



**COURSE TITLE** : Safe Motorcycle Riding for Workers  
**COURSE DURATION** : 2-day(s) / 14.00-hour(s) **COURSE CODE** : SMRW  
**COURSE CATEGORY** : Non-Competency **COURSE LEVEL** : Basic  
**HRD CORP SCHEME** : Claimable  
**COURSE FEE** : RM864.00 (inclusive of 8% SST)

**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 riding and control measure.
- iii. Acquire safe and correct skill and technique about defensive riding.

**2. TARGET GROUP(S):**

- i. Workers riding motorcycle for commuting and working.

**3. ENTRY REQUIREMENT(S):**

- i. Process valid license Class B2 (Approved by Malaysia Authority); **AND**
- ii. Physically and mentally fit to ride (may require doctor approval if necessary).

**4. TOPIC(S):**

- i. Act & Regulations.
- ii. Introduction to Motorcycle.
- iii. Road Hazard & Safe Motorcycle Riding.
- iv. Motorcycle Handling & Control.
- v. Accident & Emergency Management.
- vi. Maintenance & PPE.
- vii. Practical Sessions.

**5. LIST OF REFERENCE BOOK(S):**

- i. -




**6. LIST OF TEACHING AID(S):**

- i. LCD projector.
- ii. Computer.
- iii. White board with accessories.
- iv. Flip chart with accessories.

**7. LIST OF CLASSROOM ACTIVITIES:**

- i. Lecture.
- ii. Practical.

	<b>NATIONAL INSTITUTE OF OCCUPATIONAL SAFETY AND HEALTH</b>		
	COURSE SCHEDULE		
	Document No. NIOSH-PDD-CS-SMRW	Revision No. PDD161104	Page 3 / 4

**TAJUK KURSUS : KESELAMATAN PENUNGGANGAN MOTOSIKAL UNTUK PEKERJA**  
**COURSE TITLE : SAFE MOTORCYCLE RIDING FOR WORKERS**

**HARI PERTAMA/ DAY ONE**

TIME	HOUR	TOPIC	TRAINER / FACILITATOR
0830 - 0900	0.50	Pendaftaran dan Taklimat <i>Registration and Course Briefing</i>	NIOSH
0830 - 0900	0.50	Modul 1: Akta & Peraturan <i>Module 1: Act &amp; Regulation</i>	
0900 - 0930	0.50	Modul 2: Pengenalan Motorsikal <i>Module 2: Introduction to Motorcycle</i>	
0930 - 1030	1.00	Program Pencegahan Kemalangan Pekerja	PERKESO
1030 - 1045	0.25	MINUM PAGI/ MORNING TEA BREAK	
1045 - 1300	2.25	Modul 3: Hazad di Jalanraya & Keselamatan Menunggang Motorsikal <i>Module 3: Road Hazard &amp; Safe Motorcycle Riding</i>	
1300 - 1400	1.00	MAKAN TENGAHARI/ LUNCH	
1400 - 1500	1.00	Modul 4: Pengendalian & Pengawalan Motorsikal <i>Module 4: Motorcycle Handling &amp; Control</i>	
1500 - 1530	0.50	Modul 5: Pengurusan Kecemasan & Kemalangan <i>Module 5: Accident &amp; Emergency Management</i>	
1530 - 1600	0.50	Modul 6: Penyelenggaraan & Alatan Perlindungan Diri <i>Module 6: Maintenance &amp; PPE</i>	
1600 - 1615	0.25	MINUM PETANG/ AFTERNOON TEA BREAK	
1615 - 1700	0.75	Sesi Demonstrasi (Pemeriksaan Motorsikal) <i>Demonstration Session (Motorcycle Inspection)</i>	
	<b>7.00</b>	<b>TAMAT HARI PERTAMA/ END OF DAY ONE</b>	

**HARI KEDUA/ DAY TWO**

TIME	HOOR	TOPIC	TRAINER / FACILITATOR
0830 - 1030	2.00	Sesi Praktikal <ul style="list-style-type: none"> <li>• Pusingan lapan (8)</li> <li>• Membelok, Mengambil selekoh: condong bersama, condong keluar dan condong masuk</li> </ul>	
1030 - 1045	0.25	MINUM PAGI/ <i>MORNING TEA BREAK</i>	
1045 - 1300	2.25	Sesi Praktikal <ul style="list-style-type: none"> <li>• Teknik membrek dan pengawalan Motorsikal: Perlahan dan Kecemasan</li> <li>• Zig-zag</li> <li>• Slalom</li> <li>• Menunggang perlahan</li> </ul>	
1300 - 1400	1.00	MAKAN TENGAHARI/ <i>LUNCH</i>	
1400 - 1530	1.50	Sesi Praktikal <ul style="list-style-type: none"> <li>• Persembahan praktikal peserta</li> </ul>	
1600 - 1615	0.25	MINUM PETANG/ <i>AFTERNOON TEA BREAK</i>	
1615 - 1645	0.50	Sesi Praktikal <ul style="list-style-type: none"> <li>• Persembahan praktikal peserta</li> </ul>	
1645 - 1700	0.25	Rumusan & Penutup	
	<b>7.00</b>	<b>TAMAT KURSUS/ END OF THE COURSE</b>	