

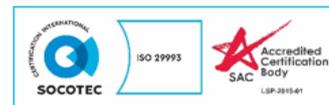
Absolute Kinetics Consultancy Pte Ltd

Co Reg No: 200102574Z



Training Centres

Central : 33 Hillview Terrace, Singapore 669253
East : 1 Harrison Rd, Singapore 369652
West : 6 Third Lok Yang Road, Singapore 628001
North : 2 Woodlands Sector 1 #01-19, Singapore 738068



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Course Name	Duration	SSG course code	Course Fees excluding GST (\$S)	9% GST (\$S)	Course Fees including GST (\$S)
FOOD SAFETY COURSES					
Food Safety Course Level 1	1 Day	EN - TGS-2024052000 MN - TGS-2024051998	138.00	12.42	150.42
Food Safety Course Level 2	1 Day	EN - TGS-2025057719	155.00	13.95	168.95
Food Safety Course Level 3	3 Days	EN - TGS-2025057930 MN - TGS-2025057929	680.00	61.20	741.20
Food Safety Course Level 1 (Refresher)	1/2 Day	EN - TGS-2024051999 MN - TGS-2024051997	70.00	6.30	76.30
Food Safety Course Level 1 - Synchronous e-learning	1.5 Days	EN -TGS-2024052086 MN - TGS-2024052088	138.00	12.42	150.42
Food Safety Course Level 1 (Refresher) – Synchronous e-learning	1.5 Days	EN -TGS-2024052087 MN - TGS-2024052090	70.00	6.30	76.30
Food Safety Course Level 1 (Assessment Only Pathway)	1.5 Hrs	EN -TGS-2024052091 MN - TGS-2024052092	50.00	4.50	54.50
WSQ Workplace Safety & Health for F&B Operations (Level 2)	1 Day	TGS-2025056937	188.00	16.92	204.92
Halal Certification Training	1 Day	NA	188.00	16.92	204.92
MANAGER LEVEL COURSES:					
Digital Marketing for Businesses: Build your Brand!	2 Days	TGS-2025056936	388.00	34.92	422.92
Top Executive WSH Programme (TEWP) - Classroom and Online Zoom class	½ Day	NA	98.00	8.82	106.82
Top Executive WSH Programme (TEWP) - Online self-learning	½ Day	NA	75.00	6.75	81.75
Develop a Risk Management Implementation Plan (bizSAFE 2)	2.5 Days / 5 Nights	TGS-2012501109	375.00	33.75	408.75
Develop a Workplace Safety and Health Management System (WSHMS) Implementation Plan (bizSAFE 4)	8 Nights	TGS-2012501146	495.33	44.58	539.91
Manage Workplace Safety and Health in Construction Sites	4.5 Days / 9 Nights	TGS-2020513072	480.00	43.20	523.20
Awareness on Code of Practice –Chief Executives' and Board of Directors' WSH Duties	4 Hours	NA	90.00	8.10	98.10
Basic Traffic Manager Course	1/2 Day	NA	261.68	23.55	285.23
Preparatory Course for bizSAFE L3 Audit	4 Hours	NA	188.00	16.92	204.92
WSH Committee Training Course	2 Days	NA	327.10	29.44	356.54
SUPERVISOR LEVEL COURSES :					
Workplace Safety and Health Management in Construction Industry (Previously known as BCSS)	4 Days / 4 Sundays / 8 Nights	EN - TGS-2022013037 MN - TGS-2022013019	272.00	24.48	296.48
Supervise Tunnelling Work for WSH	3.5 Days / 3.5 Sundays	TGS-2022012918	280.00	25.20	305.20
Supervise Work in Confined Space Operation	3 Days / 3 Sundays	TGS-2013500789	272.00	24.48	296.48
Supervise Workplace Safety and Health in Process Plant	4 Days / 4 Sundays	TGS-2013500793	430.00	38.70	468.70
Supervise Safe Lifting Operations	4 Days / 4 Sundays	EN - TGS-2022013034 MN - TGS-2022013224	359.00	32.31	391.31
Supervise Workplace Safety and Health for Formwork Construction	4.5 Sundays	TGS-2022013028	359.81	32.38	392.19
Supervise Manufacturing Work for WSH	4 Days	TGS-2015500655	302.00	27.18	329.18
Supervise Metal Scaffold Erection	10 Days / 10 Sundays	EN - TGS-2022013102 MN - TGS-2022013146	878.00	79.02	957.02
Supervise Suspended Scaffold	4 Days	TGS-2020503443	415.00	37.35	452.35
Basic Traffic Supervisor Course	1/2 Day	NA	224.30	20.19	244.49
Implementing Total Workplace Safety and Health at Workplaces	1/2 Day	NA	98.00	8.82	106.82
Fire Warden Course	1 Day	NA	145.00	13.05	158.05
SIP COURSES :					
Settling-In Programme for MDWs	1 Day	NA	70.09	6.31	76.40
WORKER LEVEL COURSES :					
Apply WSH in Construction Sites (Previously known as CSOC)	2 Days	Refer to our website for each language	120.00	10.80	130.80
Basic English for Migrant Workers	2 Days	NA	177.57	15.98	193.55
Apply WSH in Metal Work (Previously known as MSOC)	1 Day	Refer to our website for each language	80.00	7.20	87.20

