

Cockpit Checks

To be done EVERY time you enter the car and BEFORE you start the engine

Doors

Ensure all doors are closed

Door mirrors Interior light Dashboard warning.

Seat

Ensure seat is adjusted correctly, Forward/Backward, Height, Rake

Head restraint, Comfortable, Reach all controls, Leg slightly bent when clutch fully depressed.
Arms slightly bent when steering wheel held correctly.

Centre of head in line with centre of head restraint

Steering Wheel

Ensure steering wheel is adjusted correctly – In/Out - Up/Down

Adjust in conjunction with the seat

Arms slightly bent when steering wheel held correctly

Seat Belt

Ensure seat belt is fastened – No twists

Passengers (Legal responsibility if under 14)

Mirrors

Ensure all mirrors are adjusted correctly

Door mirrors approx 2 of car road meets sky in centre of mirror

Interior mirror frame back window