

# 4x4 OFF ROAD DRIVING SKILLS TRAINING

EVENT DATES JOIN US!	KUCHING	SIBU	BINTULU	MIRI
	1-2 Apr 6-7 Jun 1-2 July 3-4 July 29-30 July 19-20 Aug 21-22 Aug	23-24 Sept 14-15 Oct 16-17 Oct 18-19 Nov 9-10 Dec 11-12 Dec	10-11 Oct 21-22 Nov 5-6 Dec	15-16 Apr 20-21 Jun 8-9 Aug 3-4 Oct 28-29 Nov

ORGANISED BY



LEARNING SERVICE PROVIDER



REGISTERED TRAINING PROVIDER





**PREREQUISITES**  
Working adult in possession of relevant and legal driving license.

## 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.

## 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.
- Equip drivers with the knowledge on how to respond to an emergency through following SOP or an emergency response plan
- Help avoid accidents, reduce down-time and maintenance cost of the vehicles by equipping drivers with the skills and techniques to maneuver through different off-road challenges.

## 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.



**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

"I gained 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 dengan persekitaran dan keadaan jalan."

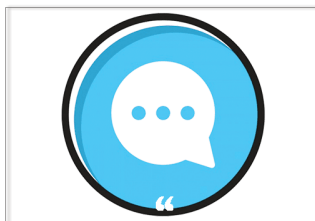
Sylvester Anak Peter,  
Sarawak Energy Berhad, 2022

"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 saya dengan persediaan dari segi teknikal dan mental dalam situasi cemas."

Daniel Abel, Sarawak Energy Berhad, 2021



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

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

"Dapat belajar benda baru serta teknik-teknik yang betul dalam mengharungi off-road."

Awang Mohd Aqwa Bin Awang Zini,  
Sarawak Energy Berhad, 2022

"I know how to use 4WD in different terrain. Confident to use 4WD now. TQ."

Peter Norman Anak Dalat,  
Sarawak Energy Berhad, 2023

"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  
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

"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

- Pre- & Post Quiz on 4x4 vehicle handling knowledge
- Internalised learning with simulation activities:
  - Head Turn Checks (Blind Spots)
  - Safe Stopping Distance
  - Influence of drugs and alcohol on driving
- Understanding 4WD systems, component and operations
- Real hands-on experience on off-road driving with live commentary & 1 to 1 personal coaching
- Sufficient practice for new skills learnt:
  - proper wheel steering, tyres, tyre pressure
  - terrain & gear usage
  - log bridge building
  - water crossing
  - vehicle recovery
- 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.

"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."

Angki Nomameas  
Ministry of Public Health, Housing and Local Government, 2022

"Trainers are well approach, hands on are clear and understandable."

Ike McClare Duwas, Sarawak Energy Berhad, 2023

Please register me/us for the workshop on  
**4X4 Off Road Driving Skills Training**

Please Tick (✓)

<b>KUCHING</b>	<input type="checkbox"/> 1-2 Apr	<input type="checkbox"/> 21-22 Aug	<input type="checkbox"/> 10-11 Oct	<b>BINTULU</b>	<input type="checkbox"/> 18-19 Apr	<input type="checkbox"/> 15-16 Aug
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<input type="checkbox"/> 1-2 July	<input type="checkbox"/> 14-15 Oct	<input type="checkbox"/> 27-28 Jun	<input type="checkbox"/> 24-25 Jun	<input type="checkbox"/> 2-3 Dec	<input type="checkbox"/> 8-9 Aug	<input type="checkbox"/> 3-4 Oct
<input type="checkbox"/> 3-4 July	<input type="checkbox"/> 16-17 Oct	<input type="checkbox"/> 1-2 Aug	<input type="checkbox"/> 5-6 Aug		<input type="checkbox"/> 28-29 Nov	
<input type="checkbox"/> 29-30 July	<input type="checkbox"/> 18-19 Nov	<input type="checkbox"/> 15-16 Aug	<input type="checkbox"/> 12-13 Aug			
<input type="checkbox"/> 19-20 Aug	<input type="checkbox"/> 9-10 Dec	<input type="checkbox"/> 26-27 Sept	<input type="checkbox"/> 30 Sept-1 Oct			
	<input type="checkbox"/> 11-12 Dec		<input type="checkbox"/> 7-8 Oct			

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 : .....

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Name : .....

Position : .....

Email : .....

Company : .....

Address : .....

Tel : ..... Fax : .....

Email : .....

Nominating Person : .....

Position : .....

Approving Person : .....

Position : .....

Invoice Attention to : .....

Email : .....

**CLOSING DATE:** ONE WEEK before commencement of each course

ORGANISED BY

**MRS MANAGEMENT SDN BHD** (275222-P)

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