House/Onsite (At your chosen location)			Public Classes (At SJAM National Headquarters)	
	Minimum price	Additional Participant (per pax)	Special Price	Venue: SJAM National Headquarters	Click or Scan for Registration
1-day Awareness of First Aid (AWFA)	RM2,000 for 10 (RM200/pax)	RM200	20 pax @ RM3,800 (RM190/pax) 30 pax @ RM5,400 (RM180/pax) 40 pax @ RM6,400 (RM160/pax)	RM250 / pax	
2-day First Aid at Workplace (FAWP)	RM3,500 for 10 (RM350/pax)	RM300	20 pax @ RM6,000 (RM300/pax) 30 pax @ RM7,500 (RM250/pax)	RM430 / pax	
1-day Basic Life Support (BLS)	RM3,600 for 12 (RM300 per pax)	RM300	20 pax @ RM5,600 (RM280/pax) 30 pax @ RM7,800 (RM260/pax)	RM350 / pax	
CPR+AED (Adult)	RM1,500 for maximum 20 participants	-	Available for FREE on certain slots. Click here or scan QR code to check availability 	<b>FREE</b> on last Sunday of the month (except December) 9am – 11am OR 1pm – 3pm at SJAM NHQ	

## Additional Details

LANGUAGE	Training will be conducted in <b>Bahasa Malaysia or English, or both</b> . Client may request Chinese speaking trainers by Choosing a Trainer. Slides can be in English and Chinese upon request.
TRAINING MATERIALS	Bilingual (Bahasa Malaysia and English) <b>workbook</b> will be provided. Participants should bring along pen, stationeries and notebook.
ATTIRE	Comfortable clothing. Pants preferred for ladies.
PAYMENT	Cheque to be made to: <b>ST JOHN AMBULANS MALAYSIA</b> OR payment can be transferred to <b>CIMB Bank Account – 8000415552</b>
SST	Subjected to 8% SST
VALIDITY	This quotation is valid through 2026
HRDC CLAIMABLE	Claimable under <b>SBL &gt;&gt; Non-Registered Training Provider &gt;&gt; Government</b>
COURSE REGISTRATION	Please confirm at least <b>three weeks</b> prior to the actual course date. Kindly email Confirmation Slip to <a href="mailto:firstaid@sjam.org.my">firstaid@sjam.org.my</a>
ENQUIRIES	Ms. Chew Hoong Ling, Corporate Training Manager 016-3310325 <a href="mailto:firstaid@sjam.org.my">firstaid@sjam.org.my</a>

Scan the QR code to  
book a class



### ✓ Re-attend for FREE!!

- Participant who holds a valid Certificate of Competency in **First Aid at Workplace** (for classes organised by **SJAM National Headquarters** only) may re-attend as observer in Public Class of the same course on a complimentary basis.

### ✓ FREE re-assessment

- Participants who did not obtain a pass in the theory or practical stations may have two (2) more re-attempts during public classes, dates determined by SJAM.

### ✓ Choose your Trainer(s)

- At a nominal fee, in-house/onsite classes may have Trainer(s) of their choice. Trainers' brief profiles are available at <https://firstaid.sjam.org.my/trainers/>

### ✓ Upgraded equipment for practical sessions

*WhatsApp for more information*

010-546 7526





# Why Choose SJAM?

Training first aid since **1908**

Recognised training provider by **DOSH**

**HRDC** claimable, competitive rate

**Quality** training – minimum 1 trainer to 10 participants

Hands-on and practical skills with **adequate** quality training equipment

Training available **nationwide**

All surplus from paid trainings funds SJAM activities for the **community**

**Rated 5-star** in overall training quality, trainers' knowledge, information presented, material handouts and clear demonstration by over 19,000 participants



One of your students, Charis witnessed a motorbike accident, assisted at the scene and **administered first aid** to the motorcyclist. The training you provide proves that **it does save lives**.

**Stuart Howe**  
British High Commission

The trainers were not only **informative**, but also **engaging**, friendly and **humorous** which made the learning more enjoyable

**Abdul Halim Saadi**

...sebelum ini saya pernah hadir kursus sebegini dan saya rasa ini **yang the best**.. senang nak faham dengan jurulatih yang sangat membantu dan memberikan penerangan yang jelas

**Florence Ani Anak Wen**

This is so far **the best** First Aid Training I attended because instructors are very **open & approachable**. Keep up the good work!

