



Organised by FMM INSTITUTE SABAH BRANCH (475427-w)
Centre For Professional Development



KAIZEN @ 5S TRAINING FOR WORKPLACE EXCELLENCE



PROGRAMME SPEAKER:

MR. RICKY LIM

FREE FOR GS1 MEMBERS!

**As per terms and conditions*

ACTUAL TRAINING FEE:

RM1,350/PAX

LIMITED SEATS AVAILABLE!
(FIRST COME FIRST SERVE BASIS)



REGISTER HERE!

DATE : JANUARY 19 - 20, 2026 | MON - TUE

TIME : 9.00AM - 5.00PM

VENUE : DEWAN USAHA MELAYU SABAH, INANAM

The KAIZEN @ 5S Training for Workplace Excellence programme is designed to help organisations improve productivity, efficiency, and workplace discipline through the practical application of Kaizen and 5S principles. The programme provides participants with a clear understanding of continuous improvement concepts, waste elimination, and standardized work practices. Participants will be equipped to implement sustainable improvements in office, manufacturing, warehouse, and FMCG environments, supported by a focused 90-day Kaizen@5S action plan.

KEY BENEFITS OF GS1 MALAYSIA - FMM INSTITUTE:

- ▶ Understand productivity and business excellence frameworks.
- ▶ Apply Kaizen principles for continuous improvement.
- ▶ Implement the 5S methodology to improve workplace organization and discipline.
- ▶ Identify and eliminate waste (MUDA) in operations.
- ▶ Use practical Kaizen tools for problem solving and process improvement.
- ▶ Develop and execute a 90 day Kaizen@5S action plan.

COURSE OUTLINE:

MODULE 1 : Productivity & Business Excellence Framework

MODULE 2 : Kaizen Fundamentals

MODULE 3 : 5S - Seiri & Seiton

MODULE 4 : 5S - Seiso

MODULE 5 : 5S - Seiketsu & Shitsuke

MODULE 6 : Waste Identification (MUDA)

MODULE 7 : Kaizen Tools

MODULE 8 : Kaizen for Warehouse & FMCG

MODULE 9 : 90-Day Kaizen@5S Action Plan

TARGET GROUP:

This programme is for managers, supervisors, team leaders, engineers, and operational staff involved in productivity, quality, warehouse, FMCG, and continuous improvement initiatives.



FMM INSTITUTE

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GS1 MALAYSIA MEMBER CAPACITY BUILDING INITIATIVE

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JAN 19 - 20, 2026 | VENUE: DEWAN USAHA MELAYU SABAH, INANAM

REGISTRATION FORM

FMM Institute

Mr Leonard | Ms Nelly | Ms Florisa

Email : **fmmsabah@fmm.org.my**

Tel: **08-844 7580**

Dear Sir/Madam,

Please register the following participant (s) for the above programme:

(To be completed in BLOCK LETTERS)

3. Name Designation Email

Nationality NRIC Mobile No.

(If space is insufficient please a separate list)

Submitted by:

Name **Designation** **Email**

Tel **Fax** **Mobile No.**

Company _____ Date _____

Address

GS1 Membership No.

FREE FOR GS1 members

***As per terms and conditions**