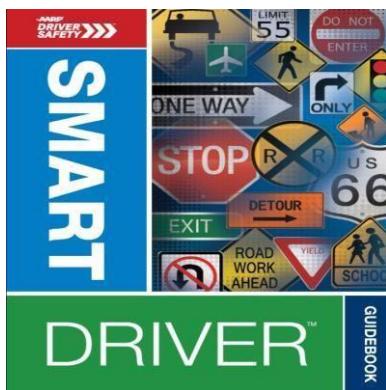


(INHOUSE) DEFENSIVE DRIVING FOR HEAVY COMMERCIAL VEHICLES – 1 DAY PROGRAMME

The **1-day Defensive Driving Program for Heavy Commercial Vehicles** equips drivers with essential skills for safe and responsible driving. The course covers accident prevention, hazard awareness, and risk mitigation techniques specifically for heavy vehicle operations. The morning session focuses on theory, including defensive driving principles, vehicle dynamics, hazard recognition, fatigue management, regulatory compliance, and pre-trip safety inspections. The afternoon session provides practical training in emergency maneuvers, handling difficult road conditions, parking, reversing, and tight-space maneuvers. Participants will undergo assessments throughout the program to ensure comprehension and competency.



Teaming up along with :



The Chartered
Institute of Logistics
and Transport



DEFENSIVE DRIVING FOR HEAVY COMMERCIAL VEHICLES – 1 DAY PROGRAMME

PROGRAMME (DAY 1)	TITLE : DEFENSIVE DRIVING FOR HEAVY COMMERCIAL VEHICLES – 1 DAY PROGRAMME	TIME
Registration and Introduction to Defensive Driving	<ul style="list-style-type: none"> • Registration and Introduction • Definition and importance of defensive driving • Key objectives of defensive driving for heavy commercial vehicles • The role of the driver in preventing accidents. 	0800 – 0900
Vehicle Dynamics and Limitations	<ul style="list-style-type: none"> • Understanding vehicle movements (weight distribution, center of gravity, load management)Braking systems and stopping distances • Impact of speed on vehicle handling and stability • Effects of overloading and improper load distribution 	0900 – 0930
	Breakfast Break.	0930 – 0945
Hazard Recognition and Risk Assessment	<ul style="list-style-type: none"> • Identifying common hazards for heavy commercial vehicles (road conditions, weather, traffic) • Proactive driving techniques to avoid hazards • Anticipating actions of other road users • Assessing risks in different environments (urban, rural, highways) 	0945 – 1030
Fatigue Management and Stress Control	<ul style="list-style-type: none"> • Causes and symptoms of driver fatigue • Strategies for managing fatigue (rest breaks, proper sleep patterns) • Stress management techniques for long-haul drivers • Legal driving hours and rest period requirements 	1030 – 1100
Regulatory Compliance and Legal Responsibilities	<ul style="list-style-type: none"> • Overview of transport regulations for heavy vehicles • Load management and securing cargo • Legal requirements for drivers and companies (licensing, documentation) • Consequences of non-compliance (ICOP) 	1100 – 1130
Pre-Trip Inspection and Safety Protocols and Case Studies and Risk Management	<ul style="list-style-type: none"> • Importance of thorough vehicle inspections • Step-by-step pre-trip inspection procedures (brakes, tires, lights, etc.) • Identifying potential mechanical issues before starting a trip • Safe start-up and shutdown procedures • Analysis of real-life accidents involving heavy commercial vehicles • Lessons learned and preventive measures • Risk mitigation strategies for specific scenarios (mountain driving, night driving) 	1130 – 1200
	LUNCH BREAK	1200 – 1230