**Aisyah Nabiha Abd Karim**

**First in First Aid**

# Guideline by DOSH

## Number of First Aiders Required

### 4.1 Number of first-aiders Required.

#### 4.1.1 General Guide

Description	No. Of Workers	No. Of First-aiders
a. workplaces with low risk hazards (e.g. office)	less than 20 21- 150 more than 150	one (1) two (2) two (2) for every 150 workers or part thereof.
b. workplaces with high risk hazards (e.g. chemical plant, shipyards, construction sites)	less than 20 20 or more	one (1) per shift one (1) for every 20 workers or part thereof.
c. Workplaces with more than 400 workers		two (2) for every 150 workers or part thereof and in addition a registered nurse or medical assistant must be employed on site.
d. Logging		one for every "tree felling gang"***

Reference: [DOSH Guidelines on First Aid in the Workplace](#) (page 3)

## Recognised Training Providers

**Institutions Recognized by the Department of Occupational Safety and Health, Ministry of Human Resource, Malaysia, for providing training on First-Aid in the Workplace**

### *Organizations*

Institutions under Ministry of Health

Hospitals under Ministry Of Education

National Institute of Occupational Safety and Health (NIOSH)

**St. John's Ambulance, Malaysia**

Medicine (MASTEM)

**St. John's Ambulance, Malaysia**

Any organization with qualified first aid trainers who were trained by any of the above institutions and approved by Director General of DOSH.

Reference: [DOSH Guidelines on First Aid in the Workplace](#) (page 9)

# Terms & Conditions

## 1. DEFINITION AND INTERPRETATION

- 1.1 In these Terms, unless the context otherwise requires, the following expressions shall have the following meanings:

**Booking** refers to the receipt of the confirmation slip from Customer containing the details of the Customer and the Candidate(s) (if applicable), including contact details, billing information, as well as the Training requested.

**Candidate(s)** refers to the individual(s) attending the Training which may be the Customer.

**Charges** refers to the charges payable by the Customer for the Training in accordance with clause 3.

**Customer** refers to the person or an entity who is requesting the Training from SJAM.

**Onsite Training** refers to Training that is conducted for the Customer at a physical location of the Customer's choice (and accepted by SJAM), and the training will be for a minimum number of Candidates.

**Public Class** refers to Training that is available to members of the public, including the Customer, held at the SJAM National Headquarters or at a location hosted by SJAM and as detailed in the description of the Training.

**Training** refers to training services provided by SJAM to the Customer, which are conducted either at a physical location or online.

## 2. BOOKING A TRAINING

- 2.1 The Customer must complete and submit the confirmation slip and/or the training info sheet (as the case may be) to St. John Ambulance of Malaysia ("**SJAM**"). Advance payment of the Charges may be required at the point of submission in order to reserve a place in the Public Class or secure the date for the Onsite Training.
- 2.2 For Onsite Training, Customer may at their option select the trainer(s) from the pool of SJAM trainers (subject to the selected trainer's availability) with an addition of RM300 per trainer. In the event the selected trainer is unable to commit, SJAM shall refund the RM300 paid.
- 2.3 Candidate(s) who attended and has passed the assessment in First Aid at Workplace organised by SJAM National Headquarters is entitled to attend as observer the Public Class of the same Training on a complimentary basis provided it is still within the validity of his/her certificate. Candidate(s), however, will not be provided with Training materials. Seats are based on a first come first serve basis and at SJAM's absolute discretion.

## 3. CHARGES AND PAYMENT

- 3.1 The Customer shall pay any invoice issued by SJAM within 7 days of the date of the invoice or prior to the Training taking place whichever is earlier, to a bank account provided on the invoice by SJAM.
- 3.2 Notwithstanding clause 3.1, where the Booking is made less than 7 days away from the date of Training, payment is due immediately.
- 3.3 Failure by the Customer to pay any Charges when they fall due may (at SJAM's discretion) result in:
- (a) the allocation of the Candidate's place in the Training to others;
  - (b) SJAM cancelling its Agreement with the Customer to provide the Training without incurring any liability; and/or
  - (c) if the training has already been delivered to the Candidate(s), SJAM withholding certifications that are due to the Customer having completed the Training.

