

LIFE SUPPORT TRAINING CALENDAR: 2024 - (UPDATED AUGUST 2024)

DAY	JANUARY	FEBRUARY	MARCH	APRIL	MAY	JUNE	JULY	AUGUST	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER	DAY
Sunday									1			1	Sunday
Monday	1 New Year			1 BLS			1 BLS		2 OFF			2 BLS	Monday
Tuesday	2 ACLS P			2 ACLS P			2 ACLS P		3 ACLS P	1 ACLS P		3 ACLS P	Tuesday
Wednesday	3 ACLS P			3 ACLS P	1 Labour Day		3 ACLS P		4 ACLS P	2 ACLS P		4 ACLS P	Wednesday
Thursday	4	1		4	2		4	1	5	3		5	Thursday
Friday	5 NRP	2 NRP	1 NRP	5 NRP	3 NRP		5 NRP	2 NRP	6 NRP	4 NRP	1 NRP	6 NRP	Friday
Saturday	6	3	2	6	4	1	6	3	7	5	2	7	Saturday
Sunday	7	4 F & F	3	7	5	2	7 F & F	4	8	6	3	8	Sunday
Monday	8 HS	5 HS	4 HS	8 HS	6 HS	3 Agong Birthday	8 Awal Muharram	5 HS	9 HS	7 HS	4 HS	9 HS	Monday
Tuesday	9 BLS	6 BLS	5 BLS	9	7 BLS	4 HS	9 HS	6 BLS	10 BLS	8 ACLS P	5 BLS	10 BLS	Tuesday
Wednesday	10	7	6	10 Hari Raya	8	5	10	7	11	9 ACLS P	6	11	Wednesday
Thursday	11 BLS	8 BLS	7 BLS	11 Hari Raya	9 BLS	6 BLS	11 BLS	8 BLS	12 BLS (I)	10 BLS	7 BLS	12 BLS	Thursday
Friday	12 ACLS U	9	8 ACLS U	12	10 ACLS U	7 ACLS U	12 ACLS U	9 ACLS U	13 ACLS (I)	11 ACLS U	8 ACLS U	13 ACLS U	Friday
Saturday	13	10 CNY	9	13	11	8	13 Governors Birthday	10	14	12	9	14	Saturday
Sunday	14	11 CNY	10	14	12	9	14	11	15	13	10	15	Sunday
Monday	15 BLS	12 OFF	11 BLS	15 BLS	13 BLS	10 BLS	15 OFF	12 BLS	16 MALAYSIA DAY	14 BLS	11 BLS	16 BLS	Monday
Tuesday	16 PALS U	13 PALS U	12 PALS U	16 PALS U	14 PALS U	11 PALS U	16 PALS U	13 PALS U	17 PALS U	15 PALS U	12 PALS U	17 PALS U	Tuesday
Wednesday	17 BLS	14 BLS	13 BLS	17 BLS	15 BLS	12 BLS	17 BLS	14 BLS	18 BLS	16 BLS	13 BLS	18 BLS	Wednesday
Thursday	18 PALS P	15 PALS P	14 PALS P	18 PALS P	16 PALS P	13 PALS P	18 PALS P	15 PALS P	19 PALS P	17 PALS P	14 PALS P	19 PALS P	Thursday
Friday	19 PALS P	16 PALS P	15 PALS P	19 PALS P	17 PALS P	14 PALS P	19 PALS P	16 PALS P	20 PALS P	18 PALS P	15 PALS P	20 PALS P	Friday
Saturday	20	17	16	20	18	15	20	17	21	19	16	21	Saturday
Sunday	21	18	17	21	19	16	21	18	22	20	17	22	Sunday
Monday	22 BLS	19 BLS	18 BLS	22 BLS	20 BLS	17 Hari Raya Haji	22 BLS	19 BLS	23 BLS	21 BLS	18 BLS	23 OFF	Monday
Tuesday	23 ACLS U	20 ACLS U	19 ACLS U	23 ACLS U	21 ACLS U	18 ACLS U	23 ACLS U	20 ACLS U	24 ACLS U	22 ACLS U	19 ACLS U	24 OFF	Tuesday
Wednesday	24 BLS	21 BLS	20 BLS	24 BLS	22 WESAK Day	19 BLS	24 BLS	21 BLS	25 BLS	23 BLS	20 BLS	25 Christmas	Wednesday
Thursday	25 Thaipusam	22 ACLS P	21 ACLS P	25 ACLS P	23 ACLS P	20 ACLS P	25 ACLS P	22 ACLS P	26 ACLS P	24 ACLS P	21 ACLS P	26 OFF	Thursday
Friday	26	23 ACLS P	22 ACLS P	26 ACLS P	24 ACLS P	21 ACLS P	26 ACLS P	23 ACLS P	27 ACLS P	25 ACLS P	22 ACLS P	27 OFF	Friday
Saturday	27	24	23	27	25	22	27	24	28	26	23	28	Saturday
Sunday	28	25	24	28	26	23	28	25	29	27	24	29	Sunday
Monday	29 BLS	26 BLS	25 BLS	29 BLS	27 BLS	24 BLS	29 BLS	26 BLS	30 BLS	28 PALS (I)	25 BLS	30	Monday
Tuesday	30 ACLS P	27 ACLS P	26 ACLS P	30	28 ACLS P	25 ACLS P	30 ACLS P	27 ACLS P		29 ACLS P	26 ACLS P	31	Tuesday
Wednesday	31 ACLS P	28 ACLS P	27 ACLS P		29 ACLS P	26 ACLS P	31 ACLS P	28 ACLS P		30 ACLS P	27 ACLS P		Wednesday
Thursday		29	28 Nuzul- Al Quran		30	27		29		31 Deepavali	28		Thursday
Friday			29 NRP		31	28		30			29		Friday
Saturday			30 National Day			29		31			30		Saturday
Sunday			31			30							Sunday
Monday													Monday
Tuesday													Tuesday
MONTH	JANUARY	FEBRUARY	MARCH	APRIL	MAY	JUNE	JULY	AUGUST	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER	DAY
TOTAL CLASS	18	17	19	18	18	16	20	19	16	20	19	16	

U	Update / Renewal Class	BLS	Basic Life Support	NRP	Neonatal Resuscitation Programme		Public Holiday
P	Provider / New Class	ACLS	Advanced Cardiac Life Support	PALS	Paediatrics Advanced Life Support	OFF	Off / Replacement Holiday
I	Instructor Course	HS	Heartsaver	F & F	Family and Friends Community CPR		