

OHS TRAINING, EQUIPMENT & SERVICES PRICELIST – 02 OCTOBER 2026

	FIRST AID TRAINING (IN-PERSON TRAINING)	Course duration	Price Excl VAT
FANQF1	First Aid NQF Level 1	2 Days	R1,175.00
FA L1-3	First Aid NQF Level 1, 2 & 3	5 Days	R2,375.00
BEFAR	Basic Emergency First Aid Responder (QCTO)	3 Days	R1,895.00

	FIRE FIGHTING TRAINING (IN-PERSON TRAINING)	Course duration	Price Excl VAT
FF1	Firefighting	1 Day	R975.00
FF2	Advanced Firefighting	2 Days	R2,150.00
1475	SAQCC Fire Technician 1475	5 Days	R4,950.00
EISA	SAQCC – External Integrated Summative Assessment	± 5 Hours	R550.00

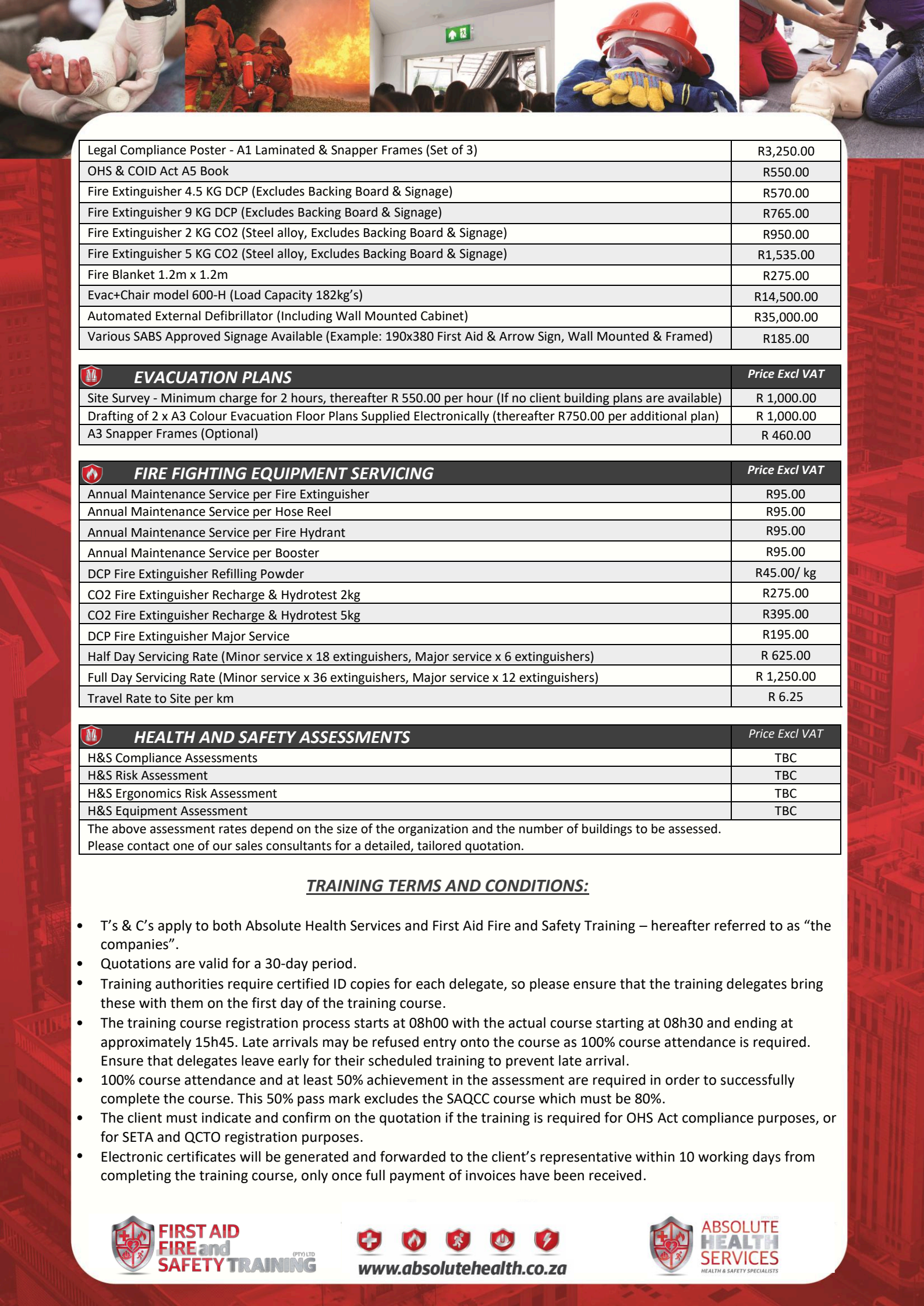
	HEALTH & SAFETY TRAINING (IN-PERSON TRAINING)	Course duration	Price Excl VAT
H&S1	H&S Representative	1 Day	R975.00
H&S2	H&S Incident Investigation	1 Day	R975.00
H&S3	H&S Risk Assessment	1 Day	R975.00
H&S4	H&S OHS Act	1 Day	R975.00
H&S5	H&S 16.2 Workshop	± 3 Hours	R595.00
H&S6	H&S Supervisor	2 Days	R1,450.00
H&S7	H&S Officer	10 Days	R9,750.00
EGW	Ergonomics Workshop	± 3 Hours	R450.00
COIDA	Compensation for Occupational Injuries and Diseases Act	± 3 Hours	R595.00