Course Name	Duration	SSG course code	Course Fees excluding GST (S\$)	9% GST (S\$)	Course Fees including GST (S\$)
Banksmen Safety course	4 Hours	NA	145.00	13.05	158.05
Earthworks Safety Course for Workers	4 Hours	NA	145.00	13.05	158.05
Operate Boom Lift course	1 Day	EN - TGS-2022012965 MN - TGS-2022013042	265.00	23.85	288.85
Operate Scissor Lift course	1 Day	EN - TGS-2022012980 MN - TGS-2022013043	265.00	23.85	288.85
Operate Vertical Personnel Platform course	1 Day	TGS-2022012961	265.00	23.85	288.85
Perform Rigger and Signalman Tasks	2 Days / 2 Sundays	EN - TGS-2022013026 MN - TGS-2022013193	275.00	24.75	299.75
Operate Lorry Crane course	2.5 Days/ 2.5 Sundays	TGS-2015500398	700.93	63.08	764.01
Operate Lorry Crane course (Assessment Only Pathway)	2 Hours	TGS-2023021829	350.00	31.50	381.50
Perform Work in Confined Space Operations	2 Day	TGS-2013500742	156.00	14.04	170.04
Apply WSH in Process Plant	1 Day	TGS-2013500777	103.00	9.27	112.27
Perform Metal Scaffold Erection	5 Days / 5 Sundays	EN - TGS-2022013109 MN- TGS-2022013147	383.00	34.47	417.47
Perform Rigging of Suspended Scaffold	3 Days	TGS-2020503446	405.00	36.45	441.45
Operate Explosive Powered Tools	1 Day	TGS-2020503422	130.84	11.78	142.62
Workshop to Enhance the Safety of Crane Operation	1 Day	NA	46.73	4.21	50.94
Safety Orientation Course (Tunnelling) for Workers	½ Day	NA	37.39	3.37	40.76
Apply Workplace Safety and Health in Shipyard (General Trade)	1 Day	TGS-2020503393	37.39	3.37	40.76
Shipyard Safety Instruction course for workers (Painters Trade)	½ Day	NA	28.04	2.52	30.56
Shipyard Safety Instruction course for workers (Hotwork Trade)	½ Day	NA	28.04	2.52	30.56
Apply Workplace Safety and Health in Logistics and Transportation	1 Day	TGS-2020503392	46.00	4.14	50.14
Chemical Handling Safety Awareness Course	4 Hours	NA	150.00	13.50	163.50
Perform Formwork Activities	1 Day	TGS-2022013111	107.48	9.67	117.15
Basic Traffic Controller Course	1/2 Day	NA	150.00	13.50	163.50
Construction Safety Orientation Course Recertification Assessment (CSOC Recert.)	1/2 Day	NA	75.00	6.75	81.75
Metal Working Safety Orientation Course Recertification Assessment (MSOC Recert.)	1 Hour	NA	35.00	3.15	38.15
Shipyard Safety Instruction Course Recertification Assessment (SSIC GT Recert.)	1 Hour	NA	28.04	2.52	30.56
Fire Watchmen Safety Course	4 Hours	NA	85.00	7.65	92.65
ENVIRONMENTAL SERVICES COURSES :					
Workplace Safety and Health Practices Implementation (Level 1)	1.5 Days	TGS-2020504592	186.92	16.82	203.74
Vertical Surface Maintenance (Level 1)	2 Days	TGS-2021002455	325.00	29.25	354.25
Horizontal Surface Maintenance (Level 1)	3 Days	TGS-2020506162	400.00	36.00	436.00
Washroom Maintenance (Level 1)	1.5 Days	TGS-2022012513	240.00	21.60	261.60
Furniture & Furnishing Maintenance (Level 1)	1.5 Days	TGS-2022017755	220.00	19.80	239.80
Customer Management (Level 1)	1 Day	TGS-2021010243	160.00	14.40	174.40
Customer Management (Level 1) – Assessment Only Pathway	30 minutes	TGS-2022017351	100.00	9.00	109.00
Furniture & Furnishing Maintenance (Level 1) - Assessment-Only-Pathway	60 minutes	TGS-2023018366	100.00	9.00	109.00
Horizontal Surface Maintenance (Level 1 – Assessment Only Pathway)	90 minutes	TGS-2022017364	100.00	9.00	109.00
Vertical Surface Maintenance (Level 1) – Assessment Only Pathway	60 minutes	TGS-2022017365	100.00	9.00	109.00
Washroom Maintenance (Level 1) – Assessment Only Pathway	60 minutes	TGS-2022017366	120.00	10.80	130.80
Workplace Safety and Health Practices Implementation (Level 1) - Assessment Only Pathway	30 minutes	TGS-2022017367	100.00	9.00	109.00
WSQ WSH System Management (Level 3) for Cleaning Supervisors	2 Days	TGS-2025056505	338.00	30.42	368.42
Equipment and Inventory Management (Level 3)	1 Day	TGS-2025058240	238.00	21.42	259.42
Public Hygiene Maintenance (Commercial Spaces) (Level 1)	1 Day	TGS-2025057942	168.00	15.12	183.12
WORKPLACE SAFETY AND HEALTH PERSONNEL COURSES :					
Advanced Certificate in WSH (Level B)	23 Days / 42 Evenings	TGS-2022017465	1743.93	156.95	1900.88
Problem Identification	2.5 Days	TGS-2023018472	230.00	20.70	250.70

