



# 4X4 OFF-ROAD DRIVING SKILLS TRAINING



**JOIN US NOW! 2025**



**PREREQUISITES**  
Working adults in possession of relevant and legal driving license

LOCATION	JANUARY	MARCH
<b>KUCHING</b>	20-21	3-4, 20-21
<b>SIBU</b>	N/A	6-7
<b>BINTULU</b>	23-24	10-11, 17-18
<b>MIRI</b>	27-28	13-14



**REGISTER NOW!**  
< Scan QR code >

## INTRODUCTION

Our 4x4 Off-Road Training is specially catered for anyone that uses or handles a 4x4 vehicle off-road as part of their work duties. They must understand how to best handle their vehicles safely and to their best advantage. With increasing level of dangers and risks on our roads today, even the most mundane of routines on the road can easily lead to fatal consequences if they do not practice appropriate driving techniques, skills and more importantly, habits.

As employees commute to work daily, be it to offices, urban work sites or a long journey along unsealed terrains to the rural project sites, each of your valued vehicle-operating employees are not only carrying out important responsibilities vital to your organisation's smooth operation, but they are also upholding the name of the company on the road.

This course is specially designed to not only equip your valued employee with critical 4X4 off-road-and-wheel knowledge, but with sustainable self-discipline habits, practices and practical skills on-the-wheel. This will help them in carrying out their respective duties by greatly minimising off-road negligence and maximising on-road cognizance.

## OBJECTIVES

- Develop drivers that adopt a comprehensive set of defensive driving habits in line with our driving laws in Malaysia.
- Equip drivers with the knowledge and a sound understanding of 4WD systems and operations of a 4X4 vehicle components.
- Equip drivers with the mental and physical aspects and expectations when handling 4x4 vehicles.
- Influence driver's habits, mindsets and attitudes through incorporating Hearts & Mind methodology.
- Develop good habits in drivers such as to conduct vehicle checks (pre & post; on & off-road) as part of safe journey management.
- Develop a sense of responsibility and ownership in drivers when handling corporate vehicles.
- Enable drivers to build log bridges, winching and perform water crossings.
- Equip drivers with the knowledge on how to respond to an emergency through following SOP or an emergency response plan.
- Help avoid accidents, reduce down-time and maintenance cost of the vehicles by equipping drivers with the skills and techniques to maneuver through different off-road challenges.

## LED BY EXPERT TRAINERS & FACILITATORS

Our lead trainer, Mr Suhaimy specialises in 4-Wheel Drive (4WD) 4X4 off road training since 2004. He is a senior trainer and instructor and frequently trains for companies with a large fleet of vehicles and drivers, major 4x4 events, tournaments, rainforest challenges as well as international events. Working through MRS, participants will now find this a great eye-opening skill training with consistently superb testimonials.



**Don't miss the excitement!**

# COURSE CONTENT

## Module 1

Basic Vehicle Inspection

- Vehicle Alarm Indicator

## Module 2

The 12 Crucial Defensive Driving Habits

## Module 3

Getting to Know Your 4-Wheel Drive (4WD) System

Demonstration of 4WD Component Operation  
Log Bridge & River Crossing

## Module 4

Types of Off-Road Terrain Tyres and Tyre Pressure for Off Road

## Module 5

Off-Road Terrain and Gear Usage

- Emergency Response on Slope

## Module 6

Defensive Driving

## Module 7

Journey and Risk Management

## Module 8

Mental and Physical (*In Classroom Module*)

## Module 9

Hearts and Minds (*In Classroom Module*)

## Module 10

Basic Convoy Rules and Communications

## Module 11

Winching Techniques and Recovery

In Classroom Module



Vehicle Inspection



Recovery Tools Display & Demonstration



# FEATURES OF TRAINING

1. Pre & Post Quiz on 4x4 vehicle handling knowledge
2. Internalised learning with simulation activities
  - a. Head Turn Check (Blind Spots)
  - b. Safe Stopping Distance
  - c. Influence of drugs and alcohol on driving
3. Understanding 4WD systems, component and operations
4. Real hands-on experience on off-road driving with live commentary and 1 to 1 personal coaching
5. Sufficient practice for new skills learnt:
  - Proper wheel steering, tyres, tyre pressure
  - Terrain & gear usage
  - Log bridge building
  - Water crossing
  - Vehicle recovery
6. Able to conduct vehicle checks (pre & post; on & off road) as part of safe journey management. This also reduces high vehicle maintenance and repair expenses

River Crossing



Rock Crawl



Low Mud



Marking River Path



Side Slope



Variable Hills Climb



Side Slope

Variable Hills Climb

Log Bridge Building



Bridge Crossing & Hand Signal



Ground Anchor



Winching



Basic Convoy



**WHAT OUR CLIENTS SAY**

"I learned to use low gear for challenging terrains. It was fun to build bridge out of trees with team using techniques taught by Cikgu Suhaimy. Thank you MRS for coordinating the training efficiently"

**Azyan Abdullah, Sarawak Energy Berhad, 2021**

"Dapat ilmu baru tentang 4x4 dan pengalaman menarik walaupun singkat."

**Alvin bin Kiong, Jabatan Pertanian Sarawak, 2024**

"This program is very relevant to our job when it comes to driving on different terrains and obstacles. The trainers provide us with the experience and suggests the best recovery tools for 4x4."