	SPECIALIST COURSES (IN-PERSON TRAINING)	Course duration	Price Excl VAT
EP	Evacuation Planning	1 Day	R975.00
HAZ	HAZMAT	1 Day	R975.00
SS	Stacking & Storage	1 Day	R975.00
HIV	HIV Aids Awareness	1 Day	R975.00
ECW	Evacuation Chair Workshop	± 2 Hours	R595.00

	CPR & AED TRAINING (IN-PERSON TRAINING)	Course duration	Price Excl VAT
CPRA	CPR for Everyone (RCSA)	± 3 Hours	R650.00
CPRP	CPR for Professionals (RCSA)	± 4 Hours	R995.00
BLSA	BLS for Healthcare Providers (AHA)	± 5 Hours	R1,250.00

	ONLINE HEALTH & SAFETY TRAINING	Course duration	Price Excl VAT
EP	Evacuation Planning	1 Day	R925.00
H&S1	H&S Representative	1 Day	R925.00
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	± 3 Hours	R595.00
H&S6	H&S Supervisor	2 Days	R1,295.00
EGW	Ergonomics Workshop	± 3 Hours	R450.00
COIDA	Compensation for Occupational Injuries and Diseases Act	± 3 Hours	R595.00
SS	Stacking and Storage	1 Day	R925.00
HAZ	HAZMAT	1 Day	R925.00

	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	R325.00
	Loud & Clear Evacuation Alarm Complete	R485.00
	Loud & Clear Evacuation Alarm Refill Only (Horn and Canister)	R365.00
	H&S Team Reflective Bib	R250.00
	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	R275.00
Evac+Chair model 600-H (Load Capacity 182kg's)	R14,500.00
Automated External Defibrillator (Including Wall Mounted Cabinet)	R35,000.00
Various SABS Approved Signage Available (Example: 190x380 First Aid & Arrow Sign, Wall Mounted & Framed)	R185.00

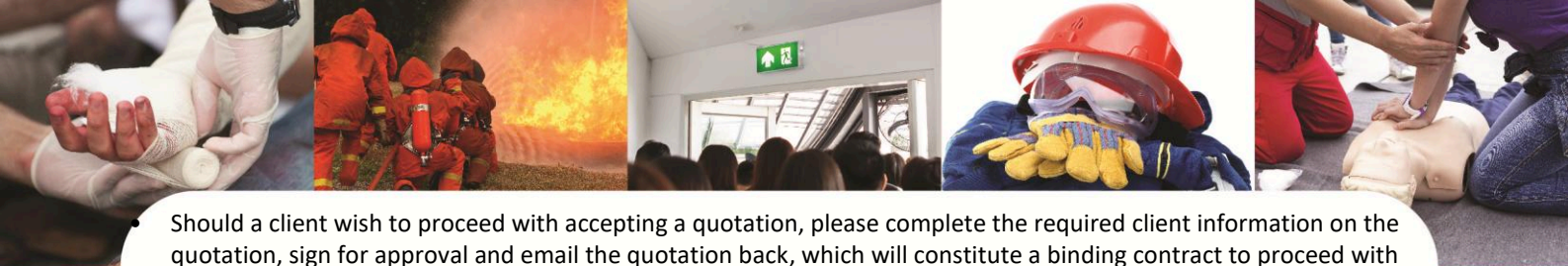
 EVACUATION PLANS	<i>Price Excl VAT</i>
Site Survey - Minimum charge for 2 hours, thereafter R 550.00 per hour (If no client building plans are available)	R 1,000.00
Drafting of 2 x A3 Colour Evacuation Floor Plans Supplied Electronically (thereafter R750.00 per additional plan)	R 1,000.00
A3 Snapper Frames (Optional)	R 460.00

 FIRE FIGHTING EQUIPMENT SERVICING	<i>Price Excl VAT</i>
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 Powder	R45.00/ kg
CO2 Fire Extinguisher Recharge & Hydrotest 2kg	R275.00
CO2 Fire Extinguisher Recharge & Hydrotest 5kg	R395.00
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

 HEALTH AND SAFETY ASSESSMENTS	<i>Price Excl VAT</i>
H&S Compliance Assessments	TBC
H&S Risk Assessment	TBC
H&S Ergonomics Risk Assessment	TBC
H&S Equipment Assessment	TBC
The above assessment rates depend on the size of the organization and the number of buildings to be assessed. Please contact one of our sales consultants for a detailed, tailored quotation.	

