



SURIA LIFECARE SDN BHD (1096710M)

Lot 2-6, 2nd Floor, Block G, Metro Town, Jalan Lintas,
88300, Kota Kinabalu, Sabah.

Tel: 0168329939, (Fax): 088-386385. Email: thavab@gmail.com

FB: <https://www.facebook.com/suria.lifecare>

Web: <https://www.xpresszoom.com/listings/suria-lifecare-sdn-bhd/>

(SST Number: S10-2309-32100004)

Ref: SLSB/QUOTE/2023/183

Date: 8th December 2023.

QUOTATION

Puan Nurul Sazwannie,
Galaxy Aerospace (M) Sdn Bhd,
D/A Pasukan Gerakan Udara Pangkalan Sabah,
Jalan Johor, Off Jalan Selangor, 88100,
Kota Kinabalu, Sabah.

Dear Sir/Madam,

We are pleased to quote you the following for your kind perusal. The trainer's profile and the program are attached too. (HRDCORP claimable course).

No	Item	Amount	SST 6%	Cost (RM)
1.	FIRST AID, CPR AND AED COURSE. <ul style="list-style-type: none">Date: 19th December 2023.Minimum number of participants x 4 pax.Fee per pax: RM300.00Notes will be given as softcopy only.Only softcopy Certificates will be given by email.Venue: Suria Lifecare Sdn Bhd, Metro Town, Kota Kinabalu.Tea & Lunch breaks will be provided.	1,200.00	72.00	1,272.00
	TOTAL			1,272.00

RINGGIT MALAYSIA: ONE THOUSAND TWO HUNDRED AND SEVENTY-TWO ONLY.

Looking forward to a favorable reply. Thank you.

Sincerely,




MOHAMAD HAIQAL ABDULLAH
Director.

The objective of the course is;

1. For the participants to be able to differentiate between a serious situation with a non-serious situation and how to act accordingly.
2. For the participants to be able to maintain breathing & circulation of a critical victim by doing CPR & using an AED based on latest AHA Guidelines, while waiting for professional help.
3. For the participants to be able to do First Aid treatment to control minor & major injuries thus preventing the victim's condition from deteriorating. For e.g.; to be able to control bleeding or mobilize a fracture etc.

Course Content:

Topics	Remarks / Details
LECTURE OF FIRST AID	Detailed explanation on bleeding, fractures, burns and other emergencies that can happen at home or in your working environment.
CPR LECTURE – LATEST GUIDELINES	By learning these important techniques, the first aider will have the knowledge & the confidence in performing CPR during an emergency situation only when required, for e.g.; a victim of heart attack with cardiac arrest.
PRACTICAL - AUTOMATED EXTERNAL DEFIBRILLATOR (AED)	Here participants are divided into groups and are taught how to handle this important and lifesaving equipment, AED. Under the new CPR guidelines, AED is a vital equipment which all trained layperson must be able to handle.
PRACTICAL SESSION ON CPR	By practicing on manikins, participants will be able to perform hands on CPR techniques. This will enhance their confidence on doing actual CPR
PRACTICAL SESSION ON FIRST AID	Practical session on bleeding control, fractures, burns and spinal injuries, which all participants will have a hands-on practice on handling these injuries with proper techniques.

Methodology;

- Interactive method with lectures and audio-visual aids
- Session will continue with hands on practical sessions using manikins and other items.
- Audio visual aids such as white board with marker pen & overhead projector will be used.
- Each participant will have to undergo theory & practical sessions.
- Only Softcopy Certificate will be emailed to all the participants who completed the course.
- The certificates are valid who 2 years only (as per OSHA Regulation 22, (3a).

Language: Bahasa Malaysia/English

First Aid, CPR and AED Course.

- 08.00AM - REGISTRATION
- 08.30AM - LECTURE ON FIRST AID
- 09.30AM - LECTURE ON CPR & AED
- 10.00AM - TEA BREAK
- 10.30AM - CPR PRACTICAL SESSION
- ADULT/CHILD CPR
 - BABY CPR
 - CHOKING
- 12.30PM - LUNCH BREAK
- 02.00PM - AUTOMATED EXTERNAL DEFIBRILLATOR (AED) PRACTICAL
- 03.00PM - FIRST AID PRACTICAL SESSION
- CERVICAL INJURY STABILIZATION, JAW THRUST TECHNIQUES & CERVICAL COLLAR APPLICATION
 - FOUR RESCUER LOG ROLL
 - IMMOBILISATION TECHNIQUES FOR FRACTURES & BANDAGING
 - BLEEDING CONTROL
- 04.00PM - ASSESSMENT
- 05.00PM - TEA BREAK

TRAINER'S BIODATA.

1. Name: MOHAMAD HAIQAL ABDULLAH.

IC NO: 650808-01-5761. PSMB Registration No: 4488 / NIOSH: BTT3550-Q.

Designation: Assistant Medical Officer

Passed working experience includes working in the Plastic & Reconstructive Surgery Department, Accidents & Emergency Department, General Surgical Department and the Intensive Care Unit since 1990. Background includes Certified CPR Instructor since 1991, Certified Basic Life Support (BLS) & ACLS Trainer since 1996, Certified Malaysia Trauma Life Support Instructor since 1999 and PSMB TTT since 2012 & NIOSH TTT since 2016. Recently completed the Paediatric Advance Life Support Instructor Course in 2018 & Attended Advance Cardiac Life Support competency course in 2021.

2. NAME: MOHD ZAKWAN BIN HAMDAN

IC NO: 900914125373.

PSMB TTT EXEMPTION NO: 4188

Qualified as a Medical Assistant from Kolej Sains Kesihatan Bersekutu Kuching in 2011. Posted as an Assistant Medical Officer at the Emergency & Trauma Department in 2011 and then to the Plastic and Reconstructive Surgery Department of Queen Elizabeth Hospital, Kota Kinabalu, Sabah in 2012. Specialized in Infection Control Management in 2018 and attached to the Infection Control Unit of the hospital.

Pass experience includes, committee member in the Queen Elizabeth Hospital construction, Blood Bank HQE, MS ISO Certification Auditor, BLS committee & Infection Control committee. Attended with competency courses such as Basic Life Support, Advance Life Support, Advanced Cardiac Life Support and First responder Life Support under MOH.