



Cockpit drill (DSSSM)

Cockpit drill is a procedure we go through before we start the engine. It is important that the routine is carried out in a logical order so we do not end up having to make adjustments after we have started to drive.

DOORS: Take care when walking into the road and before opening the driver's door as opening a door carelessly can put you and others in danger. It may force them to brake or swerve and could cause an accident. Once you have got in to the car make sure that all doors in the vehicle are securely closed. You are responsible for the safety of your passengers. A door not properly shut may fly open as you drive along.

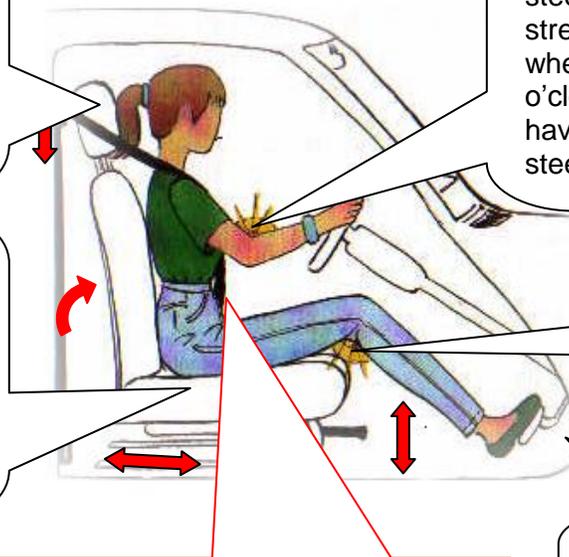
SEAT

Your **head restraint** should be set so that centre of your head and middle of the head restraint are at the same height.



You should be able to reach the steering wheel without having to stretch out to reach the steering wheel (Hold your wrists at 12 o'clock and check to see if you have to stretch). Adjust the steering height if required.

(1) Adjust the seating position for comfortable steering. Don't sit too close or you may find it awkward to control the clutch pedal and you could knock your knee on **the underside of the steering wheel**.



If possible your knees should overhang the seat.

SEATBELTS - Ensure all seatbelts are correctly fastened. There should be no knots or twists in the belt. The law requires that all passengers wear seatbelts where fitted, unless they have an exemption certificate. It is the driver's responsibility that children under 14 have the seat belt fastened.

(1a) You should be able to push the pedal on the far left (clutch) down to the floor without having to stretch.



MIRRORS -You should be able to see clearly in the mirror with minimum head movement. When adjusting, hold the mirror keeping your fingers off the glass. Adjust the door mirrors so that the side of the car is just visible in order to reduce any 'blind spots'. The interior mirror is made of flat glass which gives you a true image of objects; the door mirrors are made of convex glass giving you a wider view but makes the object look smaller and further than it is.



Sequence for cockpit drill: - DOOR, SEAT, STEERING, SEAT BELT AND MIRRORS (DSSSM)