**Jackie Yohanes, Sarawak Forestry Corporation Sdn Bhd, 2018**

"Menjadikan saya lebih proaktif ketika berlaku kecemasan atau bantuan diri sendiri ketika menangani masalah 4WD di kawasan pedalaman"

**Ezekiel Thomas James, Sarawak Energy Berhad, 2022**

"Lebih confident apabila berdepan dengan situasi pelbagai bentuk jalan raya dan muka bumi"  
**Charles Sylvester Chia Ah Pin, Sabah Tourism Board, 2019**

"I gained knowledge about how to apply correct gear. Knowledge about 4x4 driving skills."

**Maxwell Anak Nyukim, Sarawak Energy Berhad, 2024**

"The best instructor. Hopefully this kind of course will be held again."

**Muhammad Asyraf Thaqif, Sarawak Energy Berhad, 2024**



"This training gives us exposure on how to use some of the equipment and driving off road with proper guidance. This will give us experience and make us feel more confident."

**Caius Graham, Nor Power Sdn Bhd, 2022**

"Practical, mencabar dan dapat mendalami lagi ilmu dalam pengendalian 4x4."

**Junin Bin Angkusong, Sabah Park, 2024**

The Organiser reserves the right to make any amendments that are deemed necessary in the best interest of the workshop.

**REGISTRATION FORM**

Please register me/us for the workshop on

**4X4 OFF ROAD DRIVING SKILLS TRAINING**

**2025**

**KUCHING**

- Jan 20-21
- Mar 3-4
- Mar 20-21

**SIBU**

- Mar 6-7

**BINTULU**

- Jan 23-24
- Mar 10-11
- Mar 17-18

**MIRI**

- Jan 27-28
- Mar 13-14

Do you intend to utilize HRDCorp Levy for this program? **Yes / No**

Upon submission of this form, I have read and accepted the terms & conditions of this registration

**Participant 1**

Name : .....  
Position : .....  
Contact : .....  
Email : .....

**Participant 2**

Name : .....  
Position : .....  
Contact : .....  
Email : .....

**Participant 3**

Name : .....  
Position : .....  
Contact : .....  
Email : .....

Company : .....  
Address : .....  
Tel : ..... Fax : .....

**Nominating Person**

Name : .....  
Position : .....

**Approving Person**

Name : .....  
Position : .....

Invoice Attention to : .....

Email : .....

**INVESTMENT FEE (Per Participant)**

Early Bird Rate: **RM 2980**

Normal Rate : **RM 3180**

\*The fee is not yet inclusive of 8% SST

**CLOSING DATE OF REGISTRATION**

**EBR:**  
One month before commencement of the course

**NR:**  
One week before commencement of the course

**TERMS & CONDITIONS:**

1. Fees are inclusive of programme materials, refreshments, luncheons and certificate.
2. Outstations participants are advised to call MRS before making any air-travels and hotel payments. MRS shall not be liable for any loss or damage, costs or additional charges that may arise from the failure to confirm with us before making such arrangements.
3. Payment, Confirmation & Admission  
An invoice shall be issued upon receipt of your registration form. Payment is required by the early bird rate closing date or other dates stated on the invoice, whichever is applicable. Full payment is expected prior to the commencement of the course. We reserve the right to refuse admission for registration that remains unpaid. A Letter of Undertaking may be acceptable with prior notice and consent.
4. Substitution/Replacement of Participants  
Substitutions are allowed at no extra charge provided MRS is notified in writing at least 5 working days prior to the course wherein any substitution proposed thereafter, MRS may reserve its right to disallow such proposal, and any substitution which may be accorded thereafter (if any), MRS reserves its right to add an additional charge thereto.
5. Cancellation of Participants

For Paid Registrations	For Unpaid Registrations
<ul style="list-style-type: none"> <li>• 30 days before course: Full refund or transferable</li> <li>• 14 days before course: Refund minus 15% admin fee or transferable</li> <li>• Less than 14 days before course: No refund but transferable</li> <li>• No show: No refund and not transferable</li> </ul>	<ul style="list-style-type: none"> <li>• 30 days before course: No applicable admin fee</li> <li>• 14 days before course: 15% admin fee chargeable</li> <li>• Less than 14 days before course: Full fees chargeable and transferable</li> <li>• No show: Full fees chargeable and not transferable</li> </ul>

\*Transferable - to a similar or different course with the necessary top up fee should the course transferred to, is of a higher value

**6. Postponement**

While all care shall be taken to carry on the course as scheduled, there may be circumstances that may deem it necessary for MRS to postpone or merge with another similar course. In such instance, participants hereby indemnify and holds MRS harmless from any cost incurred. Payment received will not be refunded but can be credited to MRS's other courses.

**7. Permanent Cancellation**

In the event of a permanent cancellation by MRS of a course and provided the event is not postponed to a later date or merged with another course, a full refund shall be made for paid registrations and no applicable admin fee for unpaid registrations. Participants hereby indemnify and holds MRS harmless from any cost incurred.

8. Participants have read and consent to MRS processing the registration data in accordance with the Personal Data Protection Notice posted on www.trainingprovider.org. As such, they have discharged their responsibility of ensuring the information provided herein is the most up-to-date information as possible.

**MRS MANAGEMENT SDN BHD (275222-P)**

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Signature & Company Stamp

Date

www.trainingprovider.org

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