- 3.4 Without prejudice to any other right or remedy that it may have, if the Customer fails to pay SJAM any sum due under this Agreement on the due date the Customer shall pay interest on the overdue sum from the due date until payment of the overdue sum, whether before or after judgment. Interest under this clause will accrue each day at 18% a year or the highest rate allowed under the law, whichever is lower.

- 3.5 All sums payable to SJAM under this Agreement:
- (a) are exclusive of taxes and the Customer shall in addition pay an amount equal to any taxes chargeable on those sums (if any); and
  - (b) shall be paid in full without any set-off, counterclaim, deduction or withholding (other than any deduction or withholding of tax as required by law).

- 3.6 Whilst SJAM takes reasonable care and skill to ensure that the prices of the Training are correct, mistakes may sometimes be made. If a mistake is discovered in the price of the Training that has been booked by the Customer, SJAM will notify the Customer and the Customer may either (a) reconfirm the booking at the correct price, or (b) cancel the booking. In this instance, if SJAM notifies the Customer and does not receive a response, the booking will be cancelled.

- 3.7 Discount codes are available for online registration on a first-come, first-served basis, and are limited. Please ensure you enter your discount code during registration, as discounts cannot be applied retroactively.

## 4. CANCELLATION

- 4.1 The Customer may cancel or postpone the Training by giving no less than 30 days before the Training by giving written notice to SJAM. Training may not be cancelled or rescheduled within 15 days of the start date of the Training. Where Training is postponed, it shall be within 60 days of the original date. The Customer may substitute any Candidate by giving no less than 24 hours before the Training by giving written notice to SJAM.
- 4.2 If the Customer is exercising its right to cancel the Training in accordance with clauses 4.1 above, SJAM may deduct from any refund an amount (at SJAM's discretion) for the supply of the Training for the period for which it was supplied, ending with the time when the Customer notified SJAM of its wish to cancel. The amount deducted will be in proportion to the Training already provided, in comparison with the full Training agreed to be provided. Where Training materials have been sent to the Candidate(s) for Training delivered online, the Training may not be rescheduled, and the Charges for such Training is non-refundable.
- 4.3 Where a Candidate fails to attend all or part of any Training, full payment of the Charges shall be required and there will be no refunds.
- 4.4 Where a Candidate fails his/her Training assessment (where applicable), the said Candidate is allowed up to 2 attempts of reassessment at a Public Class, the date of which shall be determined by SJAM.
- 4.5 All payments are non-refundable. Participant substitutions are permitted, subject to formal notification via email to [firstaid@sjam.org.my](mailto:firstaid@sjam.org.my)

## 5. INTELLECTUAL PROPERTY RIGHTS

- 5.1 All intellectual property rights in or arising out of or in connection with the Training, including any associated Training Materials shall remain the property of SJAM. SJAM grants the Candidates a perpetual, non-exclusive, non-transferable royalty-free licence to use the Training Materials solely for the purpose of receiving the Training and personal academic use. The Customer shall not and shall ensure that the Candidate(s) does not, in respect of the Training Materials: (a) commercially exploit it, (b) sublicense it to any third party, or (c) use it for the benefit of any other persons.
- 5.2 For purposes of this clause 5, "intellectual property rights" means patents, trademarks, trade names, design rights,

copyright, confidential information, rights in know-how and other intellectual property rights, in each case whether registered or unregistered and including applications for the grant of any of the foregoing and all rights or forms of protection having equivalent or similar effect to any of the foregoing which shall subsist anywhere in the world.

