

## 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