DEFENSIVE DRIVING FOR HEAVY COMMERCIAL VEHICLES – 1 DAY PROGRAMME

PROGRAMME (DAY 1 Cont)	TITLE : DEFENSIVE DRIVING FOR HEAVY COMMERCIAL VEHICLES – 1 DAY PROGRAMME	TIME
Defensive Driving Techniques for Heavy Vehicles	<ul style="list-style-type: none"> • Proper lane positioning and space management • Maintaining safe following distances • Avoiding blind spots and managing visibility • Safe overtaking and lane-changing procedures 	1230 – 1315
Emergency Maneuvers	<ul style="list-style-type: none"> . Emergency braking techniques (ABS and non-ABS vehicles) Evasive steering and avoiding collisions Recovering control after skidding Handling sudden obstacles or tire blowouts 	1315 – 1400
Handling Adverse Driving Conditions and Parking, Reversing, and Maneuvering	<ul style="list-style-type: none"> Driving in wet, rainy and bad road conditions Managing steep inclines and declines Navigating narrow or winding roads Adjusting speed and following distances in bad weather Techniques for safe parking of heavy commercial vehicles Reverse parking in tight spaces Maneuvering in loading docks or confined areas Use of mirrors and reversing cameras 	1400 – 1445
Vehicle Inspection and Basic Maintenance	<ul style="list-style-type: none"> Hands-on practice of pre-trip and post-trip inspections Identifying signs of mechanical wear or failure Basic troubleshooting for common vehicle issues (tires, brakes, etc.) Safe use of tools and emergency roadside procedures 	1530 – 1630
Assessment and Evaluation	<ul style="list-style-type: none"> Practical driving assessment covering all elements of the course Individual feedback and improvement recommendations Written evaluation on theoretical knowledge 	1630 – 1700

<p>The DDT session is designed :-</p>	<p>DEFENSIVE DRIVING COURSE - 1 day Session</p> <p>PROGRAM OBJECTIVES: To Equip Drivers with Sufficient and Relevant Knowledge and skills on Safe and Defensive Driving in both Theory & Practical Session</p> <p>To raise road safety awareness among the Truck Drivers -towards achieving a key target to ensure zero road accident in the workplace : To create a sustainable maintenance culture among Road users To identify defensive driving concepts for the respective Drivers.</p> <p>To discuss road craft and system of vehicle control during emergency To discuss the driver's negative attitude, behavior and driving hazards To practice proper driving techniques eg. correct steering techniques, correct emergency braking & accident-avoidance techniques</p>
	<p>RESOURCE REQUIREMENT</p> <p>Vehicles for the training exercises will be required from the participant</p> <p>PARTICIPANTS – PRE-REQUISITES</p> <p>Be medically fit Equipped with Personal Protective Equipment (PPE) i.e. driver's attire</p> <p>SAFE DRIVING CAPABILITY AND KNOW-HOW GRADING – FOR ISSUANCE OF CERTIFICATE</p> <p>Grading for the issuance of the certificate will be determined by the followings: Conducting pre- and post-assessment tests on the participant's knowledge of the road rules, defensive driving techniques, vehicle maintenance and warranty procedures. Performance rating which will be done during the commentary driving exercises.</p>

TRAINER'S PROFILE & CERTIFICATES

MOHD SHUKRI BIN ABDUL
HEAD OF TRAININGS
/ JPJ CERTIFIED TRAINER
Years of Service : 2007 till now

Background

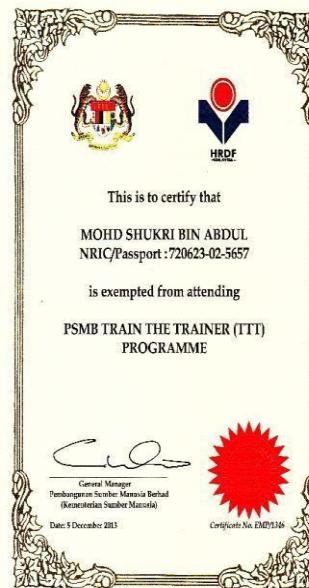
A versatile Corporate Defensive Driving Counsellor and Trainer for drivers of all kinds of vehicles including drivers of heavy goods vehicles, he has coached more than 7,000 young and senior drivers over the last 10 years of his career in driving industry. His main areas or training would be focused on uplifting the image of a professional driver, communication skills, excellence customer service, handling of VIP passengers and proper vehicle management to ensure a safe and smooth journey throughout their daily duties. He is equipped with skills gathered from his experience in the field of Defensive Driving and Riding Training and his extensive Driver Training exposures of employees of oil & gas, pharmaceutical, logistics, courier company in the private sector as well as several Government Agencies of Malaysia.

