



The 3 main Driving Routines (Automatic):

The cockpit drill: **DSSSM**

Doors – check all closed

Seat – Height – Eyes centre of windscreen

Runner backward and forward - Gas pedal can be pushed down fully

Head restraint – Eyes level with middle of restraint

Steering – hold at 10-2 with slight bend at elbows, adjust back rest if needed

Seatbelts (All!) – on with no twists and check height across shoulder

Mirrors – adjust all 3 with minimal head movement

Moving off from a parked position: **POM**

Preparation – Foot on brake, select drive and release handbrake

Observation – 6 point check, checking blind spot in direction moving last

Manoeuvre – signal if necessary, gas if needed, and steer to normal position

Systematically approach to junctions: **MSPSL**

Mirrors – always in pairs, interior then exterior

Signal – In good time, to inform others, not mislead

Position – 1m from kerb (turning left), or just left of centre (turning right)

Speed – off gas and progressively brake to a safe speed, giving you time to look

Look – **A**ssess the situation, **D**ecide, how to **A**ct whether to (**LADA**):

Plan A = Go if safe

Plan B = Delay getting there to allow more time to assess and hopefully go back to Plan A, but if not safe then:

Plan C = Come to a controlled and progressive stop