TRAINING TERMS AND CONDITIONS:

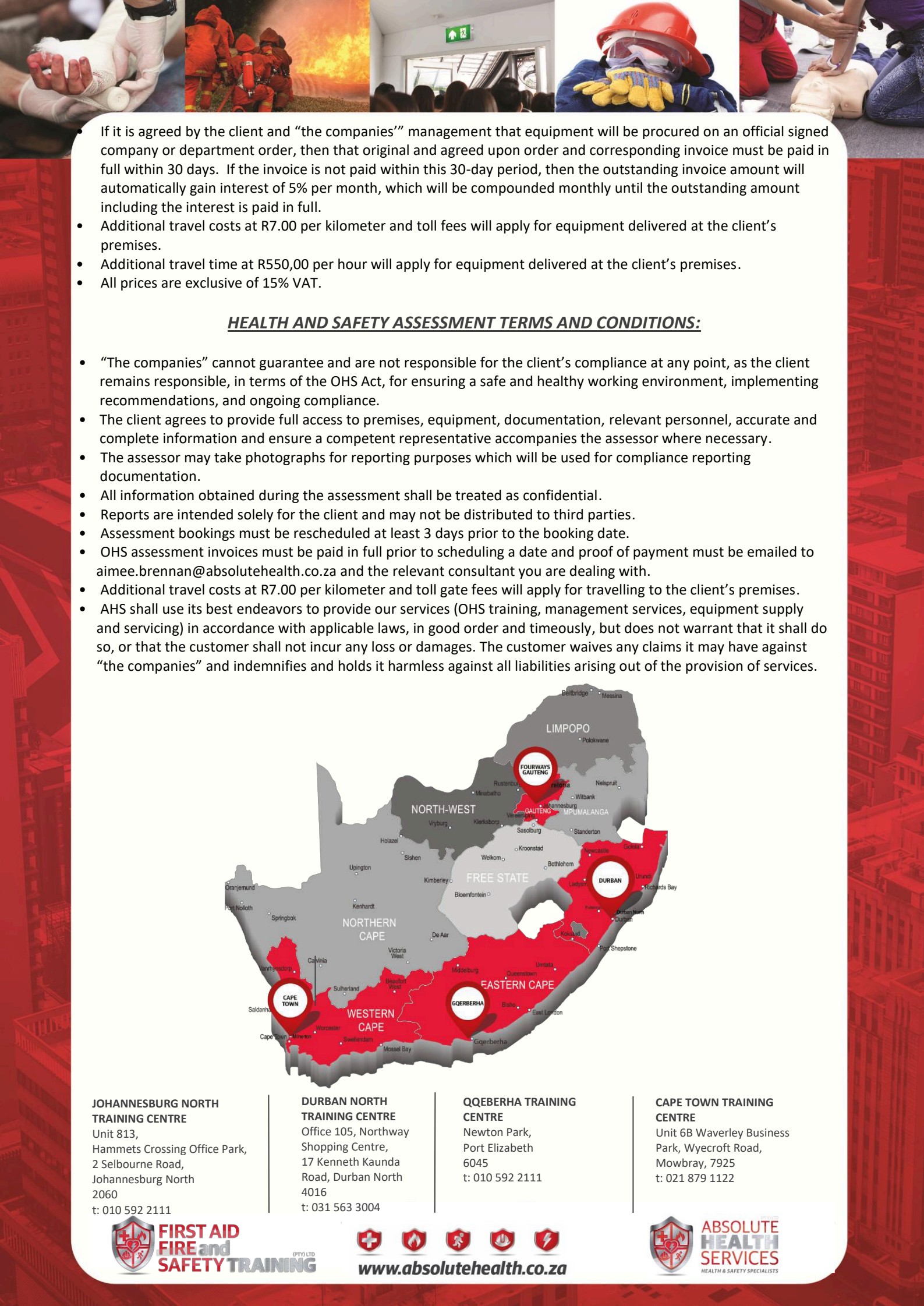
- T's & C's apply to both Absolute Health Services and First Aid Fire and Safety Training – hereafter referred to as “the companies”.
- Quotations are valid for a 30-day period.
- Training authorities require certified ID copies for each delegate, so please ensure that the training delegates bring these 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 ending at approximately 15h45. Late arrivals may be refused entry onto the course as 100% course attendance is required. Ensure that delegates leave early for their scheduled training to prevent late arrival.
- 100% course attendance and at least 50% achievement in the assessment are 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 invoices 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, which will constitute a binding contract 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 must be processed 5 working days prior to the course commencing. Should courses be postponed or rescheduled prior to the 5-day period, the rebooking will be moved to an alternative date that suits both parties.
- 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 sales consultant the client is dealing with. Training may be cancelled 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 honored and paid in full for the 15 delegates, irrespective of 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 "the companies" have no control over the client's delegates attending.
- If it has been agreed by "the companies" 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. "The companies" 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. "The companies" 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. Failure to reply to "the companies" 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 "the companies" do 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 "the companies" 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 145.00 per person.
- Additional travel costs at R7.00 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.

