

INTRODUCTION

Our 4x4 Off-Road Training is specially catered for anyone that uses or handles a 4x4 vehicle off-road as part of their work duties. They must understand how to best handle their vehicles safely and to their best advantage. With increasing level of dangers and risks on our roads today, even the most mundane of routines on the road can easily lead to fatal consequences if they do not practice appropriate driving techniques, skills and more importantly, habits.

As employees commute to work daily, be it to offices, urban work sites or a long journey along unsealed terrains to the rural project sites, each of your valued vehicle-operating employees are not only carrying out important responsibilities vital to your organisation's smooth operation, but they are also upholding the name of the company on the road.

This course is specially designed to not only equip your valued employee with critical 4X4 off road-and-wheel knowledge, but with sustainable self-discipline habits, practices and practical skills on-the-wheel. This will help them in carrying out their respective duties by greatly minimising off-road negligence and maximising on-road cognizance.

LED BY EXPERT TRAINER & FACILITATORS!

Our lead trainer, Mr Suhaimy specialises in 4-Wheel Drive (4WD) 4X4 off road training since 2004. He is a senior trainer and instructor and frequently trains for companies with a large fleet of vehicles and drivers, major 4x4 events, tournaments, rainforest challenges as well as international events. Working through MRS, participants will now find this a great eye-opening skill training with consistently superb testimonials.

TRAINING OBJECTIVES

• Develop drivers that adopt a comprehensive set of defensive driving habits in line with our driving laws in Malaysia.

• Equip drivers with the knowledge and a sound understanding of 4WD systems and operations of a 4X4 vehicle components.

• Equip drivers with the mental and physical aspects and expectations when handling 4x4 vehicles.

• Influence driver's habits, mindsets and attitudes through incorporating Hearts & Mind methodology.

• Develop good habits in drivers such as to conduct vehicle checks (pre & post; on & off-road) as part of safe journey management.

• Develop a sense of responsibility and ownership in drivers when handling corporate vehicles.

• Enable drivers to build log bridges, winching and perform water crossings.





Module 1 **Basic Vehicle Inspection** Vehicle Alarm Indicator

Module 2 The 16 Crucial Defensive Driving Habits

Module 3

Getting to Know Your 4 Wheel Drive (4WD) System Demonstration of 4WD Component and Operation Log Bridge & River Crossing

Module 4

Types of Off-Road Terrain Tyres and Tyre Pressure for Off-Road

Module 5

Off-Road Terrain and Gear Usage

Emergency Response on Slope

Module 6 **Defensive Driving**

Module 7 Journey and Risk Management

Module 8 Mental and Physical (In Classroom Module)

Module 9 Hearts and Mind (In Classroom Module)

Module 10 Basic Convoy Rules and Communications

Module 11 Winching Techniques and Recovery

Please register me/us for the workshop on 4X4 Off Road Driving Skills Training Please Tick (1)

KUCHING	May 8-9	May 29-30	Jul 10-11	Jul 24-25	Jul 26-27	Sep 4-5
KUCHING	Sep 18-19	Sep 20-21	Nov 6-7	Nov 20-21	24	A search and the
SIBU	May 11-12	May 25-26	Jul 13-14	Sep 7-8	Nov 9-10	
BINTULU	May 15-16	May 22-23	Jul 17-18	Sep 11-12	Nov 13-14	
MIRI	May 18-19	Jul 20-21	Sep 14-15	Nov 16-17		

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.

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CLOSING		E WEEK before commencement of each course

CLOSING DATE:



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gained "1 more knowledge about off road driving." Clipton Gayle Robert Abel, Ministry for Utility and Telecommunication Sarawak, 2022

"Cara penggunaan kenderaan

4 wheel dengan betul sesuai

Sylvester Anak Peter, Sarawak Energy Berhad, 2022

dan

dengan persekitaran

keadaan jalan."

" I learned to use low gear for challenging terrains. It was fun to build bridge out of trees with team using techniques taught by Cikgu Suhaimy. Thank you MRS for coordinating the training efficiently." Azyan Abdullah, Sarawak Energy Berhad, 2021

"Mampu memanfaatkan Latihan yang diberikan kepada sava dengan persediaan dari segi teknikal dan mental dalam menghadapi situasi cemas

Daniel Abel Sarawak Energy Berhad, 2021

"Lebih mengetahui tentang kelebihan 4x4 WD dan Cara penggunaan yang baik dan Teknik vang betul"

Muhammad Khaldin Bin Wahab, Kementerian Pemodenan Pertanian, Tanah Adat dan Pembangunan Wilayah Sarawak, 2019

"Menjadikan saya lebih proaktif ketika berlaku kecemasan atau bantuan diri sendiri ketika menangani masalah 4WD di kawasan pedalaman."

Ezekiel Thomas James, Sarawak Energy Berhad, 2022

REGISTRATION FORM

"This program is very relevant to our job when it

comes to driving on different terrains and obstacles. The trainers provide us with the experience and suggests the best recovery tools for 4x4."

Jackie Yohanes Jackie Yohanes Sarawak Forestry Corporation Sdn Bhd 2018

"Lebih confident apabila berdepan dengan situasi bentuk jalan raya & muka bumi." Charles Sylvester Chia Ah Phin,

Sabah Tourism Board, 2019

INVESTMENT FEE (Per Participant) Early Bird Rate : RM 2,980

Normal Rate : RM 3,180 *the fee is not vet 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. Participants are to drive own vehicles to 4x4 training site

3. 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.

4. Payment, Confirmation & Admission

A requirem, communication or 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 concerns. and consent

5. 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.

6. Cancellation of Participation

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

ор transferred to, is of a higher value

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

8. 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

9. 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.

10. 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.



Features of Training

- 1. Pre-& Post Quiz on 4x4 vehicle handling knowledge
- 2. Internalised learning with simulation activities:
- a. Head Turn Checks (Blind Spots)
- b. Safe Stopping Distance
- c. Influence of drugs and alcohol on driving 3. Understanding 4WD systems, component and operations
- 4. Real hands-on experience on off-road driving with live commentary & 1 to 1 personal coaching
- 5. Sufficient practice for new skills learnt: · proper wheel steering, tyres, tyre pressure
 - terrain & gear usage
 - log bridge building
 - water crossing vehicle recovery
- 6. Able to conduct vehicle checks (pre-& post; on & off road) as part of safe journey management. This also reduces high vehicle maintenance and repair expenses.

"Dapat belajar benda baru serta teknik-teknik yang betul dalam mengharungi off-road." Awang Mohd Aqwa Bin Awang Zini, Sarawak Energy Berhad, 2022

"The things I like most about this training is, this training gives us exposure on how to use some the equipment and driving off road with proper guidance. This will give us experience and make us feel more confident."

Caius Graham Ak Simeon, NorPower Sdn Bhd, 2022

"Merupakan pengalaman baru mengenai teknik yang digunakan semasa kenderaan sangkut dan penggunaan kenderaan pacuan 4 roda. Gangki Nomameas Ministry of Public Health, Housing and Local Government,

2022