



Safe Driving at Work / Defensive Driving (OPITO)

UT-OGI-015

Course Aim & Objective

The aims and objectives of the training are to ensure that all personnel required to use a company vehicle to travel on company business achieve the following:

- Awareness of the risks to which they are exposed and how they are managed
- An understanding of relevant driving related laws/ regulations and safety issues
- Effective journey management and assessing vehicle condition
- An understanding of safe driving techniques and procedures



Course Content

Theory covers the following subjects:

- Basic road safety concepts and the key principals of defensive driving
- Understanding of how a driver attitudes, motivations, and risk taking behavior can affect that driver's safety and safety of other road users.
- Local driving-related laws and regulations, environment, culture and local conditions
- Road laws and the introduction of any new laws
- The legal documents that must be carried with the vehicle
- The risks involved in day-to-day driving
- Common causes of road collisions
- Local driving hazards and factors that can affect driver's ability to drive
- Vehicle safety features
- Importance of correctly inflated tires and the condition and type of tires
- Various road signs and road markings identification
- The importance of vehicle maintenance and using roadworthiness checks
- Vehicle familiarization procedures
- The importance of pre-planning the journey
- Vehicle breakdown and emergency procedures





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- Vehicle refueling
- Bleeding control

Practical exercises facilitate to drivers in:

- Basic Vehicle dynamics
- The correct systems of car control: seating, vision, and steering
- Correct braking techniques for both ABS and non-ABS vehicles
- Skid causation, basic skid control, and skid prevention
- Raising the drivers level of awareness in relation to speed, reaction times and stopping distances
- Learn how the vehicle react in emergency situations

Company driving policy and standards (if required by a company)

Dedicated personnel

- Persons working

Assessments

- 4 hours theory, 1 hour vehicle inspection and followed by individual practical driving assessment.
- This assessment will take 1.5 hours, and personalized report will be produced. Scheduling is either directly after the theory, OR the following days.
- Driving assessment will be done in Driver's own vehicle, with the UT Assessor as a Passenger.

Company need to arrange vehicle for practical

2 Days Training

Class Size: *Minimum 2 delegates*

Language: English/ Myanmar

Standard: UT approved (Based on OPITO Standard)

Location: Uniteam Training Center (85, Pan Hlaing Street, Sanchaung)

Pre-requisites: NRC Scanned copy, 2 passport size photos, Valid Driving License



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Certificate: No Validity with OPITO certificate (**Recommended only:** It is recommended that company drivers are put through the “Safe Driving at Work training and Assessment” every **two years** to ensure that skill and knowledge of the driver is checked.)

Require car safety equipment: Seat Belts for drivers and passenger/ first aid kit/ tool box/ safety cone or triangle/ spare wheel/ jack/ fire extinguisher/ torch light

What is included?

- Course materials
- PPE provide
- Course handouts
- Writing pad & pen
- Refreshments

Contact:

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Business Development Department

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