



SAFE AND DEFENSIVE DRIVING FOR WORKERS TRAINING



MTBM Group Sdn. Bhd. (1600656-M)

Level 8, MCT Tower, Sky Park, One City, Jalan USJ 25/1, 47650 Subang Jaya, Selangor



+603 8022 8330



+603 8022 8201



info@mtbmgroup.com



mtbmgroup.com

Course Title: Safe and Defensive Driving for Workers Training

Course Validity: 2 Days

Validity: Not Applicable

HRD Corp Scheme: Claimable

INTRODUCTION:

This training provides workers with essential knowledge and practical techniques to operate vehicles safely and responsibly. It focuses on developing proactive driving behaviour, hazard anticipation, risk reduction strategies, and defensive driving principles. The programme also addresses vehicle inspection, road safety laws, high-risk driving conditions, fatigue management, and emergency response. Aligned with Malaysian road safety regulations and industry best practices, the course aims to reduce road accidents and strengthen safety culture among employees who drive for work.

OBJECTIVE(S):

- Understand defensive driving concepts and safe driving behaviour.
- Identify driving hazards and apply risk reduction strategies.
- Conduct pre-trip inspections and ensure vehicle readiness.
- Apply safe driving techniques in various traffic and weather conditions.
- Comply with Malaysian road safety laws and organisational policies.
- Manage fatigue, distraction and stress while driving.
- Respond effectively to emergencies and breakdown situations.
- Promote responsible and courteous driving practices.

TARGET GROUP(S):

- Company Drivers
- Logistics & Delivery Personnel
- Sales, Field & Service Staff
- Supervisors & Line Leaders
- Any employee who drives for work-related activities

ENTRY REQUIREMENT(S):

- Valid driving licence
- Able to read and communicate in Malay/English

TOPIC(S):

1. Introduction to Safe & Defensive Driving
2. Malaysian Road Safety Laws & Responsibilities
3. Vehicle Inspection & Pre-Trip Checks
4. Hazard Recognition, Risk Prediction & Safe Decision-Making
5. Speed Management, Safe Braking & Following Distance
6. Driving in Adverse Conditions (Rain, Night, Traffic, Slopes)
7. Managing Fatigue, Distraction & Stress on the Road
8. Emergency Response, Accident Procedures & Reporting
9. Eco-Driving & Fuel-Efficient Practices
10. Case Studies, Practical Demonstrations & Driving Scenarios

LIST OF REFERENCE BOOK(S):

- Malaysian Road Transport Act (APJ 1987)
- JPJ Driving Safety Guidelines
- MIROS Road Safety Recommendations
- ISO 39001 Road Traffic Safety Management System Guidelines

LIST OF TEACHING AID(S):

- LCD projector
- Vehicle inspection checklist
- Road hazard scenario cards
- Safety cones (for demo)
- Flip chart / whiteboard

METHODOLOGY(S):

- Interactive lecture
- Group discussion
- Case studies
- Scenario-based activities
- Practical demonstrations

TRAINING SCHEDULE

Day 1

Time	Activity / Topic
8:30 am – 9:00 am	Registration & Introduction
9:00 am – 10:15 am	Topic 1: Introduction to Safe & Defensive Driving
10:15 am – 10:30 am	Morning Tea Break
10:30 am – 12:30 pm	Topic 2: Malaysian Road Safety Laws & Driver Responsibilities
12:30 pm – 1:30 pm	Lunch Break
1:30 pm – 3:30 pm	Topic 3: Vehicle Inspection & Pre-Trip Checks
3:30 pm – 3:45 pm	Afternoon Tea Break
3:45 pm – 5:00 pm	Topic 4: Hazard Recognition, Risk Prediction & Safe Decision-Making

Day 2

Time	Activity / Topic
8:30 am – 9:00 am	Recap of Day 1
9:00 am – 10:15 am	Topic 5: Speed Management, Safe Braking & Following Distance
10:15 am – 10:30 am	Morning Tea Break
10:30 am – 12:30 pm	Topic 6: Driving in Adverse Conditions
12:30 pm – 1:30 pm	Lunch Break
1:30 pm – 3:30 pm	Topic 7–8: Fatigue, Distraction Control & Emergency Response
3:30 pm – 3:45 pm	Afternoon Tea Break
3:45 pm – 5:00 pm	Topic 9–10: Eco-Driving, Case Studies & Practical Demonstrations