



COURSE TITLE : Safe & Defensive Driving – Awareness
COURSE DURATION : 1-day(s) / 7.25-hour(s)
COURSE CATEGORY : Non-Competency
COURSE FEE : In-House Price (Refer NIOSH)

COURSE CODE : SDDA
COURSE LEVEL : Basic
HRD CORP SCHEME : -

1. OBJECTIVE(S):

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

- i. Explain the legal requirement in regard 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. None



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.

JADUAL KURSUS

No. Dokumen	No. Pindaan	Tarikh	Muka Surat
NIOSH-PDD-CS-SDDA	01	10 Februari 2022	1 / 1

TAJUK KURSUS : PEMANDUAN SELAMAT DAN DEFENSIF
COURSE TITLE : SAFE AND DEFENSIVE DRIVING

HARI PERTAMA

MASA	JAM	TOPIK	TENAGA PENGAJAR / FASILITATOR
0800 – 0830	0.50	Pendaftaran	NIOSH
0830 – 0900	0.50	Taklimat Mitsubishi Motors Malaysia	MITSUBISHI
0900 – 0930	0.50	Modul 1 : Pengenalan, Hazard dan Penyenggaraan	TENAGA PENGAJAR
0930 – 1030	1.00	Modul 2 : Pemeriksaan, Sistem Penggera dan Jaminan	TENAGA PENGAJAR
1030 – 1045	0.25	KUDAPAN PAGI	
1045 – 1300	2.25	Sesi Praktikal : • Pusingan Lapan (8) • Kawalan Stereng, Teknik Membrek & Klac	TENAGA PENGAJAR & FASILITATOR
1300 – 1400	1.00	MAKAN TENGAHARI	
1400 – 1500	1.00	Sambungan Sesi Praktikal : • Slalom Hadapan serta Memakir • Slalom Mengundur serta Memakir	TENAGA PENGAJAR & FASILITATOR
1500 – 1530	0.50	Sesi Praktikal : • Brek dan elak	TENAGA PENGAJAR & FASILITATOR
1530 – 1545	0.25	KUDAPAN PETANG	
1545 – 1700	1.25	Sesi Praktikal : • Kawalan Gelinciran & Pemanduan Jalanraya	TENAGA PENGAJAR & FASILITATOR
1700 – 1715	0.25	Rumusan & Penutup	TENAGA PENGAJAR
	7.25	TAMAT KURSUS	