

EFFECTIVE DEFENSIVE DRIVING & VEHICLE HANDLING SKILLS

COMPETENCY TRAINING PROGRAMME

EVENT DATES

Safe Driving is
No Accident

ORGANISED BY



LOCATION/DATE	JUNE	AUGUST	OCTOBER	NOVEMBER	DECEMBER
KUCHING	8-9, 26-27	7-8, 21-22, 23-24	9-10, 23-24, 25-26	27-28	11-12, 13-14
SIBU	12-13	10-11	12-13	30/11 - 1/12	
BINTULU	15-16, 22-23	14-15	16-17		4-5
MIRI	19-20	17-18	19-20		7-8

For the January to September 2022, **402,626** total number of road accidents were recorded nationwide with **4,378** fatalities.

(Polis Diraja Malaysia (PDRM), 2022)

INTRODUCTION

This course is specially designed to not only equip your valued personnel with critical road-and-wheel knowledge, but with sustainable self-discipline habits, practices and practical on-the-wheel skills. This will help them in carrying out their respective duties by greatly minimising off-road negligence and maximising on-road cognizance.

The Hearts & Minds Training Methodology is deeply incorporated into all our various trainings and awareness talks especially through our Defensive Driving Training as we strive to influence the mindset, behavior and attitude of vehicle users to be safer on the road through developing defensive driving habits. Our core defensive driving concept, the 6-system driving technique is inspired by the internationally known, Smith-System.

LED BY EXPERT TRAINERS & FACILITATORS!

Our lead trainer, Mr Sivaneswaran and facilitators are accredited road safety trainers. He has over 11 years experience working with individuals, companies and governments alike in 7 countries benefiting nearly 7000 drivers with over 550 defensive driving training sessions. Working through MRS, participants will now find this a great eye-opening skill training with consistently superb testimonials.

OBJECTIVES

- To enable drivers to drive defensively using specific techniques (on-road, off-road)
- To achieve crash-free driving by identifying driving error
- To improve driving mind sets and behaviours

WHO WOULD GREATLY BENEFIT?

Companies with a fleet of vehicles should equip their designated employee-drivers with the right driving habits, attitudes, systems and techniques while on the job.

Both young as well as seasoned drivers will find this training a great eye-opener!



An Individual Driver's Competency Card will be issued to **recognise competent drivers** & serve as a reminder to apply skills acquired from the training.

*This competency card is renewable upon demonstration of the requisite skills on an annual or bi-annual basis.

ROAD SAFETY is a state of mind,
ACCIDENT is an absence of mind



COURSE CONTENT

Module 1

Basic Vehicle Inspection

Module 2

The 12 Defensive Driving Habits

Module 3

Five (5) Step Parking & Slalom

Module 4

Avoidance Braking/ ABS Braking

Module 5

Zig-Zag & Figure Of 8 Combo
-Push & Pull Steering Technique

Module 6

Safe Driving

Module 7

Journey & Risk Management

Module 8

Mental & Physical (In Classroom Module)

Module 9

Hearts & Mind (In Classroom Module)
• Lifesaving Rules

Module 10

Driver Attitude & Motivation (In Classroom Module)
• Lesson Learnt

Module 11

Vehicle Safety Systems & Learning Outcome

• Push & Pull Steering Techniques

- Proper and safe steering technique to ensure smooth navigation and effective avoidance during an emergency
- Understanding vehicle dynamics to navigate through narrow paths and tight spots

• ABS Emergency Braking

- Correct methods to activate the ABS brakes through experience the actual "feel" of the brakes

• FLOWERS Check Pre-Trip Vehicle Inspection (Static Skills)

METHODOLOGY

- Classroom
- Simulation
- Practical Ground
- On-The-Road

"Pendedahan tentang cara pemanduan yang selamat dan tips yang berguna sebagai seorang pemandu."
Awang Mohd Aqwa Bin Awang Zini, Sarawak Energy Berhad, 2022

"Dapat meningkatkan keupayaan dan pengetahuan saya mengenai pengendalian kenderaan dengan lebih selamat."
Mohammad Sharmizi Bin Jaya, Department of Agriculture, 2019

"I learnt a lot from this training. Enhanced parking skills, new driving skill (ABS, Push & Pull technique) are a great experience for me. Overall, this training is quite useful and beneficial to me."
Tan Pei Joo, Sarawak Energy Berhad, 2021

"Enhance knowledge on how to take action on any hazard and understanding more on ABS."
Winson Chabu Anak Wilfred Sabang, Development Bank of Sarawak, 2022

"Kursus ini sangat memberi pengalaman dan pengetahuan baru mengenai kenderaan dan juga mengenal pasti komponen kenderaan."
Adewin Liboh, MANRED, 2022

"Saya mendapat pengalaman dan dapat menambah baik cara pemanduan saya."
Julaihi Bin Junit, Jabatan Premier Sarawak, 2022

• Commentary Driving Coaching and Assessment

Participants will be assessed based on a competency model. The critical assessment areas will include smooth braking, scanning for hazards, checking the blind spots prior to position or lane change, safe speeds, safe stopping distance, safe following distance and scanning for hazards at intersection. The commentary driving session will be divided into 3 parts; Observation by the trainer, live coaching and assessment.

