SAFETY & DEFENSIVE DRIVING

INTRODUCTION:
A one-day defensive driving course teaches participants how to drive safely by understanding defensive driving principles, recognizing hazards, maintaining a defensive attitude, and managing risk factors like drugs/alcohol, fatigue, distractions, road rage, and adverse weather. It covers safe driving techniques using elements like SIPDE, space management, traffic rules, and safety equipment. The course also includes practical exercises such as commentary driving on the road and emergency response training.

OBJECTIVE OF THE TRAINING:
After the training, participant will be:

i. Able to describe principles and the importance of driving defensively.
ii. Able to recognize hazards on the road and to maintain a defensive attitude.
iii. Able to manage risk factors like drugs/alcohol, fatigue, distractions, road rage, and adverse weather conditions.
iv. Able to apply safe driving techniques using SIPDE, space management, and adherence to traffic rules.
v. Able to familiarity with safety equipment and features.
vi. Able to understanding of industrial codes of practice and emergency response procedures related to driving.
vii. Able to apply of learned concepts through practical exercises like commentary driving on the road.

METHODOLOGY:
Discussion, Explanations, Demonstration, and Practical Exercise

TARGET GROUP:
- Drivers, Operation / Production / Line Leaders, Management / Human Resources Managers and Executives, Engineers and Technicians, Safety and Health Officers, Safety and Health Committee, Supervisors or Union Representatives.
- Maximum 20 Participants per session.

DURATION:
- 1 day (typically 8 hours, including breaks)

MEDIUM:
The discussion/ presentation will be conducted in English and/or Bahasa Malaysia. However, it can be executed in a dual language option.

1 DAY DEFENSIVE DRIVING TRAINING OUTLINE

Time	Content
0830	**Registration**
0845	Scan QR and answer pre-assessment Instructor & participant introduction
0900	**Defensive Driving** Understand what is defensive driving Why important to drive defensively Hazard recognition (video) A defensive driver attitudes Risk factor that lead to traffic accidents
1000	Morning Tea Break
1030	**Human Contributory Factor** Drug and alcohol Fatigue management Distraction management Road rage Disconcentration Adverse weather
1130	**Safe Driving Technique** SIPDE Traffic rules Following, stopping distance & delayed start Safety belt, airbag, head restraint & crash test
1215	**APAD ICOP Requirement** Proper vehicle, pre-trip and post-trip inspection Emergency response procedure and first aid In cab drill
1300	Lunch Break
1400	**Commentary Driving** Practical assessment on the road with evaluation form 1st Driver (30min) 2nd Driver (30min) 3rd Driver (30min)
1530	Tea Break
1600	**Recap of key learnings** Recap by all participants from the training program
1630	**Conclusion and Closing Session** *Scan QR and answer post-assessment Closing remarks and distribution of training certificates