Course Name	Duration	SSG course code	Course Fees excluding GST (S\$)	9% GST (S\$)	Course Fees including GST (S\$)
Measure, Monitor and Report WSH Performance	1.5 Days	TGS-2015500375	134.58	12.11	146.69
Workplace Communications	2.5 Days	TGS-2023018467	220.00	19.80	239.80
Assess Confined Space for Safe Entry & Work Course	5 Days	TGS-2012501114	660.00	59.40	719.40
Occupational First Aid Course	3 Days / 3 Sundays / 7 Nights	TGS-2018500014	346.00	31.14	377.14
Occupational First Aid Refresher Course	2 Days	NA	320.00	28.80	348.80
FORKLIFT COURSES:					
WSQ Operate Forklift Course (With Class 3 License)	3 Days / 3 Sundays / 5 Nights	TGS-2014501099	408.00	36.72	444.72
WSQ Operate Forklift Course (Without Class 3 License)	4 Days / 4 Sundays	TGS-2014500850	614.00	55.26	669.26
Operate Heavy Forklift Training Course	2 Days	NA	665.00	59.85	724.85
Forklift Operator Refresher Training Course	4 Hours online + 5.75 Hours Classroom	TGS-2024051254	224.00	20.16	244.16
WORK AT HEIGHT (WAH) COURSES:					
Manage Work At Height	3 Days / 3 Sundays	TGS-2022013032	411.00	36.99	447.99
Perform Work At Height (Previously Known as WAH Workers)	1 Day	Refer to our website for each language	102.00	9.18	111.18
Work At Height course for Supervisors	1.5 Days / 1.5 Sundays / 4 Nights	NA	350.00	31.50	381.50
Fall Prevention Equipment Inspector Course	1 Day / 1 Sunday / 3 Nights	NA	280.37	25.23	305.60
CERTIFICATE FOR EMPLOYMENT INTERMEDIARIES COURSES:					
Certificate for Employment Intermediaries - CEI (KAH)	5 Days / 10 Nights (40hrs)	NA	495.00	44.55	539.55
Certificate for Employment Intermediaries - CEI (KAH w/o EFMA)	3 Days / 6 Nights (24hrs)	NA	319.00	28.71	347.71
Certificate for Employment Intermediaries - CEI (KAH non MDW)	4 Days / 8 Nights (32 hrs)	NA	407.00	36.63	443.63
Certificate for Employment Intermediaries - CEI (Basic)	4.5 Days / 9 Nights (36hrs)	NA	407.00	36.63	443.63
Certificate for Employment Intermediaries - CEI (Basic w/o EFMA)	2.5 Days / 5 Nights (20 hrs)	NA	231.00	20.79	251.79
Certificate for Employment Intermediaries - CEI (Basic non MDW)	3.5 Days / 7 Nights (28 hrs)	NA	319.00	28.71	347.71
CEI upgrading course (From Basic to KAH) / FW Module / MDW Module	1/2 Day / 1 Night (4 hrs)	NA	88.00	7.92	95.92
SCDF COURSES:					
Implement Incident Management Processes course	1 Day	TGS-2014500138	430.00	38.70	468.70
Respond to Fire in Workplace	1 Day	TGS-2015500151	260.00	23.40	283.40