Professional Qualification

Executive Diploma in Management Studies
Road Transport Department of Malaysia (JPJ)
Qualified Driver Trainer (Theory & Practical)
Advance Driving Trainer & Facilitator For Class B2,
D & E
Driving Competency, a2z of Motoring Wales (2008)
HRDF Exempted Trainer

Courses Conducted

Defensive Driving Competency Training for Heavy Vehicle Driving Courses (Trainer) – YTL, Chevron, Hanson, MAS Transportation, HUKM Paramedic, MMHE Emergency Response Vehicle Drivers, Petronas Lubricants, Spring Energy, Novartis Corporation etc. Train The Trainers Program for Local and International Trainers.



>>> SKILLS FOR LIFE >>

TRAINER'S PROFILE & CERTIFICATES

TRAINERS PROFILE



E. VIJAY

Chief Trainer

JPJ & HRDC Accredited Trainer

016-2048383

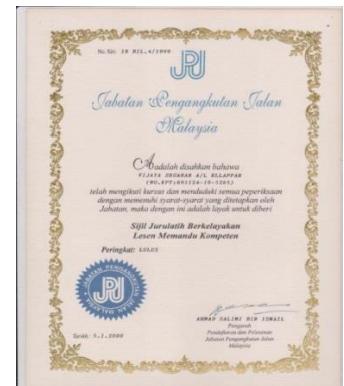
evijaydstc@gmail.com

Vijay has been a driving force in driver training from the year 1998 to 2025 with Safety Driving Centre (SDC) Petaling Jaya by shaping skills and mindset of countless aspiring drivers. As Chief Driving Trainer, he has played a pivotal role in promoting road safety and responsible driving practices. With deep expertise in driver education, Vijay has developed comprehensive training programs that go beyond licensing requirements, focusing on enhancing driving skills and safety awareness. His ability to adapt to evolving road safety regulations and educational methodologies has ensured his training remains aligned with industry best practices and emerging standards.

A passionate promoter for road safety, Vijay has instilled a culture of responsibility among his students, creating a lasting impact on the community. His dedication to staying updated and refining training modules reflects a commitment not just to producing licensed drivers but to nurturing skilled, safety-conscious individuals. Through his remarkable tenure, Vijay's legacy continues to shape a new generation of responsible and proficient drivers, leaving an indelible mark on the field of driver education.

PROFESIONAL QUALIFICATIONS: -

- HRD Corp Accredited Trainer
- PSMB Train The Trainer (TTT)
- 27 years of Experience
- JPJ HQ Selangor –Light Vehicle Training
- JPJ HQ Johore –Heavy Vehicle Training
- JPJ HQ Malacca – Training in Lecturing
- Basic Lorry Driving Skills
- Advance Driving (HV) Malaysia
- Motor Transport Driving Instructors Course
- Fleet Management & Qualified Testing Officer
- Supervisor / Trainer (Endorsed by JPJ, Malaysia)
- Mercedes Benz Truck Driving Techniques
- The Mercedes-Benz Driving Experience With Success.
- Road Safety /Defensive Driving Curriculum Development Program
- Defensive Driving /Riding Training Techniques
- Road Safety Leadership & Work Attitude



DEFENSIVE DRIVING COURSE WITH PRACTICAL SESSION



REGISTRATION FORM

COMPANY NAME	
PERSON IN CHARGE	
DESIGNATION	
COMPANY ADDRESS	
CONTACT NUMBER	
NO OF PARTICIPANTS	
TRAINING DATES PROPOSED	
COMPANY CHOP	
DATE	

Teaming up along with:



The Chartered
Institute of Logistics
and Transport



**Service Provider : Malaysian Defensive Driving and Riding Centre Sdn Bhd
(200501027071- 709205-M)**

(HRDF CERTIFIED & REGISTERED TRAINING PROVIDER)

Lot 3A, Jalan Utara, 46200 P Jaya, Selangor -Tel : 0379670370

Marketing Coordinator: 016 2011376 (S Chandrasekaran PJK) scm@sdc.com.my
Chandrasekaran.sdc2014@gmail.com

