OHS TRAINING & EQUIPMENT PRICELIST – 10 SEPTEMBER 2025

FIRST AID TRAINING		Course duration	Price Excl VAT
FANQF1	First Aid NQF Level 1	2 Days	R975.00
FA L1-3	First Aid NQF Level 1, 2 & 3	5 Days	R1,975.00

FIRE FIGHTING TRAINING		Course duration	Price Excl VAT
FF1	Firefighting	1 Day	R825.00
FF2	Advanced Firefighting (Excludes PPE and practical venue hire)	2 Days	R1,750.00
1475	SAQCC Fire Technician 1475	5 Days	R4,450.00

HEALTH & SAFETY TRAINING		Course duration	Price Excl VAT
H&S1	H&S Representative	1 Day	R825.00
H&S2	H&S Incident Investigation	1 Day	R925.00
H&S3	H&S Risk Assessment	1 Day	R925.00
H&S4	H&S OHS Act	1 Day	R925.00
H&S5	H&S 16.2 Workshop	± 2 Hours	R575.00
H&S6	H&S Supervisor	2 Days	R1,295.00
H&S7	H&S Officer	10 Days	R9,895.00

SPECIALIST COURSES		Course duration	Price Excl VAT
EP	Evacuation Planning	1 Day	R825.00
HAZ	HAZMAT	1 Day	R825.00
SS	Stacking & Storage	1 Day	R825.00
HIV	HIV Aids Awareness	1 Day	R825.00
ECW	Evacuation Chair Workshop	± 2 Hours	R750.00
CPR & AED TRAINING		Course duration	Price Excl VAT
CPRA	CPR for Everyone (RCSA)	± 3 Hours	R595.00
CPRP	CPR for Professionals (RCSA)	± 4 Hours	R975.00
BLSA	BLS for Healthcare Providers (AHA)	± 5 Hours	R1,175.00

NEW OHS EQUIPMENT	Price Excl VAT
First Aid Regulation Wall Mounted Metal Box	R870.00
First Aid Regulation Nylon Bag	R580.00
First Aid Regulation Refill Kit Only	R295.00
Loud & Clear Evacuation Alarm Complete	R460.00
Loud & Clear Evacuation Alarm Refill Only (Horn and Canister)	R365.00
H&S Team Reflective Bib	R275.00
Legal Compliance Poster - A1 Laminated (Single)	R300.00
Legal Compliance Poster - A1 Laminated (Set of 3)	R900.00
Legal Compliance Poster - A1 Laminated & Snapper Frames (Set of 3)	R3,250.00
OHS & COID Act A5 Book	R550.00
Fire Extinguisher 4.5 KG DCP (Excludes backing board & signage)	R570.00
Fire Extinguisher 9 KG DCP (Excludes backing board & signage)	R765.00
Fire Extinguisher 2 KG CO2 (Steel alloy, excludes backing board & signage)	R950.00
Fire Extinguisher 5 KG CO2 (Steel alloy, excludes backing board & signage)	R1,535.00
Fire Blanket 1.2m x 1.2m	R243.00
Evacuation Chair – Criti Chair Advanced	R10 550.00
Automated External Defibrillator (AED7000)	R35,000.00
Various SABS Approved Signage Available (Example: 190x380 first aid & arrow sign, wall mounted & framed)	R185.00

EVACUATION FLOOR PLANS	Price Excl VAT
Site Survey - Minimum Charge for 2 hours, thereafter R 550.00 per hour (If no plans available from the client)	R 1,000.00
Draughting of Building Plans – Minimum Charge for 2 hours, thereafter R 550.00 per hour	R 1,000.00
Draughting of A3 Colour Evacuation Floor Plans (Cost per plan, soft electronic copy)	R 500.00
A3 Snapper Frames (Optional)	R 400.00

