



## **SAFE MOTORCYCLE RIDING 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

**Course Title:** Safe Motorcycle Riding for Workers Training

**Course Validity:** 2 Days

**Validity:** Not Applicable

**HRD Corp Scheme:** Claimable

## **INTRODUCTION:**

This training provides participants with practical and technical knowledge on safe motorcycle operation, hazard awareness, and defensive riding strategies to reduce workplace commuting risks. It focuses on road safety laws, motorcycle inspection, riding posture, risk anticipation, environmental challenges and emergency handling. Through interactive learning and practical demonstrations, participants will develop the skills needed to ride safely and responsibly in alignment with Malaysian road safety regulations, MIROS guidelines and company safety requirements.

## **OBJECTIVE(S):**

- Understand safe and defensive motorcycle riding principles.
- Identify hazards and risks faced by motorcyclists on the road.
- Perform pre-ride motorcycle inspection and safety checks.
- Apply defensive riding strategies to avoid collisions.
- Improve visibility, riding posture and road positioning.
- Manage speed, braking distance and cornering safely.
- Handle riding in adverse weather and high-risk conditions.
- Strengthen emergency response and accident reporting skills.

**TARGET GROUP(S):**

- Workers who commute via motorcycle
- Despatch riders / courier personnel
- Maintenance & technical staff using motorcycles for work
- Supervisors & Line Leaders
- Any employee exposed to motorcycle-related commuting risks

**ENTRY REQUIREMENT(S):**

- Valid motorcycle licence (Class B/B2)
- Able to read and communicate in Malay/English

**TOPIC(S):**

1. Introduction to Safe Motorcycle Riding
2. Road Safety Laws, Rider Responsibilities & Common Accident Causes
3. Motorcycle Inspection & Pre-Ride Safety Checks
4. Riding Posture, Visibility & Road Positioning
5. Hazard Recognition, Defensive Riding & Collision Avoidance
6. Speed Management, Braking Techniques & Cornering
7. Riding in Adverse Weather, Night Riding & Heavy Traffic
8. PPE Requirements (Helmet, Jacket, Gloves, Reflective Gear)
9. Emergency Response, Breakdown Handling & Accident Reporting
10. Case Studies, Practical Demonstrations & Scenario Exercises

**LIST OF REFERENCE BOOK(S):**

- Road Transport Act (APJ 1987)
- JPJ & MIROS Motorcycle Safety Guidelines
- DOSH Guidelines on Commuting Safety
- ISO 39001 – Road Traffic Safety Management

**LIST OF TEACHING AID(S):**

- LCD projector
- Motorcycle inspection checklist
- PPE samples (helmets, jackets, gloves)
- Hazard scenario cards
- Flip chart / whiteboard

**METHODOLOGY(S):**

- Interactive lecture
- Group discussion
- Case studies
- Demonstrations
- Scenario-based activities

## 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 Motorcycle Riding
10:15 am – 10:30 am	<b>Morning Tea Break</b>
10:30 am – 12:30 pm	Topic 2: Road Safety Laws, Rider Responsibilities & Accident Causes
12:30 pm – 1:30 pm	<b>Lunch Break</b>
1:30 pm – 3:30 pm	Topic 3: Pre-Ride Inspection & Motorcycle Safety Checks
3:30 pm – 3:45 pm	<b>Afternoon Tea Break</b>
3:45 pm – 5:00 pm	Topic 4: Riding Posture, Visibility & Road Positioning

## Day 2

Time	Activity / Topic
8:30 am – 9:00 am	Recap of Day 1
9:00 am – 10:15 am	Topic 5: Defensive Riding, Hazard Recognition & Collision Avoidance
10:15 am – 10:30 am	<b>Morning Tea Break</b>
10:30 am – 12:30 pm	Topic 6: Speed Control, Braking Techniques & Cornering
12:30 pm – 1:30 pm	<b>Lunch Break</b>
1:30 pm – 3:30 pm	Topic 7–8: Adverse Conditions, Night Riding & PPE Requirements
3:30 pm – 3:45 pm	<b>Afternoon Tea Break</b>
3:45 pm – 5:00 pm	Topic 9–10: Emergency Response, Case Studies & Practical Demo