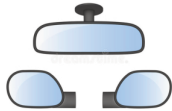


# MSPSL

MIRRORS . SIGNAL . POSITION . SPEED . LOOK

M

## MIRRORS



Approaching a hazard or junction or before changing speed or direction the **FIRST** thing to do is to check your mirrors

S

## SIGNAL

Having checked your mirrors give a signal if necessary to let other people know your intentions



P

## POSITION



Consider what steering you need to do and take up the correct road position

S

## SPEED

Slow down and then select correct gear (manual cars) for the new speed.



L

## LOOK



LOOK  
ASSESS  
DECIDE  
ACT



L  
A  
D  
A

# POM

Manual Vehicles

PREPARATION . OBSERVATION . MANOEUVRE

P

## PREPARATION



Clutch - down to the floor



Select Gear



Set the gas

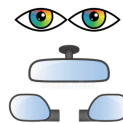


Ease the clutch up to the biting point

O

## OBSERVATION

Check all around that it is clear including all mirrors and blind spot checks



Signal if necessary



M

## MANOEUVRE



Release the handbrake



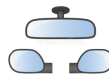
Ease clutch up while



Gently increasing gas



Steer away from kerb and straighten up



Cancel signal & Check mirrors

The POM routine is used in many different situations  
This infographic shows how to put in into practice when pulling away

# POM

Automatic Vehicles

PREPARATION . OBSERVATION . MANOEUVRE

P

## PREPARATION



Depress brake pedal

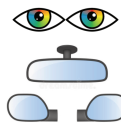


Select Drive

O

## OBSERVATION

Check all around that it is clear including all mirrors and blind spot checks



Signal if necessary



M

## MANOEUVRE



Release handbrake



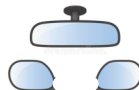
Ease off brake pedal



Increase gas



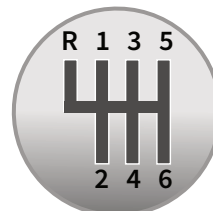
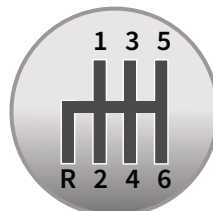
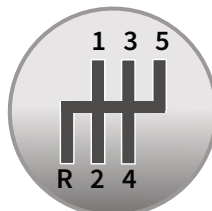
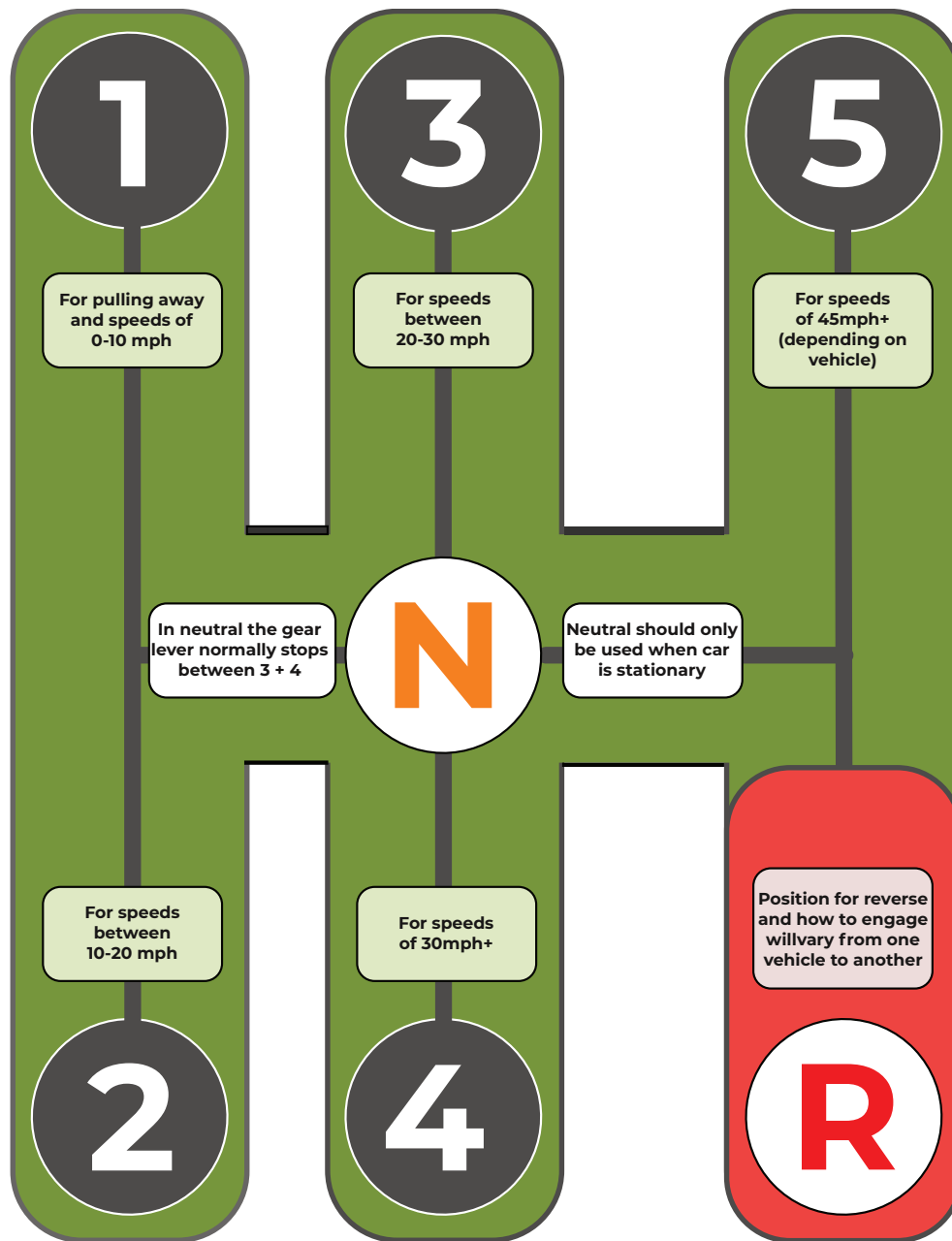
Steer away from kerb & straighten up



