



COURSE TITLE	: Safe & Defensive Driving for Workers		
COURSE DURATION	: 2 day(s) / 13.00 hour(s)	COURSE CODE	: SDD
COURSE CATEGORY	: Non-Competency	COURSE LEVEL	: Basic
HRDF SCHEME	: SBL		
COURSE FEE	: RM1,060.00 (inclusive of SST)		

1. OBJECTIVES:

At the end of the course, the participant will be able to:

- i. Explain the legal requirement in regards to commuting at work.
- ii. Identify, assess hazards while driving and control measure.
- iii. Acquire safe and correct skill and technique about defensive driving.

2. TARGET GROUP(S):

- i. Managers/ Executives.
- ii. Safety and Health Officers.
- iii. OSH Practitioners.
- iv. Safety and Health Committee Members.
- v. Supervisors and all levels of workers.

3. ENTRY REQUIREMENT(S):

- i. Possess valid class D driving license.

4. TOPIC(S):

- i. Act & Regulations.
- ii. Introduction to Vehicle.
- iii. Road Hazard & Safe Driving.
- iv. Vehicle Handling & Control.
- v. Accident & Emergency Management.
- vi. Vehicle Maintenance.
- vii. Practical sessions.

5. LIST OF REFERENCE BOOK(S):

- i. -



INSTITUT KESELAMATAN DAN KESIHATAN PEKERJAAN NEGARA
NATIONAL INSTITUTE OF OCCUPATIONAL SAFETY AND HEALTH

KURIKULUM KURSUS
COURSE CURRICULUM

TEL: 03 – 8911 3800 FAX: 03 – 8926 3900
URL: www.niosh.com.my




6. LIST OF TEACHING AID(S):

- i. LCD Projector.
- ii. Computer.
- iii. White Board with accessories.
- iv. Flip Chart with accessories.
- v. Vehicle.

7. LIST OF CLASSROOM ACTIVITIES:

- i. Lecture.
- ii. Practical.


Last updated on 04th November 2016 by PDD

	NATIONAL INSTITUTE OF OCCUPATIONAL SAFETY AND HEALTH			
	COURSE SCHEDULE			
	No. Dokumen	No. Pindaan	Tarikh	Muka Surat
NIOSH-PDD-CS-SDD	00	04 Nov 2016	1 / 2	

TAJUK KURSUS : KESELAMATAN & PEMANDUAN BERHEMAH UNTUK PEKERJA
COURSE TITLE : SAFE & DEFENSIVE DRIVING FOR WORKERS

HARI PERTAMA/ DAY ONE

TIME	HOUR	TOPICS	TRAINER/ FACILITATOR
0800 - 0830	0.50	Pendaftaran dan taklimat <i>Registration and course briefing</i>	NIOSH
0830 - 0900	0.50	Modul 1: Akta dan Peraturan <i>Module 1: Act and Regulation</i>	
0900 - 0930	0.50	Modul 2: Pengenalan Kenderaan <i>Module 2: Introduction to vehicle</i>	
0930 - 1030	1.00	Program Pencegahan Kemalangan Pekerjaan	PERKESO
1030 - 1045	0.25	MINUM PAGI/ <i>MORNING TEA BREAK</i>	
1045 - 1300	2.25	Modul 3: Hazad di Jalanraya & Keselamatan Pemanduan <i>Module 3: Road Hazard & Safe Driving</i>	
1300 - 1400	1.00	MAKAN TENGAHARI/ <i>LUNCH</i>	
1400 - 1500	1.00	Modul 4 : Pengendalian & Pengawalan Kenderaan <i>Module 4 : Vehicle Handling & Control</i>	
1500 - 1530	0.50	Modul 5 : Pengurusan Kecemasan & Kemalangan <i>Module 5 : Accident & Emergency Management</i>	
1530 - 1600	0.50	Modul 6 : Penyelenggaraan Kenderaan <i>Module 6 : Vehicle Maintenance</i>	
1600 - 1615	0.25	MINUM PETANG/ <i>AFTERNOON TEA BREAK</i>	
1615 - 1700	0.75	Sesi Demonstrasi (Pemeriksaan Kenderaan) <i>Demonstration Session (Vehicle Inspection)</i>	
	6.50	TAMAT HARI PERTAMA/ <i>END OF DAY ONE</i>	

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HARI KEDUA/ DAY TWO

TIME	HOOR	TOPICS	TRAINER/ FACILITATOR
0830 - 1030	2.00	Sesi Praktikal <ul style="list-style-type: none"> • Pusingan lapan (8) • Kawalan Stereng, Teknik Membrek & <i>Clutch</i> 	
1030 - 1045	0.25	MINUM PAGI/ <i>MORNING TEA BREAK</i>	
1045 - 1300	2.25	Sesi Praktikal <ul style="list-style-type: none"> • <i>Slalom</i> hadapan serta memakir • <i>Slalom</i> mengundur serta memakir 	
1300 - 1400	1.00	MAKAN TENGAHARI/ <i>LUNCH</i>	
1400 – 1530	1.50	Sesi Praktikal <ul style="list-style-type: none"> • Brek dan elak 	
1530 - 1545	0.25	MINUM PETANG/ <i>AFTERNOON TEA BREAK</i>	
1545 – 1645	1.00	Sesi Praktikal <ul style="list-style-type: none"> • Kawalan gelinciran & pemanduan jalanraya 	
1645 – 1700	0.25	Rumusan & Penutup	
	6.50	TAMAT KURSUS/ END OF THE COURSE	

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