## **6. CONFIDENTIALITY**

- 6.1 Each party may be given access to confidential information from the other party in order to perform its obligations under the Agreement. A party's confidential information shall not be deemed to include information that:
- (a) is or becomes publicly known other than through any act or omission of the receiving party;
  - (b) was in the other party's lawful possession before the disclosure;
  - (c) is lawfully disclosed to the receiving party by a third party without restriction on disclosure; or
  - (d) is independently developed by the other party, which independent development can be shown by written evidence.
- 6.2 Subject to clause 6.3, each party shall hold the other's confidential information in confidence and not make the other's confidential information available to any third party or use the other's confidential information for any purpose other than the implementation of the Agreement.
- 6.3 A party may disclose confidential information to the extent such confidential information is required to be disclosed by law, by any governmental or other regulatory authority or by a court or other authority of competent jurisdiction, provided that, to the extent it is legally permitted to do so, it gives the other party as much notice of such disclosure as possible and, where notice of disclosure is not prohibited and is given in accordance with this clause 6.3, it takes into account the reasonable requests of the other party in relation to the content of such disclosure.
- 6.4 The Customer acknowledges that its information may be used by SJAM on an anonymous basis including without limitation compiling and publishing reports.
- 6.5 The above provisions of this clause 6 shall survive termination, however arising.

## **7. TERMINATION**

- 7.1 SJAM may terminate the Agreement immediately in the following circumstances:
- (a) the Customer does not, within a reasonable time of SJAM requesting, provide SJAM with information that is necessary to provide the Training;
  - (b) the Customer commits a material breach of any term of the Agreement which breach is irremediable or (if such breach is remediable) fails to remedy that breach within a period of 30 days after being notified in writing to do so;
  - (c) the Customer does not, on the agreed date or timeframe, allow SJAM to provide the Training; or
  - (d) The Customer does not, if required, allow SJAM to access the agreed location for the Training to provide the Training.
- 7.2 The Customer may terminate the Agreement in the following circumstances:
- (a) if the Training purchased was misdescribed (however, the Customer may alternatively choose to get the Training re-performed or to get some or all of the Charges back);
  - (b) if SJAM has informed the Customer of an upcoming change to the Training or these Terms which the Customer does not agree with;
  - (c) SJAM has told the Customer about a mistake in the Charges for the Training the Customer has purchased and the Customer does not wish to proceed;
  - (d) there is a risk that performance of the Training may be significantly delayed because of events outside the control of SJAM; and
  - (e) SJAM has notified the Customer that it has suspended supply of the Training; or
  - (f) if it wishes to exercise its right to cancel the Agreement in accordance with clause 7.

- 7.3 Without affecting any other right or remedy available to it, SJAM may terminate the Agreement with immediate effect by giving written notice to the Customer if the Customer fails to pay any amount due under the Agreement on the due date for payment. If SJAM terminates the Agreement for this reason, SJAM will refund any Charges paid in advance where the Training and Training Materials have not been provided, but SJAM may deduct or charge the Customer reasonable compensation for the net costs incurred by SJAM as a result of the Customer breaching the terms of the Agreement.

## **8. HUMAN RESOURCE DEVELOPMENT CORPORATION ("HRDCorp")**

- 8.1 Submission for subsidy (whether in part or in full) to HRDCorp for any Training shall be the sole responsibility of the Customer.
- 8.2 SJAM shall be entitled to the Charges as stipulated in clause 3 irrespective of HRDCorp's decision.

## **9. WARRANTIES AND INDEMNITY**

- 9.1 SJAM warrants that it will use all reasonable skill and care in the provision of the Training. While SJAM aims to provide an uninterrupted and error-free service, SJAM cannot guarantee this.
- 9.2 Candidates and/or Customer may use information provided during the Training in the event of an emergency or otherwise with the understanding that SJAM makes no warranties, although every attempt will be made to ensure the information is accurate.
- 9.3 Customer and/or Candidate agrees to comply with all instructions, furnished by SJAM during the Training including but not limited to the use of its training materials and not misuse the products in any manner. Customer shall notify SJAM within 3 days of Customer's receipt of knowledge of any accident resulting in personal injury or damages to property attributed to the Training. Customer and/or Candidate shall fully cooperate with SJAM in the investigation and determination of the cause of such accident and shall make available to SJAM all statements, reports, and tests made by or made available to the Customer and/or Candidate. The furnishing of such information to SJAM and any investigation by SJAM shall not constitute an assumption of any liability by SJAM.
- 9.4 Customer and/or Candidate agrees to indemnify and hold SJAM harmless from and against any and all losses, damages and expenses (including legal fees and other costs if defending any action) that SJAM may sustain or incur as a result of any claim of negligence, breach of implied warranty or strict liability in tort by Customer and/or Candidate, its officers, agents or employees, its successor and assigns, whether direct or indirect in connection with the use of SJAM's Training.
- 9.5 This clause 9 shall survive termination of the Agreement.


