



DEFENSIVE DRIVING

Safe Techniques For Car, Van & Truck Drivers

**GROW YOUR TALENT,
GROW YOUR ORGANISATION.**



About this course

This two-day Defensive Driving programme equips drivers with essential knowledge and practical skills to drive safely, prevent accidents, and manage road risks effectively. Participants will learn defensive driving techniques, vehicle inspection practices, and hazard awareness, followed by hands-on driving exercises to strengthen control, judgement, and road safety compliance.

Who Should Attend?

1. Company-owned Car/Van/Truck Drivers
2. Drivers of your outsourced Logistics Transporters
3. Supervisors, Executives & Managers of Transport Operations Department

Learning Outcomes

By the end of this programme, participants will be able to:

1. Understand the concept of Safe Driving Techniques
2. Identify driving hazards and how to prevent crashes using various Safe Driving Techniques
3. Demonstrate Defensive Driving Safe Driving Techniques
4. Inculcate the right driving behaviour of Defensive Driving Safe Driving Techniques via skills, knowledge and attitude



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DEFENSIVE DRIVING FUNDAMENTALS & ROAD SAFETY AWARENESS



MODULE 1, 2, 3

1. Change Attitudes in Driving

- Driver mindset, responsibility, and safe driving behaviour
- Risk awareness and attitude change to prevent accidents

2. Understand The Vehicles

- Vehicles characteristics
- Main Systems of Vehicles
- Main Components of the Vehicles
- Tips on Vehicle Inspection

3. Safe Driving Etiquettes and Prevention of Accidents

- Ethics / Etiquette in Driving
- Factors to Accidents
- Causes of Accidents
- Unsafe Driving Condition
- Tips in Reducing Accidents
- Road Transport Act 1987



MODULE 4, 5, 6

4. Systematic Driving

- Defensive Driving Concept
- Identify obstruction and dangers
- Avoid collisions and accidents
- Guideline on how to carry a load
- Procedure laid vehicles

5. Fatigue Management

- Causes and signs of driver fatigue
- Managing fatigue to maintain alertness and driving safety

6. Vehicle Inspection – Practical Session

- Vehicle Inspection – Practical Session.
- Systematic Vehicle Inspection
- Identify Components
- Identify Damage Vehicle Components
- Vehicle Damage Reports



PRACTICAL DEFENSIVE DRIVING SKILLS & VEHICLE CONTROL



MODULE 7

7. Practical activities (Reversing)

- Slalom
- Cadence Braking
- Avoiding Obstacles
- Parking



MODULE 8

8. Practical Driving Session

- Traffic observation
- Identify barriers and Avoiding Obstruction
- Designing Traffic
- Vehicle Control, Action and stability of the vehicle
- Comply with the rules of the road
- Vehicle control skills
- Attitude



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SCAN QR CODE FOR DETAIL INFO



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