

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 the 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
 - Adjusted 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 cm of car
 - Road meets sky in centre of mirror
- Interior Mirror
 - Frame back window