

# REFRESHER TRAINING PROGRAMME

INCLUDING THEORY & PRACTICAL ASSESSMENT

NOTE: IN-HOUSE PROGRAM AVAILABLE UPON REQUEST



A 1 DAY PUBLIC PROGRAMME ON

## DEFENSIVE DRIVING

## WITH SLEEP & FATIGUE MANAGEMENT

CLASSROOM, SIMULATION, PRACTICAL SESSION & HANDS-ON

**VENUE: W2 SHAH ALAM, SELANGOR**

**DATES: 26 JULY 2023**

**FEES: RM 690 PER PAX**

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# OVERVIEW

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Defensive Courses are set out to develop correct attitudes and impart essential knowledge that will extend the participant's skill in dealing with other road users and potentially hazardous situations. The purpose of the course is to develop the participant to be able to drive to save lives, time and money in spite of the conditions around and action of others.

This will be a form of training for trailer, cargo lorry, crane and low loader drivers that goes beyond mastering of the rules of the road and the basic mechanics of driving. The aim is to reduce the risk of collision by anticipating dangerous situations, despite adverse conditions or the mistake of others. This can be achieved by adhering to specific driving techniques and changes in lifestyle.

# SLEEP AND FATIGUE MANAGEMENT

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Fatigue can result when a person does not get enough sleep or do not get quality sleep. It can impair a person's driving ability similar to alcohol impairment. A survey done in Malaysia shows that 9 out of 10 Malaysians are sleep deprived. Maintaining good sleep habits is important to one's health and safety, on or off the job especially if the job involves long hours of work, driving or shiftwork which increases the risk of fatigue at work including driver fatigue.

# BEHAVIOR-BASED SAFETY

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The biggest contributor for accident and death on the roads are bad attitude of Malaysian Drivers. Most drivers ignore road signs, traffic lights, speed limits, changing lanes without signaling, using mobile devices while driving, swerving dangerously in and out of traffic and speeding

Malaysia is ranked as one of the South East Asia's worst country when it comes to road safety. Estimates have put losses from road traffic accidents at an estimated 1.6% of the national GDP. According to the World Health Organization's (WHO) 2013 Global Status Report on Road Safety, Malaysia suffered 25 accident-related deaths per 100000 of the population in 2010 compared to 3.6 deaths per 100000 in Britain

*80-85 % Of all accidents are the result of unsafe acts. 15-20% of all accidents are the result of unsafe conditions.*

Behavior-based safety is a new concept and a science-based approach to preventing workplace accidents by observing workers in everyday operations and providing positive reinforcement or motives for change. It is a concept on reducing at-risk behaviors in the workplace through observation and feedback. The drivers will be first exposed to the difference between attitude and behavior because its' different. Attitude is a person's inner thoughts and feelings. Behavior is usually an outward expression of attitude. In behavior-based safety, we focus on the what and why of people's action

# **COURSE CONTENT**

## **Topic 1: Sleep & Fatigue Management**

### Understanding Sleep and Fatigue Management

- Types and symptoms of sleep disorder
- The science behind fatigue accumulation
- The neurobiology of sleep
- Fatigue impairment
- Organizational factors contributing to fatigue
- Personal factors contributing to fatigue

## **Topic 2: Behavior Based Safety**

- What is a Total Safety Culture? Defining Safety Culture
- What effects Behavior?
- Steps in Implementing BBS: The entire journey

## **Topic 3: Safe and Defensive Driving - Practical Session**

- Overtaking
- Skid control
- Blind spots
- Braking techniques
- General precaution
- Stress management
- Cockpit drill
- Road craft
- Vehicle general inspection/ maintenance check & Sitting position
- Vehicle control technique
- Braking experience – emergency avoidance
- Forward and reverse planning - Slalom
- Parking technique
- Commentary driving (on the road)
- Skill Driving Assessment