"Meningkatkan kepekaan, skil pemanduan yang benar. Mengetahui fungsi dan pengetahuan pemanduan & kenderaan. Mendalami faktor kesan hazard/bahaya"
Larry anak Sengalang@Gugu, Sarawak Energy Berhad, 2022

"You will learn many things which help you to be a good driver and know more defensive driving techniques if emergency occurred"
Elka Rikal Anes, Sarawak Energy Berhad, 2021

"Dapat membaiki cara pemandu selamat, penjagaan kenderaan dan dapat berkongsi pengalaman dengan peserta lain."
Hendry Anak Lendang, MANRED, 2022

"Dapat membantu saya dari segi pemanduan mengenai cara pemanduan yang selamat"
Norman Bin Dadan, Syarikat SESCO Berhad 2022

"Get to learn new knowledge about defensive driving and exposed with the important of defensive driving in daily life"
Mohamad Zaki Bin Faizal, Sarawak Energy Berhad, 2022



Please register me/us for the workshop on
EFFECTIVE DEFENSIVE DRIVING & VEHICLE HANDLING SKILLS

(COMPETENCY TRAINING PROGRAMME)

Please Tick (✓)

	Jun 8-9	Jun 26-27	Aug 7-8	Aug 21-22	Aug 23-24	Oct 9-10
KUCHING	Oct 23-24	Oct 25-26	Nov 27-28	Dec 11-12	Dec 13-14	
SIBU	Jun 12-13	Aug 10-11	Oct 12-13	Nov 30-Dec 1		
BINTULU	Jun 15-16	Jun 22-23	Aug 14-15	Oct 16-17	Dec 4-5	
MIRI	Jun 19-20	Aug 17-18	Oct 19-20	Dec 7-8		

Are you a HRDC contributor ? Y / N

Upon submission of this form, I confirm I have read and accepted the terms and conditions of this registration.

Name :

Position :

Email :

Name :

Position :

Email :

Name :

Position :

Email :

Company :

Address :

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Tel : Fax :

Email :

Nominating Person :

Position :

Approving Person :

Position :

Invoice Attention to :

Email :

CLOSING DATE: ONE WEEK before commencement of each course

REGISTRATION FORM

INVESTMENT FEE (Per Participant)

Early Bird Rate : RM 2980

Normal Rate : RM 3180

*the fee is not yet inclusive of 6% SST

EARLY BIRD RATE (EBR) CLOSING DATES

ONE MONTH before commencement of each course

TERMS & CONDITIONS:

1. **Fees are inclusive** of programme materials, refreshments, luncheons and certificate.

2. **Outstation participants** are advised to call MRS before making any air-travels and hotel payments. MRS shall not be liable for any loss or damage, costs or additional charges that may arise from the failure to confirm with us before making such arrangements.

3. Payment, Confirmation & Admission

An invoice shall be issued upon receipt of your registration form. Payment is required by the early bird rate closing date or other dates stated on the invoice, whichever is applicable. Full payment is expected prior to the commencement of the course. We reserve the right to refuse admission for registration that remains unpaid. A Letter of Undertaking may be acceptable with prior notice and consent.

4. Substitution/Replacement of Participants

Substitutions are allowed at no extra charge provided MRS is notified in writing at least 5 working days prior to the course wherein any substitution proposed thereafter, MRS may reserve its right to disallow such proposal, and any substitution which may be accorded thereafter (if any), MRS reserves its right to add an additional charge thereto.

5. Cancellation of Participation

For Paid Registrations	For Unpaid Registrations
30 days before course : Full refund or transferable	30 days before course : No applicable admin fee
14 days before course : Refund minus 15% admin fee or transferable	14 days before course : 15% admin fee chargeable
Less than 14 days before course : No refund but transferable	Less than 14 days before course : Full fees chargeable and transferable
No show : No refund and not transferable	No show : Full fees chargeable and not transferable

* **Transferable** - to a similar or different course with the necessary top up fee should the course transferred to, is of a higher value

6. Number of participants

MRS reserves the right to postpone the training if the number of participants not up to minimum requirement

7. Postponement

While all care shall be taken to carry on the course as scheduled, there may be circumstances that may deem it necessary for MRS to postpone or merge with another similar course. In such instance, participants hereby indemnify and holds MRS harmless from any cost incurred. Payment received will not be refunded but can be credited to MRS's other courses.

8. Permanent Cancellation

In the event of a permanent cancellation by MRS of a course and provided the event is not postponed to a later date or merged with another course, a full refund shall be made for paid registrations and no applicable admin fee for unpaid registrations. Participants hereby indemnify and holds MRS harmless from any cost incurred.

9. Participants have read and consent to MRS processing the **registration data** in accordance with the Personal Data Protection Notice posted on www.trainingprovider.org. As such, they have discharged their responsibility of ensuring the information provided herein is the most up-to-date information as possible.