Check Mirrors  
Cancel Signal

The POM routine is used in many different situations  
This infographic shows how to put in into practice when pulling away

# Gears



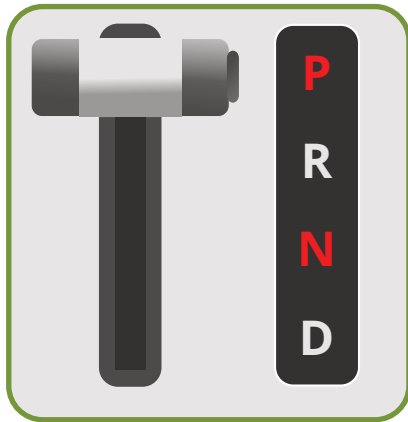
These are some of the most common gear stick layouts

The above suggested speeds are a guideline only and correct gear will depend on factors such as:

- your vehicle
- the slope of the road (steeper hills need lower gear)
- amount of acceleration required (lower gear to build speed quickly)

# Automatics

Here are some of the more common gear shift layouts for automatic cars



## Park

When **Park** is selected, the car's gears are locked which stops the car from rolling.

## Reverse

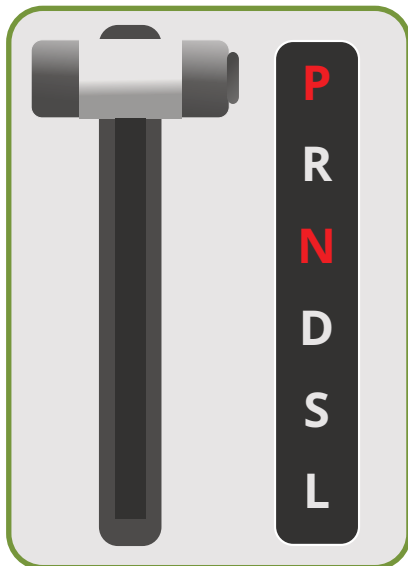
Select to **Reverse**. In most cases the car will "creep" unless you brake.

## Neutral

**Neutral** - no gear is selected but there's no transmission so the car can roll.

## Drive

By selecting **Drive**, the forward gears are engaged. If you select 'D' the automatic transmission will do gear changes for you.