# PUBLIC PROGRAM DEFENSIVE DRIVING WITH SLEEP & FATIGUE MANAGEMENT | ITINERARY

26 JULY 2023 (WEDNESDAY)

9.00AM	<p>TOPIC 1: SLEEP &amp; FATIGUE MANAGEMENT</p> <p>UNDERSTANDING SLEEP AND FATIGUE MANAGEMENT</p> <ul style="list-style-type: none"><li>• TYPES AND SYMPTOMS OF SLEEP DISORDER</li><li>• THE SCIENCE BEHIND FATIGUE ACCUMULATION</li><li>• THE NEUROBIOLOGY OF SLEEP</li><li>• FATIGUE IMPAIRMENT</li><li>• ORGANIZATIONAL FACTORS CONTRIBUTING TO FATIGUE</li><li>• PERSONAL FACTORS CONTRIBUTING TO FATIGUE</li></ul>
10.30AM	<p>MORNING BREAK</p> <p>TOPIC 2: BEHAVIOUR BASED SAFETY</p> <p>BEHAVIORAL BASED SAFETY (BBS)</p> <ul style="list-style-type: none"><li>• WHAT IS A TOTAL SAFETY CULTURE? DEFINING SAFETY CULTURE</li><li>• WHAT EFFECTS BEHAVIOR?</li><li>• STEPS IN IMPLEMENTING BBS: THE ENTIRE JOURNEY</li></ul>
1.00PM	<p>LUNCH</p>
2.00PM	<p>TOPIC 3: SAFE AND DEFENSIVE DRIVING - PRACTICAL SESSION</p> <ul style="list-style-type: none"><li>• OVERTAKING</li><li>• SKID CONTROL</li><li>• BLIND SPOTS</li><li>• BRAKING TECHNIQUES</li><li>• GENERAL PRECAUTION</li><li>• STRESS MANAGEMENT</li><li>• COCKPIT DRILL</li><li>• VEHICLE GENERAL INSPECTION/ MAINTENANCE CHECK &amp; SITTING POSITION</li></ul>
3.30PM	<p>TEA BREAK</p> <p>CONTINUE - TOPIC 3: SAFE AND DEFENSIVE DRIVING</p> <ul style="list-style-type: none"><li>• ROAD CRAFT</li><li>• VEHICLE CONTROL TECHNIQUE</li><li>• BRAKING EXPERIENCE – EMERGENCY AVOIDANCE</li><li>• FORWARD AND REVERSE PLANNING - SLALOM</li><li>• PARKING TECHNIQUE</li><li>• COMMENTARY DRIVING (ON THE ROAD)</li><li>• SKILL DRIVING ASSESSMENT</li></ul>
5.00PM	<p>END OF PROGRAM</p>



ASSOCIATE PROFESSOR DR. LOUIS ADAIKALAM

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FOUNDER OF SLEEP RECOVERY TOURISM

AUTHOR OF "MYSTERY BETWEEN SLEEP & COVID"

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**EDUCATION**

- University of Northumbria (UK) - Bachelor of Business | 1988
- University of Northumbria (UK) - Master of Business Administration | 1992
- University of Northumbria (UK) – Master of Laws | 2001
- International Teaching University of Georgia – Doctoral Philosophy in Business Administration | 2015
- Certificate in Sleep Medicine – Royal College of Physicians, UK | 2022
- Certificate in Cognitive Behaviour Therapy Specialist for Insomnia - Royal College of Physicians, UK | 2022
- Mental Health First Aider Specialist – Endorsed by NHS, UK | 2022
- Trainer for First Aid, CPR & AED – Emergency & Trauma Department of Hospital Selayang | 2022
- Train the Trainer – HRDCORP | 2022
- Sleep Medical Trainer – Itamar Medical Centre, Netherlands | 2015
- Sleep Therapist – Ectosense, Belgium | 2015
- Competent Sleep Technician – Ectosense, Belgium | 2015



# PUBLIC PROGRAM DEFENSIVE DRIVING WITH SLEEP & FATIGUE MANAGEMENT

# TRAINERS PROFILE

## ACHIEVEMENTS AWARDS

- Appointed Associate Professor by University Institute for International and European Studies | 2017 to present
- Jasamu Di Kenang Award Year 2021 from Ministry of Health
- The Mental Health Advocate Award Year 2021 from Ministry of Health
- The Mental Health Advocate Award Year 2018 from Ministry of Human Resources and Ministry of Health
- Malaysia Tourism Council Gold Awards Year 2019 from the Prime Minister
- Jasamu Di Kenang Award Year 2017 presented by the Deputy Health Minister for my contribution to aid and manage disaster missions within and outside the country
- Smart Partnership Award TOPCOM Year 2018 from Ministry of Health
- 5-Star Training Provider Year 2016 appointed by HRDCORP
- The best 20 Training Providers Year 2017 by HRDF
- The best 20 training providers based on financial assistance (2017) by HRDF
- 5 Star Training Provider Award from Telekom Malaysia
- The Best Training Initiative Award 2015/2016 from the Institute of Operations Management, UK
- Gold Award OSH Management for training & consultation through MOSHPA – 2016
- OSH Management Award for training and consultation through NIOSH – 2017
- Quality Assurance Award by the Operating Operations Institute, UK
- Award from the National Association of Criminal Network Association
- The Golden Bull Award – Emerging SMEs 2018
- Quality Standards in UAE – The Chartered Institute of Logistics and Transport (2010)

