

PRE-DRIVE CHECKS BEFORE YOU START DRIVING



1. Adjust seat

Make sure your chin is roughly level with top of steering wheel and hands level with shoulders. The reach to the pedals should be comfortable, do not bring your body 'in' to meet the pedals, adjust seat so that you can place your foot UNDER the brake pedal. When using pedals your heel should be used as a pivot to prevent foot and legs from stretching and therefore tiring.

2. All mirrors adjusted.

All 3 mirrors adjusted properly means the rear view (inside mirror) is set to frame the rear window. The two outside mirrors set to see just the back of your vehicle's fenders (if you are a novice driver)

Note: You will still have a blind spot that you need to shoulder check when lane changing.



3. Adjust steering wheel.

Your steering wheel should be adjusted so that your hands are approximately 10 (o'clock) and 2 (o'clock) on the wheel and level with shoulder if this is not possible use cushions to adjust your height.

Note: Remember to not sit closer than 25 centimetres to steering wheel because of the danger from an exploding air bag.



4. Head restraint adjusted.

The 'head-rest' should *always* be adjusted to the back of the head above the neck to prevent whiplash and back injuries.



5. Seat belts on last and fitted correctly over your body.



*Dashboard and vehicle interior free from loose objects.

Anything loose like accessory bags, groceries etc should be in the trunk or between the rear of front. Seat and front of back seat and fitted so that it cannot be dislodged and become a dangerous missile in a Collision, and everything adjusted before you leave. (All music, heat / air conditioning etc)

