



COURSE TITLE	: Safe Motorcycle Riding for Workers	COURSE CODE	: SMRW
COURSE DURATION	: 2 day(s) / 14.00 hour(s)	COURSE LEVEL	: Basic
COURSE CATEGORY	: Non-Competency		
HRDF SCHEME	: SBL		
COURSE FEE	: RM848.00 (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 riding and control measure.
- iii. Acquire safe and correct skill and technique about defensive riding.

2. TARGET GROUP(S):

- i. Workers riding motorcycle for commuting and working.

3. ENTRY REQUIREMENT(S):

- i. Possess valid license Class B2 (Approved by Malaysia Authority) **AND**
- ii. Physically and mentally fit to ride (may require doctor approval if necessary).

4. TOPIC(S):

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

5. LIST OF REFERENCE BOOK(S):

- i. -

6. LIST OF TEACHING AID(S):

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



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



7. LIST OF CLASSROOM ACTIVITIES:

- i. Lecture.
- ii. Practical.


Last updated on 01st February 2013 by PDD

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

TAJUK KURSUS : KESELAMATAN PENUNGGANGAN MOTOSIKAL UNTUK PEKERJA
COURSE TITLE : SAFE MOTOR RIDING FOR WORKERS

HARI PERTAMA/ DAY ONE

TIME	HOUR	TOPICS	TRAINER/ FACILITATOR
0830 - 0900	0.50	Pendaftaran dan taklimat <i>Registration and course briefing</i>	NIOSH
0830 - 0900	0.50	Modul 1: Akta & Peraturan <i>Module 1: Act & Regulation</i>	
0900 - 0930	0.50	Modul 2: Pengenalan Motorsikal <i>Module 2: Introduction to Motorcycle</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 Menunggang Motorsikal <i>Module 3: Road Hazard & Safe Motorcycle Riding</i>	
1300 - 1400	1.00	MAKAN TENGAHARI/ <i>LUNCH</i>	
1400 - 1500	1.00	Modul 4: Pengendalian & Pengawalan Motorsikal <i>Module 4: Motorcycle 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 & Alatan Perlindungan Diri <i>Module 6: Maintenance & PPE</i>	
1600 - 1615	0.25	MINUM PETANG/ <i>AFTERNOON TEA BREAK</i>	
1615 - 1700	0.75	Sesi Demonstrasi (Pemeriksaan Motorsikal) <i>Demonstration Session (Motorcycle 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) • Membelok, Mengambil selekoh: Condong bersama, Condong keluar dan Condong masuk 	
1030 - 1045	0.25	MINUM PAGI/ <i>MORNING TEA BREAK</i>	
1045 - 1300	2.25	Sesi Praktikal <ul style="list-style-type: none"> • Teknik Membrek dan Pengawalan Motorsikal: Perlahan dan Kecemasan • Zig-zag • Slalom • Menunggang Perlahan 	
1300 - 1400	1.00	MAKAN TENGAHARI/ <i>LUNCH</i>	
1400 - 1530	1.50	Sesi Praktikal <ul style="list-style-type: none"> • Persembahan Praktikal Peserta 	
1600 - 1615	0.25	MINUM PETANG/ <i>AFTERNOON TEA BREAK</i>	
1615 - 1645	0.50	Sesi Praktikal <ul style="list-style-type: none"> • Persembahan Praktikal Peserta 	
1645 - 1700	0.25	Rumusan & Penutup	
	6.50	TAMAT KURSUS/ END OF THE COURSE	

Last updated on 04th November 2016 by PDD