## TRAINING PROGRAMS OFFERED

- Holistic Wellness Program
- Sleep Management for mental health and happiness
- Sleep Management for productivity at workplace
- How to lead a mentally healthy organisation
- Mental Health First Aider Programme
- Certification on Health Management for the 21st century (Endorsed by Association of Business Executives, UK)
- Disaster Management
- Emergency Response Plan (ERP)
- Fire prevention, fire-fighting and rescue training
- Occupational First Aid & CPR + AED
- Sleep Management and Covid
- Sleep diagnosis, consultation and solution
- Fatigue Management for Drivers
- Sleep Management for Drivers
- Sustainable Leadership



**MR. HARJIT SINGH**  
TTT NO: 5112

**TRAINER FOR BEHAVIOUR BASED SAFE DRIVING  
ROAD TRANSPORT SAFETY CONSULTANT**

**ACADEMIC QUALIFICATION**

- Bachelor of Arts (Hons) University of Malaya, Kuala Lumpur.

**PROFESSIONAL CERTIFICATES & ACHIEVEMENTS**

- Trained as Safety & Health Officer – NIOSH Malaysia
- DNV/NIOSH Certification Lead Auditor ISO 39001:2012 Road Traffic Safety (RTS) Management System
- Certified Train the Trainer (TTT) – NIOSH Malaysia
- HRDF Registered Trainer
- Panel Member for the Development of National Occupational Skill Standard for Road Transport Safety Management – Appointed by Jabatan Pembangunan Kemahiran (JPK)
- Certified Child Passenger Safety Technician – Safe Kids USA
- Chartered Member of Chartered Institute of Logistics & Transport (CILT) Malaysia
- Certified Sijil Pengajar Institut Memandu – by JPJ Malaysia
- Trainer for Occupational Safety & Health Coordinator (OSH-C) Trained Person for Work Related Road Safety (WRRS) Programme – DOSH, PERKESO & MIROS Malaysia
- Consultant for Work Related Road Safety Support (WRRSP) Programme – UPM and PERKESO
- Trainer for Commuting Support Safety Programme (CSSP) – appointed by MIROS Malaysia
- Loss Adjuster's Certificate
- Member of Pertubuhan Ikatan Komuniti Selamat (Ikatan)

**PROFESSIONAL EXPERIENCE OF 18 YEARS IN ROAD TRANSPORT**

- 14 years of experience in Logistics specialising in Road Transport Safety Management
- 4 years in Road Crash Investigations
- Trained more than 500 drivers throughout Malaysia

**AREA OF EXPERTISE**

- Road Transport Safety Management (RTSM)
- Behaviour Based Safe Driving Techniques for Cars
- Behaviour Based Safe Driving Techniques for Vans & Bus
- Behaviour Based Safe Driving Techniques for Trucks
- Road Transport Safety Officers Workshop (RTSO)
- Compliance for SPAD ICOP for Truck & Bus Operators
- ISO 39001:2021 Road Traffic Safety Management System (RTSMS)
- Transportation of Dangerous Goods by Road
- Road Transport Safety Audits, Road Surveillance & In-cab Assessment





**MR. VIJAYA SEGARAN. ELLAPPAN**

**TTT NO: 13320**

**CHIEF DRIVING TRAINER**

**JPJ CERTIFIED TRAINER**

### **ACADEMIC & TRAINING QUALIFICATIONS**

- 1988-1989: Diploma in Motor Vehicle Engineering Federal Institute of Technology, Malaysia
- 2000: Certified SPIM Trainer (B, D, E) Road Transport Department (JPJ), Malaysia
- 2001: Qualified Testing Instructor Road Transport Department (JPJ), Malaysia
- 2004: Drivers Education Curriculum Lecturer (KPP) Road Transport Department (JPJ), Malaysia
- 2007: Certified Vocational Trainer Road Transport Department (JPJ), Malaysia
- 2013: PSMB Train The Trainer Programme (TTT) Pembangunan Sumber Manusia Berhad, Malaysia
- 2014: Certified Training of Trainers Road Transport Department (JPJ), Malaysia
- 2015: Professional Certified Train The Trainer Pembangunan Sumber Manusia Berhad, Malaysia

### **PROFESSIONAL QUALIFICATIONS**

- 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
- Report Writing & Presentation Skills
- Road Safety /Defensive Driving Curriculum Development Program
- Defensive Driving /Riding Training Techniques
- Road Safety Leadership & Work Attitude



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