## **10. VARIATION**

- 10.1 SJAM is permitted to revise these Terms at any time as it sees fit. The Customer is expected to review such Terms on a regular basis to understand all terms and conditions governing the Training.



# Confirmation Slip - In-house/Onsite

Our organisation would like to confirm the below course. We have read and agree to the Terms and Conditions stipulated for the course.

COMPANY NAME	Receipt will be issued in this name – either organisation or individual		
COMPANY REG. NO.	Old	New	
COMPANY ADDRESS			
CHOICE OF COURSE	<input type="radio"/> Awareness of First Aid <input type="radio"/> First Aid at Workplace <input type="radio"/> Basic Life Support <input type="radio"/> CPR+AED (Adult)		
COURSE DATE(S)			<div>You may also register <b>ONLINE</b>. Scan the QR code or click to register.</div> 
NO. OF PARTICIPANTS			
TRAINING VENUE (ADDRESS)	If differ from company address		
NAME OF LIAISON PERSON			
HANDPHONE NUMBER		E-MAIL ADDRESS	
NEED E-INVOICE?	<input type="radio"/> Yes <input type="radio"/> No	SST REG. NO.	
TIN NO.		MISC CODE	
<b>*OPTIONAL – Leave empty if not applicable (Extra charges apply)</b>			
<b>*CHOOSE A TRAINER</b> RM300 per trainer chosen	I'd like to have the below as our trainer(s): 1. 2.		

*Company stamp here*

*Sign here*

NAME :  
DESIGNATION :  
DATE :

Kindly email signed Confirmation Slip to [firstaid@sjam.org.my](mailto:firstaid@sjam.org.my)

# Course Schedule

## Day-1 of First Aid at Workplace Awareness of First Aid

Time	Topics
0800 – 1030 (FAWP public class)	Introduction to St. John Ambulance of Malaysia First Aid Priorities Loss of Consciousness Recovery Position (Skill Session)
0900 – 1030 (In-house/Onsite)	Respiratory Problems Choking (Skill Session)
1030 – 1045	Morning break
1045 – 1300	Wounds & Bleeding Shock Dressing & Bandaging (Skill Session)
1300 – 1400	Lunch break
1400 – 1700	Cardiopulmonary Resuscitation (CPR) (Skill Session) Introduction to Automated External Defibrillator (AED)

## Day-2 of First Aid at Workplace

Time	Topics
0800 – 1030 (Public class)	Brief revision of Day 1 topics Medical Emergencies
0900 – 1030 (In-house/Onsite)	Bone and Spinal Injuries Injuries to Soft Tissues
1030 – 1045	Morning break
1045 – 1300	Management of Fractures (Skill Session) Lifting & Handling of casualty (Skill Session)
1300 – 1400	Lunch break
1400 – 1500	Burns & Scalds Poisoning
1500 – 1700	Scenario for Practice Assessment – Theory and Practical

## Basic Life Support

Time	Topics
<b>0900 – 1000</b>	Introduction to St. John Ambulance of Malaysia Theory session <ul style="list-style-type: none"><li>- Basic anatomy of the body</li><li>- CPR and AED</li><li>- Choking management</li></ul>
<b>1000 – 1100</b>	Skill Sessions – Adult BLS <ul style="list-style-type: none"><li>- CPR and AED for Adult (1-rescuer and 2-rescuer)</li><li>- Choking management for Adult and Child</li></ul>
<b>1100 – 1230</b>	Morning break Assessments for Adult BLS
<b>1230 – 1330</b>	Lunch break
<b>1330 – 1530</b>	Skill Sessions – Pediatric BLS <ul style="list-style-type: none"><li>- CPR for infant</li><li>- Choking management for infant</li></ul>
<b>1530 – 1700</b>	Afternoon break Assessment – Theory Assessment for Pediatric BLS