

LIFE SUPPORT TRAINING CALENDAR: 2023

DAY	JANUARY	FEBRUARY	MARCH	APRIL	MAY	JUNE	JULY	AUGUST	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER	DAY												
Sunday	1									1			Sunday												
Monday	2	BLS				1	LABOUR DAY			2	BLS		Monday												
Tuesday	3	ACLS P				2			1	ACLS U			Tuesday												
Wednesday	4	ACLS P	1	ACLS P	1	ACLS P			2	BLS			Wednesday												
Thursday	5		2		2			4	WESAK	1			Thursday												
Friday	6	NRP	3	NRP	3	NRP		5	NRP	2	NRP		Friday												
Saturday	7		4		4		1		6		3		Saturday												
Sunday	8		5	THAIPUSAM	5		2		7		4		Sunday												
Monday	9	HS	6	HS	6	HS	3	HS	8	HS	5	AGONG	3	HS	Monday										
Tuesday	10	BLS	7	BLS	7	BLS	4	BLS	9	BLS	6	HS	4	BLS	Tuesday										
Wednesday	11		8		8		5		10		7		5		Wednesday										
Thursday	12	BLS	9	BLS	9	BLS	6	BLS	11	BLS	8	BLS	6	BLS	Thursday										
Friday	13	ACLS U	10	ACLS U	10	ACLS U	7	ACLS U	12	ACLS U	9	ACLS U	7	GWHCD	11	ACLS U	8	ACLS U	13	ACLS U	10	ACLS U	8	ACLS U	Friday
Saturday	14		11		11		8	NUZUL AL QURAN	13		10		8	GOVERNOR'S BDAY	12		9		14		11		9		Saturday
Sunday	15		12		12		9		14		11		9		13		10		15		12	DEEPAVALI	10		Sunday
Monday	16	BLS	13	BLS	13	BLS	10	OFF	15	BLS	12	BLS	10	OFF	14	BLS	11	BLS	16	BLS	13	BLS	11	BLS	Monday
Tuesday	17	PALS U	14	PALS U	14	PALS U	11	PALS U	16	PALS U	13	PALS U	11	PALS U	15	PALS U	12	PALS U	17	PALS U	14	PALS U	12	PALS U	Tuesday
Wednesday	18	BLS	15	BLS	15	BLS	12	BLS	17	BLS	14	BLS	12	BLS	16	BLS	13	BLS	18	BLS	15	BLS	13	BLS	Wednesday
Thursday	19	PALS P	16	PALS P	16	PALS P	13	PALS P	18	PALS P	15	PALS P	13	PALS P	17	PALS P	14	PALS P	19	PALS P	16	PALS P	14	PALS P	Thursday
Friday	20	PALS P	17	PALS P	17	PALS P	14	PALS P	19	PALS P	16	PALS P	14	PALS P	18	PALS P	15	PALS P	20	PALS P	17	PALS P	15	PALS P	Friday
Saturday	21		18		18		15		20		17		15		19		16	MALAYSIA DAY	21		18		16		Saturday
Sunday	22	CNY	19		19		16		21		18		16		20		17		22		19		17		Sunday
Monday	23	CNY	20	BLS	20	BLS	17	BLS	22	BLS	19	BLS	17	BLS	21	BLS	18	OFF	23	BLS	20	BLS	18	BLS	Monday
Tuesday	24		21	ACLS U	21	ACLS U	18	ACLS U	23	ACLS U	20	ACLS U	18	ACLS U	22	ACLS U	19	ACLS U	24	ACLS U	21	ACLS U	19	ACLS U	Tuesday
Wednesday	25		22	BLS	22	BLS	19	BLS	24	BLS	21	BLS	19	AAWL MUHARRAM	23	BLS	20	BLS	25	BLS	22	BLS	20	BLS	Wednesday
Thursday	26		23	ACLS P	23	ACLS P	20	ACLS P	25	ACLS P	22	ACLS P	20	BLS	24	ACLS P	21	ACLS P	26	ACLS P	23	ACLS P	21	ACLS P	Thursday
Friday	27		24	ACLS P	24	ACLS P	21	ACLS P	26	ACLS P	23	ACLS P	21	ACLS U	25	ACLS P	22	ACLS P	27	ACLS P	24	ACLS P	22	ACLS P	Friday
Saturday	28		25		25		22	HARI RAYA	27		24		22		26		23		28		25		23		Saturday
Sunday	29		26		26		23	HARI RAYA	28		25		23		27		24		29		26		24		Sunday
Monday	30	BLS	27	BLS	27	BLS	24	OFF	29	BLS	26	BLS	24	BLS	28	BLS	25	BLS	30	BLS	27	BLS	25	CHRISTMAS	Monday
Tuesday	31	ACLS P	28	ACLS P	28	ACLS P	25	BLS	30	ACLS P	27	ACLS P	25	ACLS P	29	ACLS P	26	ACLS P	31	ACLS P	28	ACLS P	26	OFF	Tuesday
Wednesday				29	ACLS P	26	ACLS P	31	ACLS P	28	ACLS P	26	ACLS P	30	ACLS P	27	ACLS P		29	ACLS P	27	OFF		Wednesday	
Thursday				30		27	ACLS P		29	HARI RAYA HAJI	27		31	MERDEKA	28	PROPHET MUHAMMAD		30				28	OFF	Thursday	
Friday				31	NRP	28			30	NRP	28	NRP			29	NRP			29	OFF			29	OFF	Friday
Saturday						29											30						30		Saturday
Sunday						30																	31		Sunday
Monday													31	BLS											Monday
Tuesday																									
MONTH	JANUARY	FEBRUARY	MARCH	APRIL	MAY	JUNE	JULY	AUGUST	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER	DAY												
TOTAL CLASS	13	16	17	13	15	15	14	17	13	18	15	13													

U	Update / Renewal Class	BLS	Basic Life Support	NRP	Neonatal Resuscitation Programme	BLS P (M)	Monitoring
P	Provider / New Class	ACLS	Advanced Cardiac Life Support	PALS	Paediatrics Advanced Life Support		
I	Instructor Course	HS	Heartsaver	F & F	Family and Friends Community CPR		