



# MTBM



# DEFENSIVE DRIVING TRAINING FOR TRUCK & LORRY DRIVERS



MTBM Group Sdn. Bhd. (1600656-M)

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

**Course Title:** Defensive Driving Training For Truck & Lorry Drivers

**Course Validity:** 2 Days

**Validity:** Not Applicable

**HRD Corp Scheme:** Claimable

**INTRODUCTION** This 2-day training program is tailored for truck and lorry drivers to enhance their defensive driving skills, ensuring road safety and minimizing accidents. The course covers key aspects such as hazard anticipation, risk management, vehicle handling, and adherence to traffic regulations.

**OBJECTIVE(S):**

- Understand the principles of defensive driving and its importance.
- Learn to anticipate road hazards and manage risks effectively.
- Gain skills to handle vehicles under various road and weather conditions.
- Develop awareness of road safety regulations and best practices.
- Promote a safety-first mindset to reduce accidents and improve road safety.

**TARGET GROUP(S):**

- Truck and lorry drivers.
- Logistics and fleet management personnel.
- Supervisors responsible for driver safety training.
- Employees involved in transportation and delivery operations.

**ENTRY REQUIREMENT(S):**

- Able to read, write, and communicate verbally in Malay/English.
- Possess a valid driving license for heavy vehicles.

**TOPIC(S):**

- 1.Introduction to Defensive Driving and Its Importance.
- 2.Risk Factors in Truck and Lorry Driving.
- 3.Hazard Identification and Risk Management.
- 4.Vehicle Handling and Emergency Maneuvers.
- 5.Road Safety Regulations and Best Practices.

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

- Malaysian Road Transport Department (JPJ) Defensive Driving Guidelines.
- "The Defensive Driving Course" by the National Safety Council.

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

- Accident investigation templates and tools.
- Videos and case studies of workplace accidents.
- LCD projector and computer.
- Whiteboard with accessories.

**METHODOLOGY(S):**

- Videos and simulations of defensive driving scenarios.
- Vehicle handling manuals and templates.
- LCD projector and computer.
- Whiteboard with accessories.

## TRAINING SCHEDULE

### Day 1

Time	Activity/Topic
8:30 am - 9:00 am	Registration and Introduction
9:00 am - 10:30 am	Topic 1: Introduction to Defensive Driving and Its Importance
10:30 am - 10:45 am	<b>Morning Tea Break</b>
10:45 am - 12:30 pm	Topic 2: Risk Factors in Truck and Lorry Driving
12:30 pm - 1:30 pm	<b>Lunch Break</b>
1:30 pm - 3:30 pm	Topic 3: Hazard Identification and Risk Management
3:30 pm - 3:45 pm	<b>Afternoon Tea Break</b>
3:45 pm - 5:00 pm	Group Activity: Analyzing Driving Hazards

## TRAINING SCHEDULE

### Day 2

Time	Activity/Topic
8:30 am - 9:00 am	Recap of Day 1
9:00 am - 10:30 am	Topic 4: Vehicle Handling and Emergency Maneuvers
10:30 am - 10:45 am	<b>Morning Tea Break</b>
10:45 am - 12:30 pm	Practical Exercise: Emergency Braking and Steering
12:30 pm - 1:30 pm	<b>Lunch Break</b>
1:30 pm - 3:30 pm	Topic 5: Road Safety Regulations and Best Practices
3:30 pm - 3:45 pm	<b>Afternoon Tea Break</b>
3:45 pm - 5:00 pm	Case Study: Real-Life Defensive Driving Scenarios