

Cockpit Drill

Objectives – The aim of today’s lesson is to ensure that you know how to safely set up a vehicle so that you can 1) reach and use all the controls, 2) ensure you have good all round view and 3) have unrestricted view of the instrument panel.

Doors Seat Steering Mirrors Seatbelt

Doors

- | | |
|---|--|
| <input type="checkbox"/> Must be fully shut | <input type="checkbox"/> You are responsible for passengers safety |
| <input type="checkbox"/> Check mirrors / interior lights / warning lights | <input type="checkbox"/> Before opening check mirrors and blind spot |
| <input type="checkbox"/> High wind days, hold door with central hand | |

Seat

- | | |
|---|---|
| <input type="checkbox"/> Distance from pedals, click into place | <input type="checkbox"/> Height adjust to see bottom of mileage |
| <input type="checkbox"/> Rake angle for comfort | |
| <input type="checkbox"/> Head restraint (not Head rest) | <input type="checkbox"/> Anti whiplash |
| | <input type="checkbox"/> Gap to head |
| | <input type="checkbox"/> Top to top |

Steering

- | | |
|---|---|
| <input type="checkbox"/> Adjuster under wheel | <input type="checkbox"/> 10 to 2 or ¼ to 3 |
| <input type="checkbox"/> Arms Bent | <input type="checkbox"/> Thumbs up |
| <input type="checkbox"/> Lightly hold to get airflow on palms | <input type="checkbox"/> Can see over wheel and all the dials clearly |
| <input type="checkbox"/> Airbag 10 inches | <input type="checkbox"/> Demo Pull/Push Steering |

Mirrors

- | | |
|--|--|
| <input type="checkbox"/> 5 Mirrors | <input type="checkbox"/> Used in pairs and triples |
| <input type="checkbox"/> Flat internal | <input type="checkbox"/> True representation of distance |
| | <input type="checkbox"/> Frame entire rear window |
| <input type="checkbox"/> Convex External | <input type="checkbox"/> Dimmer switch |
| | <input type="checkbox"/> Left, see side of car so can see following car internally and externally, door and seal, 70/30, ref point |
| | <input type="checkbox"/> Right, similar look |
| | <input type="checkbox"/> See wide angle but small images |
| <input type="checkbox"/> Demo Blind Spot | <input type="checkbox"/> Colour or movement |

Seatbelt

- | | |
|--|--|
| <input type="checkbox"/> Legal requirement – Everyone must use a seatbelt where fitted unless medically except | <input type="checkbox"/> You are responsible for those under 14 |
| <input type="checkbox"/> 14 and over it is their responsibility | <input type="checkbox"/> Suggest you don’t drive if someone is unbuckled |
| <input type="checkbox"/> Twisted belt | <input type="checkbox"/> Inertia reel |
| <input type="checkbox"/> No tears or frays in belt | |

Lesson Recap

- | |
|---|
| <input type="checkbox"/> How would you know if a door is open? |
| <input type="checkbox"/> How do you know when your head restraint is in the correct position? |
| <input type="checkbox"/> How should you hold the steering wheel? |
| <input type="checkbox"/> If I was turning right, which mirrors would I check as a minimum? |