



The 3 main Driving Routines:

The cockpit drill: DSSSM

Doors – check all closed

Seat – clutch down fully and comfortable. Head restraint correct height

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

Seatbelt – 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 – Clutch down and select 1st gear, set Gas, find biting point

Observation – 6 point check, left blind spot to right blind spot

Manoeuvre – signal if necessary, parking brake off, and steer

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 brake to a safe speed, giving you time to look

Look – Assess the situation, **D**ecide which gear is needed, **A**ct (change gear)