Respond to Fire Emergency in Buildings	2 Days	TGS-2015500157	485.00	43.65	528.65
Respond to Fire and Hazmat Emergency	3 Days	TGS-2015500158	700.00	63.00	763.00
Hazmat Transport Driver Permit course	1 Day / 1 Sunday	NA	130.00	11.70	141.70
CERT First Aider course	1 Day / 1 Sunday	NA	150.00	13.50	163.50
SECURITY COURSES:					
Guard and Patrol, Access Control Management (Provide Guard and Patrol Services and Operate Basic Security Equipment)	3.5 Days	TGS-2023021761	480.00	43.20	523.20
Incident Response (Handle Security Incidents and Services)	3.5 Days	TGS-2019502731	383.09	34.48	417.57
Guard and Patrol (Supervise Security Officers)	3.5 Days	TGS-2019502725	448.60	40.37	488.97
Security Screening Management (Conduct Security Screening of Person & Bag)	2.5 Days	TGS-2019502726	327.10	29.44	356.54
Security Surveillance Management (Perform Remote Surveillance Function)	2 Days	TGS-2023021827	350.00	31.50	381.50
Threat Observation (Recognise Terrorist Threats)	1.5 Days	TGS-2019502732	246.73	22.21	268.94
Deterrence (Manage Disorderly Conduct & Threatening Behavior)	1.5 Days	TGS-2019502729	287.76	25.90	313.66
Access Control Management (Operate Basic Security Equipment)	1.5 Days	TGS-2019502661	373.83	33.64	407.47
MENTAL WELL-BEING COURSES:					
Managing and Understanding Mental Well-Being and Personal Health Risk Management System	1/2 Day	NA	100.00	9.00	109.00
Mental Wellbeing Champion at the Workplace	2 Days	NA	445.00	40.05	485.05
Developing a Mental Resilience Strategy for Workplaces	1 Day	TGS-2024046132	280.00	25.20	305.20
Enhancing Wellness and Resilience: Strategies for Personal Empowerment	1 Day	TGS-2024046133	235.00	21.15	256.15
Mastering Your Mental Compass: A guide to Self-Awareness and Growth	1 Day	TGS-2024049595	250.00	22.50	272.50

<i>Course Name</i>	<i>Duration</i>	<i>SSG course code</i>	<i>Course Fees excluding GST (S\$)</i>	<i>9% GST (S\$)</i>	<i>Course Fees including GST (S\$)</i>
OTHER COURSES					
Problem-solving Essentials in Today's Workplace : Overcoming Challenges Together	2 Days	TGS-2025057665	388.00	34.92	422.92
Communication Essentials in Today's Workplace : Building Stronger Teams	2 Days	TGS-2025057632	388.00	34.92	422.92
Customer Service Excellence: Connect with Empathy! (Level 1)	1 Day	TGS-2025056655	188.00	16.92	204.92
Standard First Aid	2 Days	NA	196.26	17.66	213.92
Basic Cardiac Life Support + AED course	1 Day	NA	121.50	10.93	132.43
CPR + AED course	4 Hours	NA	125.23	11.27	136.50
				Updated	27/02/2026