



ENTERING AND EXITING THE VEHICLE.

When entering and exiting the vehicle, before you open either passenger door or drivers side door, **ALWAYS** look and take **FULL OBSERVATION** both up and down the footpath / road, to ensure it is safe to open the door.

Pedestrians, cyclists and children may be approaching on the footpath from the rear and vehicles can approach rapidly from behind your vehicle on the road.

Once you have considered it safe to do so, sit in your seat and close the door **IMMEDIATELY**, leaving it open can cause major damage and injury by passing vehicles.



COCKPIT DRILL - **DHSSSM**

These checks are made to ensure the safety of yourself, your passengers and other road users. Every time you sit in your vehicle, make sure that:

- 1/ All **D**oors are securely closed.

- 2/ The **H**andbrake is on securely. Check that the gear is set to Neutral. These are sometimes referred to as your 'safety checks.'

- 3/ The driving **S**eat is in the correct position
 - seat cushion positioned so that there is a slight bend in your left leg when the clutch pedal is pressed fully down.
 - The back of the seat (Rake) is positioned so that you have a slight bend in the elbows when the hands are on the **S**teering wheel at a "Ten to Two" position.
 - The head restraint should be adjusted so that the middle of the cushion is at eye level.



4/ **S**eat belts are on. No twists or kinks!

5/ The **M**irrors are correctly adjusted. Always adjust the mirror when sitting upright in your driving position. Keep your right hand on the steering wheel at "2 o'clock" while you check and adjust the mirror, never lean.

Adjust the centre mirror using the left hand on the left side of the frame. The rim of the centre mirror should "frame" the rear window and at the right edge may show your head restraint. Left and right door mirrors should show part of the side of the vehicle and have the horizontal black rubber strip of the rear window roughly centred on the short edge of the mirror.