

Basic Controls and Seating

# Locating Basic Controls1

Supplies: Checklist of basic vehicle controls.

Instructions:

Divide class into groups of three; have each respond with simulation to the checklist command for locating the controls.

Checklist:

* Steering wheel
* Steering wheel adjustment lever
* Gear selector lever
* Stick shift gear lever
* Ignition and starter switch
* Cruise control
* Parking brake
* Clutch pedal
* Foot brake pedal
* Accelerator pedal

HINT: Move slowly through the list, watch for errors in performance. Repeat as necessary until all students are performing correctly.

# Proper Posture for Vehicle Control and Comfort

Supplies: Student chairs.



Instructions:

Have the students practice appropriate seating posture for control and comfort:

* The chair is the driver’s seat.
* Lean slightly forward, slide all the way to the back of the seat, sit up straight (Photo A).
* Ask: Can you feel the support for your back?
* Now slouch down in the chair now (Photo B).
* Ask: Do you feel the lack of support to your back?
* Repeat again for comparison.
* Ask: How could this affect your vision?
	+ Is your hand position affected?