EQUIPMENT PURCHASING TERMS AND CONDITIONS:

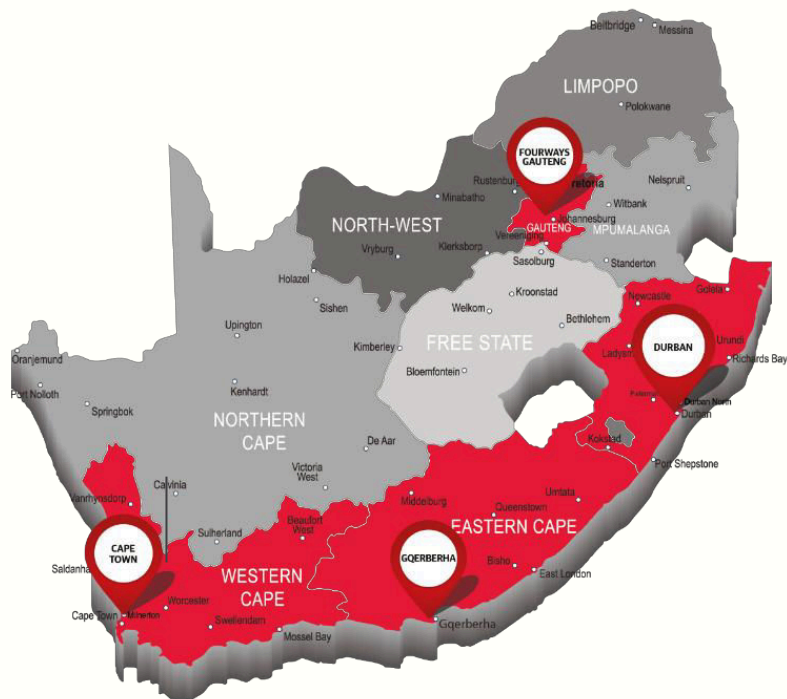
- On receiving the signed quotation an invoice will be generated and forwarded for processing payment.
- Equipment invoices must be paid in full prior to the equipment order being processed, please email proof of payment to aimee.brennan@absolutehealth.co.za and the relevant consultant you are dealing 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 "the companies" cannot guarantee delivery within the aforementioned period, but will endeavour to finalise the order as soon as possible.
- Additional costs will apply for equipment that needs to be couriered or delivered to a client's premises. Should you require delivery, please inform "the companies" 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 “the companies” 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 R7.00 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.

HEALTH AND SAFETY ASSESSMENT TERMS AND CONDITIONS:

- “The companies” cannot guarantee and are not responsible for the client’s compliance at any point, as the client remains responsible, in terms of the OHS Act, for ensuring a safe and healthy working environment, implementing recommendations, and ongoing compliance.
- The client agrees to provide full access to premises, equipment, documentation, relevant personnel, accurate and complete information and ensure a competent representative accompanies the assessor where necessary.
- The assessor may take photographs for reporting purposes which will be used for compliance reporting documentation.
- All information obtained during the assessment shall be treated as confidential.
- Reports are intended solely for the client and may not be distributed to third parties.
- Assessment bookings must be rescheduled at least 3 days prior to the booking date.
- OHS assessment invoices must be paid in full prior to scheduling a date and proof of payment must be emailed to aimee.brennan@absolutehealth.co.za and the relevant consultant you are dealing with.
- Additional travel costs at R7.00 per kilometer and toll gate fees will apply for travelling to the client’s premises.
- AHS shall use its best endeavors 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 “the companies” and indemnifies and holds it harmless against all liabilities arising out of the provision of services.



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

**DURBAN NORTH
TRAINING CENTRE**
Office 105, Northway
Shopping Centre,
17 Kenneth Kaunda
Road, Durban North
4016
t: 031 563 3004

**QOEBERHA TRAINING
CENTRE**
Newton Park,
Port Elizabeth
6045
t: 010 592 2111

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