FIRST AID FIRE and SAFETY TRAINING (PTY) LTD

www.absolutehealth.co.za

ABSOLUTE HEALTH SERVICES
HEALTH & SAFETY SPECIALISTS

FIRE FIGHTING EQUIPMENT SERVICING	Price Excl VAT
Annual Maintenance Service per Fire Extinguisher	R95.00
Annual Maintenance Service per Hose Reel	R95.00
Annual Maintenance Service per Fire Hydrant	R95.00
Annual Maintenance Service per Booster	R95.00
DCP Fire Extinguisher Refilling	R37.50 / kg
CO2 Fire Extinguisher Recharge & Hydrotest 2kg	R250.00
CO2 Fire Extinguisher Recharge & Hydrotest 5kg	R345.00
DCP Fire Extinguisher Major Service	R195.00
Half Day Servicing Rate (Minor service x 18 extinguishers, Major service x 6 extinguishers)	R 625.00
Full Day Servicing Rate (Minor service x 36 extinguishers, Major service x 12 extinguishers)	R 1,250.00
Travel Rate to Site per km	R 6.25

H&S EQUIPMENT ASSESSMENT	Price Excl VAT
H&S Equipment Assessment Rate (Up to 2 hours, thereafter an hourly rate of R750 per hour will apply)	R1,500.00

TRAINING TERMS AND CONDITIONS:

- Absolute Health Services (AHS) quotations are valid for a 30-day period;
- Training authorities require certified ID copies for each delegate, so please ensure that the training delegates bring these with them on the first day of the training course;
- The training course registration process starts at 08h00 with the actual course starting at 08h30 and ends at approximately 15h45;
- 100% course attendance and at least 50% achievement in the assessment is required, in order to successfully complete the course. This 50% pass mark excludes the SAQCC course which must be 80%;
- The client must indicate and confirm on the quotation if the training is required for OHS act compliance purposes, or for SETA and QCTO registration purposes;
- Electronic certificates will be generated and forwarded to the client's representative within 10 working days from completing the training course, only once full payment of the invoices and interest amounts have been received;
- Should a client wish to proceed with accepting a quotation, please complete the required client information on the quotation, sign for approval and email the quotation back to AHS, which will constitute a binding contract between the client and AHS to proceed with training subject to these terms and conditions;
- A minimum of 8 delegates per course is charged for all on-site client premises training;
- Any course rescheduling may be processed by AHS in its sole discretion 5 working days prior to the course commencing. Should courses be cancelled by AHS, then clients already booked on these courses will be notified asap and their bookings will be moved to an alternative date that suits both AHS and the client;
- The full invoice amount must be paid immediately in order to secure your booking and the proof of payment e-mailed to aimee.brennan@absolutehealth.co.za and the AHS consultant the client is dealing with AHS may in its sole discretion cancel training if payment of the invoice is not made;
- There is no rescheduling if a delegate or client does not arrive to the pre-arranged confirmed training course. Payment for a scheduled course will not be transferable to another date or course;
- If a course is arranged, quoted, approved and invoiced for a certain number of attending delegates e.g. 15 delegates then the initial invoice must be honoured and paid in full for the 15 delegates, irrespective if a smaller number of delegates actually attend e.g. 10 or should no delegate attend. The arrangements, transaction, costing and invoice have been pre-agreed upon by the client and AHS has no control over the client's delegates attending;
- If it has been agreed by AHS and the client that delegate/s will attend a training course at our premises on a specific date, then the delegate/s must attend that course on that booked date. AHS will communicate via email or telephonically that the course has been confirmed and booked. If the client or delegate wants to move their course booking to an alternative available booking date, they may only change the booking date if it is requested 5 working days (1 week) prior to the booked course commencing date. Requests to change course booking dates within 5 days of course commencement will not be allowed. Clients or delegates requesting to change pre-arranged booking dates must do so in writing / on email. AHS cannot guarantee that other alternative course dates advertised on our course schedules are available, as these courses may already be fully booked, so delegates will be booked on alternative courses dates that are available for cancellations requested prior to the 5- day cancellation period. Non reply to AHS course booking email communication reminders does not constitute that a course date is not booked or that the booking is not confirmed by the client.
- In the event that AHS does not give notice of cancellation the invoice will remain payable whether or not the training is attended or used;