## Park

## Reverse

## Neutral

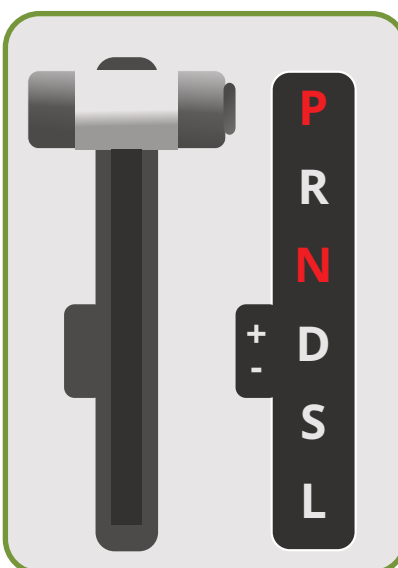
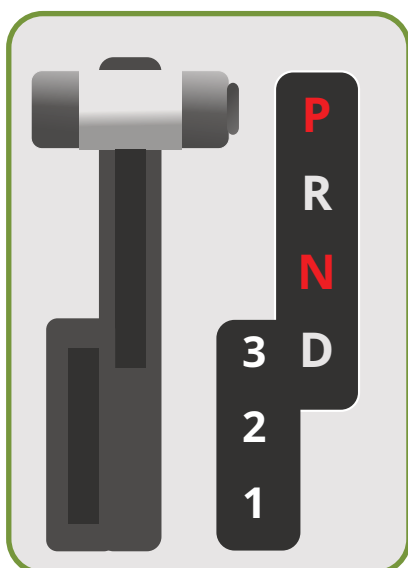
## Drive

## Sport

**Sports** mode is similar to 'Drive' except that the car stays in lower gear for longer to give better acceleration.

## Low

Selecting **Low** prevents the gears changing up. Low gears give the car more pulling power, for instance for going up a steep hill.



Some cars have the facility to select gears manually either using + or - or numbered gears. In some cars this may be marked **M** for manual.

# Stopping Distances



Thinking Distance = Black

Braking Distance = White

The above stopping distances are for braking in good conditions

- Stopping distance x2 in wet conditions
- Stopping distance x10 in icy conditions

Source: Highway Code

# Top 10 Reasons for Failing the Test

1

## 1. Not making effective observations at junctions

The candidate must:

- make effective observations before moving into a new road
- make sure it is safe before proceeding

2

## 2. Not using mirrors correctly when changing direction

The candidate must:

- make full and effective use of all the mirrors
- check the mirrors carefully before signalling, changing direction or changing speed
- use the 'mirror - signal - manoeuvre' routine effectively

3

## 3. Not having proper control of the steering

The candidate must be able to steer the car as smoothly as possible. You must steer at the appropriate time - steering early or late can cause the car to hit the kerb or swing out towards another road user.

4

## 4. Incorrect positioning when turning right at junctions

The candidate must be able to position the car as close to the centre of the road as is safe.

5

## 5. Not moving off safely

The candidate must be able to move off safely while making the correct observations:

- from the side of the road
- on a slope or hill (gradient)
- from behind a parked vehicle, so you have to move off at an angle

6

## 6. Not responding appropriately to traffic lights

The candidate must act correctly at traffic lights, checking that the road is clear before you proceed when the green light shows.

7

## 7. Poor positioning on the road during normal driving

The candidate must be able to:

- position the car correctly for your intended route
- position the car in the middle of marked lanes
- only change lanes when necessary

8

## 8. Not responding correctly to traffic signs

The candidate must be able to understand and be able to react to all traffic signs.

9

## 9. Not having control of the vehicle when moving off

The candidate must be able to move off under control, including on a slope or hill (gradient), from behind a parked vehicle and at junctions.

10

## 10. Not keeping control of the vehicle during reverse parking

The candidate must be able to control the car accurately when you:

- parallel park at the side of the road
- reverse to park in a parking bay

# Tell Me Questions

- 1. Tell me how you'd check that the brakes are working before starting a journey.** Brakes should not feel spongy or slack. Brakes should be tested as you set off. Vehicle should not pull to one side.
- 2. Tell me where you'd find the information for the recommended tyre pressures for this car and how tyre pressures should be checked.** Manufacturer's guide, use a reliable pressure gauge, check and adjust pressures when tyres are cold, don't forget spare tyre, remember to refit valve caps.
- 3. Tell me how you make sure your head restraint is correctly adjusted so it provides the best protection in the event of a crash.** The head restraint should be adjusted so the rigid part of the head restraint is at least as high as the eye or top of the ears, and as close to the back of the head as is comfortable. Note: Some restraints might not be adjustable.
- 4. Tell me how you'd check the tyres to ensure that they have sufficient tread depth and that their general condition is safe to use on the road.** No cuts and bulges, 1.6mm of tread depth across the central three-quarters of the breadth of the tyre, and around the entire outer circumference of the tyre.
- 5. Tell me how you'd check that the headlights and tail lights are working. You don't need to exit the vehicle.** Explain you'd operate the switch (turn on ignition if necessary), then walk round vehicle (as this is a 'tell me' question, you don't need to physically check the lights).
- 6. Tell me how you'd know if there was a problem with your anti-lock braking system.** Warning light should illuminate if there is a fault with the anti-lock braking system.
- 7. Tell me how you'd check the direction indicators are working. You don't need to exit the vehicle.** Explain you'd operate the switch (turn on ignition if necessary), and then walk round vehicle (as this is a 'tell me' question, you don't need to physically check the lights).
- 8. Tell me how you'd check the brake lights are working on this car.** Explain you'd operate the brake pedal, make use of reflections in windows or doors, or ask someone to help.
- 9. Tell me how you'd check the power-assisted steering is working before starting a journey.** If the steering becomes heavy, the system may not be working properly. Before starting a journey, 2 simple checks can be made.  
Gentle pressure on the steering wheel, maintained while the engine is started, should result in a slight but noticeable movement as the system begins to operate. Alternatively turning the steering wheel just after moving off will give an immediate indication that the power assistance is functioning.
- 10. Tell me how you'd switch on the rear fog light(s) and explain when you'd use it/them. You don't need to exit the vehicle.** Operate switch (turn on dipped headlights and ignition if necessary). Check warning light is on. Explain use.
- 11. Tell me how you switch your headlight from dipped to main beam and explain how you'd know the main beam is on.** Operate switch (with ignition or engine on if necessary), check with main beam warning light.



## Tell Me Questions (under bonnet)

- 12. Open the bonnet and tell me how you'd check that the engine has sufficient oil.**  
Identify dipstick/oil level indicator, describe check of oil level against the minimum and maximum markers.
- 13. Open the bonnet and tell me how you'd check that the engine has sufficient engine coolant.**  
Identify high and low level markings on header tank where fitted or radiator filler cap, and describe how to top up to correct level.
- 14. Open the bonnet and tell me how you'd check that you have a safe level of hydraulic brake fluid.**  
Identify reservoir, check level against high and low markings.

## Show Me Questions

- 15. When it's safe to do so, can you show me how you wash and clean the rear windscreen?**
- 16. When it's safe to do so, can you show me how you wash and clean the front windscreen?**
- 17. When it's safe to do so, can you show me how you'd switch on your dipped headlights?**
- 18. When it's safe to do so, can you show me how you'd set the rear demister?**
- 19. When it's safe to do so, can you show me how you'd operate the horn?**
- 20. When it's safe to do so, can you show me how you'd demist the front windscreen?**
- 21. When it's safe to do so, can you show me how you'd open and close the side window?**

## REFLECTIVE LOG

Date

Goals for this lesson

What went well

Things to improve

Before next time I will ...

Goals for next time

Any other comments

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## REFLECTIVE LOG

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© ADINinja.com

Name

Address

Phone

Email

Licence Number

Eyesight & Health

Previous Experience

Theory

Practical

Topic	Introduced	Practiced	Test Ready
Controls			
Move Off & Stop			
Hill Starts			
Angled Starts			
Mirrors			
Road Signs & Markings			
Giving Signals			
Turn Left			
Turn Right			
Emerge Left			
Emerge Right			
Roundabouts			
Mini Rbouts			
Crossroads			
Traffic Lights			
Emergency Stop			
Turn in Road / Rev C			
Pull Up Right Rev			
Forward Bay			
Reverse Bay			
Parallel Park			
Speed			
Road Positioning			
Meet & Cross			
Overtake			
Hazard Awareness			
Pedestrian Crossings			
Dual Carriageways			
Motorways			
Rural Roads			
Weather. Fuelling . Lights			
Independent Driving			
Show Me Tell Me			
Mock Test			

Date	Goal	Achieved	To Improve	Next Time