



**To move off safely follow these simple steps.**

To move off safely follow the POM routine

The acronym **POM** stands for the phrase:- Prepare, Observe and Manoeuvre. It means to get the car ready to go (**Prepare**). Perform the safety checks (**Observe**) and guide the car away onto the carriageway safely (**Manoeuvre**).

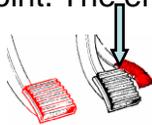
## Prepare

Start the engine, but before you start make sure that your hand brake is up and that the gear lever is in neutral

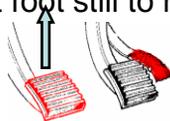
Once the engine is running, squeeze the clutch in as far as it will go then select first gear.



Set the gas by pressing the gas pedal to about the thickness of a pound coin and keep your right foot still at that point. The engine should sound slightly higher in pitch than normal.



Bring your clutch pedal up slowly until you feel the clutch plates bite or the engine note drops slightly. Keep your left foot still to reach what is known as the biting point.



With your left hand on the parking brake and your right hand on the steering wheel, carry out your observations (six point check).



When you find a suitable gap to fit into the flow of traffic release your parking brake and steer the car away from the kerb.



## Observations (Six point check)

### 1st point



Commence your observations by starting your left blind spot check followed by your left mirror  
Lookout for fast moving pedestrians, cyclists who are joining the road as well drivers emerging from drive ways and lay-bys.

### 2nd point



### 3rd point



Look ahead of you to see if you have the space to fit in to the flow of traffic.

### 4th point



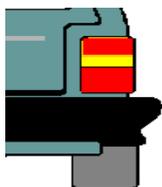
Look through your rear view mirror and look for space to fit into the traffic from behind.

### 5th point



Make sure that there no vehicle turning in from drive ways and side roads as well as moving away from your blind spot.

### 6th point



Whether you apply the signal or not will depend on what you see in your mirrors and ahead of you. Signal only if it would help or assist other road users. Signals should be used to benefit, not mislead other road users. Remember never use a signal to barge your way into the flow of traffic.



## Uphill Starts

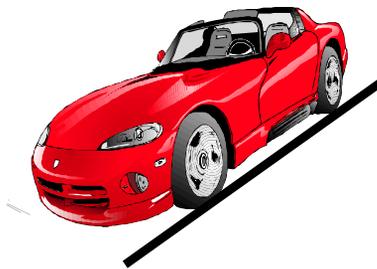


Moving off up hill demands good co-ordination of the gas pedal, clutch and handbrake, for the obvious reasons that without it you will roll backwards.

- Apply the normal (POM) routine for moving off away from the kerb.
- Give slightly higher gas than usual before bringing the clutch to the 'biting point'.
- Release the handbrake and let the clutch bite a little more (enough to get the car rolling forward, but not enough to cause the car to jerk).
- Give a bit more gas as the car moves off, ease the clutch as the car gathers speed.

Remember that it will be harder for the engine to overcome an extra load up the hill (like when you ride a cycle up a hill, you have to pedal a lot harder).

## Downhill Starts



- Engage gear, second gear is permissible if the hill is very steep.
- Press the clutch pedal right down and fully apply the footbrake.
- Carryout your POM routine and make sure it is safe to move off
- Release the handbrake and raise the clutch pedal so it is just below the biting point.
- Slowly release the footbrake, the car should begin to move.
- Ease your left foot of the clutch as the car gathers speed and transfer your right foot away from the brake pedal onto the gas. How much gas you need depends upon the steepness of the hill.

A steep down hill gradient may require you move away in second gear to reduce the engine braking.