- There are no refunds for any training that has been paid for by a client;
- If it is agreed by the client and AHS that a course will be delivered on an official signed company or department order, then that original and agreed upon order and corresponding invoice must be paid in full within 30 days of the course completion. If the invoice is not paid within this 30-day period, then the outstanding invoice amount will automatically gain interest of 5% per month, which will be compounded monthly until the outstanding amount including the interest is paid in full;
- Lunches at our venues are optional and cost R 125.00.
- Additional travel costs at R6,25 per kilometer and toll fees will apply for training conducted at the client's premises;
- Additional accommodation costs per night will apply if the instructor is required to travel long distances (e.g. 100 km one way) to train at the client's premises;
- All prices are exclusive of 15% VAT;

Bookings: thedainfernbutler@gmail.com / +27 62 692 9335 / Mariaan Henning

EQUIPMENT PURCHASING TERMS AND CONDITIONS:

- On receiving the signed quotation an invoice will be generated and forwarded for processing payment;
- Equipment invoices must be paid in full prior to the equipment order being processed, please email proof of payment to aimee.brennan@absolutehealth.co.za and the AHS consultant you are dealing with;
- It takes approximately 5 to 10 days to process equipment orders, and notification will be sent as soon as the equipment is ready for collection or delivery. There are occasionally stock shortages, so AHS cannot guarantee delivery within the aforementioned period, but will endeavour to finalize the order as soon as possible;
- Additional costs will apply for equipment that needs to be couriered or delivered to our client's premises. Should you require delivery, please inform AHS prior to the invoice being generated, so that the additional delivery costs can be calculated and included;
- If it is agreed by the client and AHS management that equipment will be procured on an official signed company or department order, then that original and agreed upon order and corresponding invoice must be paid in full within 30 days. If the invoice is not paid within this 30-day period, then the outstanding invoice amount will automatically gain interest of 5% per month, which will be compounded monthly until the outstanding amount including the interest is paid in full;
- Additional travel costs at R6,25 per kilometer and toll fees will apply for equipment delivered at the client's premises;
- Additional travel time at R550,00 per hour will apply for equipment delivered at the client's premises;
- All prices are exclusive of 15% VAT;

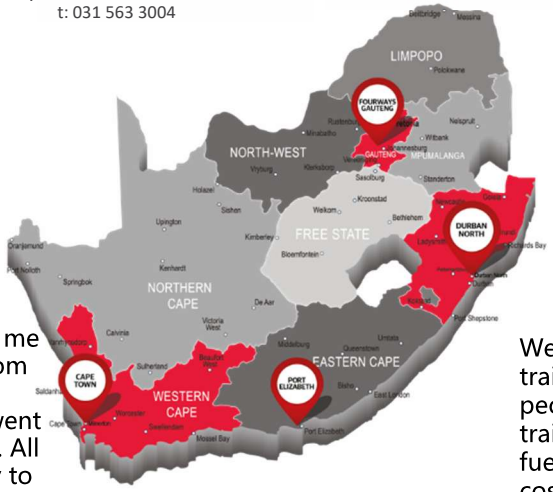
AHS shall use its best endeavours to provide our services (OHS training, management services, equipment supply and servicing) in accordance with applicable laws, in good order and timeously but does not warrant that it shall do so, or that the customer shall not incur any loss or damages. The customer waives any claims it may have against AHS and indemnifies and holds it harmless against all liabilities arising out of the provision of services.

JOHANNESBURG NORTH TRAINING CENTRE
Unit 813, Hammets Crossing Office Park,
2 Selbourne Road, Johannesburg North 2060
t: 010 592 2111

DURBAN TRAINING CENTRE
Office 105, Northway
Shopping Centre, 17 Kenneth
Kaunda Road, Durban North
t: 031 563 3004

PORT ELIZABETH TRAINING
46 Sixth Avenue, Newton Park,
Port Elizabeth
t: 010 592 2111

CAPE TOWN TRAINING CENTRE
Unit 6B Waverley Business Park,
Wyecroft Road, Mowbray, 7925
t: 021 879 1122



Note: You are welcome to mail me on thedainfernbutler@gmail.com Please CC me in on all proof of payments if you accedentally went directly to the company admin. All payments will be made directly to First Aid Fire and Safety Training.

We can arrange on-site group training at our premises. 8+ people is allowed for group trainng, however will have to add fuel cost on top of the training cost.

+27 62 692 9335

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