

# COURSE PROGRAMME

## DAY 1

8.00am-13.00pm Introduction (What Is Defensive Driving?), Traffic Rule & Regulations

14.00pm-17.00pm Mindset Change, vehicle inspection, Defensive Driving

## DAY 2

8.00am-13.00pm Fatigue Management, Emergency Response

14.00pm-17.00pm Assessment Theory and Practical (on-Site)

10.30am-10.45am Morning Break

13.00pm-14.00pm Lunch Hour

15.30pm-15.45pm Tea Break

# COMPETENCY: DEFENSIVE DRIVING TRAINING



**DATE**  
04<sup>TH</sup>-05<sup>TH</sup> DECEMBER 2025

**VENUE:**  
KENYALANG WCCT TRAINING CENTRE, BINTULU SARAWAK

**FEE:**  
RM 500.00/PAX

**10 CEP POINTS (DOSH) 100%  
HRDF CLAIMMABLE**

**ENRTY REQUIREMENT**  
Possess Valid Class D Driving License

**FOR MORE DETAILS,  
PLEASE CONTACT**

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**KENYALANG WCCT SDN BHD**

## COURSE OUTLINE

### INTRODUCTION

Defensive Driving is defined as “driving to save lives, time, and money, in spite of the conditions around you and the actions of others.” It is a form of training for motor vehicle drivers that goes beyond the mastery of the rules of the road and the basic mechanics of driving. Defensive Driving is aimed to reduce the risk of collision by anticipating dangerous situations, despite adverse conditions or the mistakes of others. This can be achieved through adherence to a variety of general rules, as well as the practice of specific driving techniques. The vehicles available for training comprises of the following. A customized training approach for each individual equipment and work environment is being engaged to ensure a comprehensive training. This Occupational Safety and Health Industry Code of Practice for Road Transport Activities 2010 was made under Section 37 of the Occupational Safety and Health Act 1994 [Act 514].

### OBJECTIVE

Upon completion of this programme, the participants will be able to:

- Explain the legal requirement regarding commuting at work.
- Identify, assess hazards while driving and control measure.
- Acquire safe and correct skill and technique about defensive driving.
- To provide guidance for employers and employees on the proper and effective methods of handling issues relating to occupational safety and health in road transport activities.
- To ensure that persons other than their employees are not exposed to their safety and health risks in consequence of transport activities carried out; and
- To encourage education and awareness regarding safety and health at the place of work.

### METHODOLOGY

- Lecture
- Question and Answers
- Participant centered
- On-site Practical

### WHO SHOULD ATTEND

Managers/ Executives, Safety and Health Officers, OSH Practitioners, Safety and Health Committee Members and Supervisors and all levels of workers.

### About Speaker

Marvin has over 20 years' worth of knowledge and experience developing and conducting management systems development for a variety of industries, including electronics, plantation, food manufacturing, Oil and Gas, education and construction sectors. He is highly conscientious in follow through, planning and organization of new ideas/products and readily accepts new challenges. Marvin demonstrates exceptional communication skills with extensive public speaking / presentation experience. His well-developed capability to build trusting relationships, enthuse, motivate and encourage collaboration from stakeholders, staff and management, has proven him to be an invaluable asset to multiple projects. Marvin is skilled in developing management systems from scratch, especially for SMEs (Small Medium Enterprises), leading them to learn and develop themselves in the ongoing development process.

