

EFFECTIVE DEFENSIVE DRIVING & VEHICLE HANDLING SKILLS 2026

COMPETENCY TRAINING PROGRAMME



DATES & LOCATION

LOCATION	JULY	AUGUST	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER
KUCHING	6-7	17-18	21-22	19-20 22-23	16-17	10-11
SIBU	9-10	20-21	24-25	15-16	19-20	7-8
BINTULU	13-14	26-27	28-29	5-6 12-13	30/11-1/12	
MIRI	16-17			1-2 8-9		3-4



REGISTER NOW!
< Scan QR code >



More than 3.14 million road accidents were recorded nationwide between 2019 and 2024, averaging around 1,720 incidents daily, (Bukit Aman Traffic Investigation and Enforcement Department (JSPT), 2025)

Sarawak



As of October 2025, Sarawak had reported a total of 17,847 road accidents across the state (Transport Minister Dato Sri Lee Kim Shin, 2025)

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.



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



TARGET AUDIENCE

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!



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.



METHODOLOGY

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

**Vehicle provided for practical training sessions*



COURSE CONTENT

Module 1

The 12 Defensive Driving Habits

Module 2

Hearts & Mind (In Classroom Module)

- Life-saving Rules

Module 3

Safe Driving

Module 4

Driver Attitude & Motivation (In Classroom Module)

- Lesson Learnt

Module 5

Vehicle Safety Systems & Learning Outcome

Module 6

Mental & Physical (In Classroom Module)

Module 7

Journey & Risk Management

Module 8

Basic Vehicle Inspection

Module 9

Five (5) Step Parking & Slalom

Module 10

Zig-Zag & Figure of 8 Combo

- Push & Pull Steering Technique

Module 11

Avoidance Braking/ ABS Braking

PROGRAM FEATURES



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)

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.

DRIVER'S COMPETENCY CARD



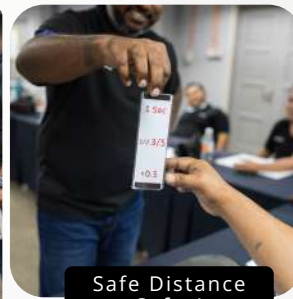
- An Individual Driver's Competency Card will be issued to recognise competent drivers & serve as a reminder to apply skills acquired from the training.
- This competency card is renewable upon demonstration of the requisite skills on an annual or bi-annual basis.



Tire Checking



Fatigue & Drunk Simulation



Safe Distance Safes!



Checking Blind Spots



On-the-Road Coaching



ABS Emergency Braking



Recovery Tools Display



Pre Journey Vehicle Inspection



Group Discussion



Pull & Push Steering

WHAT OUR CLIENTS SAY

"Kursus ini sangat memberi pengalaman dan pengetahuan baru mengenai kenderaan dan juga mengenal pasti komponen kenderaan."

Adewin Liboh, MANRED, 2022

"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

"Saya mendapat pengalaman dan dapat menambah baik cara pemanduan saya."

Julaihi Bin Junit, Jabatan Premier Sarawak, 2022

"Competent trainer providing/delivering very informative knowledges and experience based on real situations"

Mohd Safiq Mohd Sahari, Sarawak Energy Berhad, 2023

"Familiar subject (daily driving) but a different perspective from safe and defensive point of view."

Kenneth Abell Anak John, Petroleum Sarawak Berhad, 2024

"Membuka minda dan tambah pengetahuan dlm bidang pemandu."

Hassim Sulaiman, Sabah Park, 2024

"This course had helped me to improve my defensive driving and so many positives output from this course. I also learned about the function of ABS system. I recommend this course to everybody."

Slyvester Chendang, Sarawak Energy Berhad, 2024

"Banyak yang saya pelajari. Yang penting sekali ialah bagaimana nak aktifkan ABS Sistem."

Edison Anak Smimist, SMD Semiconductor Sdn Bhd, 2024

"Trainer sharing the contents in class interestingly and not make us sleepy. Fun class and easy to understand."

Jaynessa Jelly VELOSI Sdn Bhd, 2025



"This course relates with the latest cases and scenarios happening on the road. It helps us to be more alert of the surrounding, and to always check for hazards."

Abigail Naja Lunai PETROS, 2025

I learn new things about how to be more awareness while we are driving & checking our vehicle before going on the road."

Sabinus Claudius Anak Kark Sarawak Energy Berhad, 2025

The Organiser reserves the right to make any amendments that are deemed necessary in the best interest of the workshop.

REGISTRATION FORM

Please register me/us for the workshop on

EFFECTIVE DEFENSIVE DRIVING & VEHICLE HANDLING SKILLS (COMPETENCY TRAINING PROGRAMME) 2026

KUCHING	SIBU	BINTULU	MIRI	KK
☐ July 6-7	☐ July 9-10	☐ July 13-14	☐ July 16-17	☐ Jul 20-21
☐ Aug 17-18	☐ Aug 20-21	☐ Aug 26-27	☐ Oct 1-2	☐ Jul 23-24
☐ Sept 21-22	☐ Sept 24-25	☐ Sept 28-29	☐ Oct 8-9	☐ N/A
☐ Oct 19-20	☐ Oct 15-16	☐ Oct 5-6	☐ Dec 3-4	
☐ Oct 22-23	☐ Nov 19-20	☐ Oct 12-13		
☐ Nov 16-17	☐ Dec 7-8	☐ Nov 30-Dec 1		
☐ Dec 10-11				

Do you intend to utilize HRDCorp Levy for this program? **Yes / No**

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

Participant 1

Name :
Position :
Contact :
Email :

Participant 2

Name :
Position :
Contact :
Email :

Participant 3

Name :
Position :
Contact :
Email :

Company :
Address :
Tel : Fax :

Nominating Person

Name :
Position :

Approving Person

Name :
Position :

Invoice Attention to :

Email :

INVESTMENT FEE (Per Participant)

Early Bird Rate: **RM 2980**

Normal Rate : **RM 3180**

*The fee is not yet inclusive of 8% SST

CLOSING DATE OF REGISTRATION

EBR:
One month before commencement of the course

NR:
One week before commencement of the course

TERMS & CONDITIONS:

- Fees are inclusive** of programme materials, refreshments, luncheons and certificate.
- Outstations 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.
- 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.
 - If utilizing the **HRDCorp Claimable Course scheme** for this program, the **Normal Rate** will apply. For further details, please refer to the latest HRDCorp guidelines to ensure all requirements are met.
- 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.
- Cancellation of Participants**

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

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

6. 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.

7. 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.

8. 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.

MRS MANAGEMENT SDN BHD (275222-P)

KUALA LUMPUR CORPORATE OFFICE

Suite 33-01, 33rd Floor, Menara Keck Seng,
203, Jalan Bukit Bintang, 55100 Kuala Lumpur, Malaysia

☎ +603-2116 5961 ☎ +603-2116 5999

KUCHING OFFICE

Milan Square, Lot 48, Level 1,
Jalan Wan Alwi, 93350 Kuching,
Sarawak, Malaysia

☎ +6082-265 628/9
www.trainingprovider.org
kristine.mrstraining@gmail.com,
robin.mrstraining@gmail.com

www.trainingprovider.org

Signature & Company Stamp

Date