VEHICLE MAINTENANCE CHECKLIST

Vehicle System or Part	Check Weekly	Check Monthly	Every 2 Months	Special Notes
Air Filter			×	Replace it when it's dirty or as part of a tune-up. It is easy to reach, right under the big metal "lid", in a carbureted engine; or in a rectangular box at the forward end of the air duct hose assembly.
Antifreeze	×			Some cars have transparent reservoirs with level markings. Fill to level marking with 50/50 solution of antifreeze and water. Caution : Do not remove the pressure cap when engine is hot. Add the approved fluid type only when needed.
Battery				Use extreme caution when handling a battery since it can produce explosive gases. Do not smoke, create a spark or light a match near a battery and always wear protective glasses and gloves. Have it checked with every oil change. Cable ends should be free of corrosion. If battery has filler holes, add only clear odorless drinking water.
Belts		×		Replace worn, glazed or frayed belts. Tighten them when more than 1/2" of slack can be depressed between the pulleys. Vehicles with spring loaded belt tensioners require no adjustment.
Brake Fluid		×		First, wipe dirt from the brake master cylinder reservoir lid. Pry off the retainer clip and remove the lid or unscrew plastic lid, depending on which type your vehicle has. If you need fluid, add the approved type and check for possible leaks throughout the system. Fill to mark on reservoir. Caution: Do Not Overfill.
Engine Oil				Remove the dipstick, wipe it clean. Insert it fully and remove it again. If it is low, add oil. To maintain peak performance, change oil every 3,000 miles or 3 months, whichever comes first. Replace oil filter with every oil change.
Exhaust				Look underneath for loose or broken exhaust clamps and supports. Check for holes in muffler or pipes. Replace rusted or damaged parts. Have emission checked at least once every two years for compliance with local laws.
Hoses		×		Replace bulging, rotten or brittle hoses and tighten clamps. If a hose looks bad, or feels too soft or too hard, it should be replaced.
Lights				Be sure all your lights are clean and working, including brake lights, turn signals and emergency flashers. Keep spare bulbs and fuses in your vehicle.
Oil Filter				To maintain peak performance, change oil every 3,000 miles or 3 months, whichever comes first. Replace oil filter with every oil change.
Power Steering Fluid		×		Check power steering fluid level once per month. Simply remove the reservoir dipstick. If the level is down, add fluid and inspect the pump and hoses for leaks.
Shock Absorbers				Look for signs of oil seepage on shock absorbers, test shock action by bouncing the car up and down. The car should stop bouncing when you step back, Worn or leaking shocks should be replaced. Always replace shock absorbers in pairs.
Tires		×		Keep tires inflated to recommended pressure (it helps to have your own gauge). Check for cuts, bulges and excessive tread wear. Uneven wear indicates tires are misaligned or out of balance. Keep a record of tire rotation. Rotate at the first 5,000 miles and every 7,500 miles thereafter.
Transmission Fluid		×		Check transmission fluid monthly with engine warm and running, and parking brake on. Shift to drive, then to park. Remove dipstick, wipe

Vehicle Maintenance Inspection Checklist

David Lowe

Vehicle Maintenance Inspection Checklist:

Fundamentals of Automotive Maintenance and Light Repair Kirk VanGelder,2019-01-21 Designed to prepare new technicians for ASE G1 Certification Fundamentals of Automotive Maintenance and Light Repair Second Edition covers the foundational theory and skills necessary to prepare entry level technicians to maintain and repair today s light duty vehicles

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driver smart card further legal updates include the eu driver training directive and the new road safety bill which will introduce tougher penalities and new powers to seize and dispose of uninsured vehicles Lowe's Transport Manager's and Operator's Handbook 2012 David Lowe, 2011-12-03 This best seller for busy fleet operators now in its 42nd edition provides essential information and advice on transport legislation technical standards and goods vehicle operations Lowe s Transport Manager's and Operator's Handbook is a truly comprehensive guide to the legal operational and environmental factors that are of the utmost importance in today s road transport industry including professional competence working times and driving hours rules speed cameras and penalties the international road haulage market and drugs testing for drivers The Handbook is the essential reference source for any transport manager fleet operator owner driver haulier or student with an involvement in the industry The Money Source: A Blueprint for Wealth Creation Marcus Edward Bond, 2023-09-29 Defining Wealth Wealth is a multifaceted concept that extends beyond a mere accumulation of financial resources It encompasses a state of abundance in various aspects of life including financial material intellectual emotional and social True wealth is not solely measured by the size of one s bank account but by the overall well being security and fulfillment it provides Wealth can manifest in several forms Financial Wealth This is the most visible aspect involving money investments assets and income Financial wealth provides the means for pursuing goals and securing one s future Material Wealth Possessions such as real estate vehicles jewelry and valuable collectibles contribute to material wealth While these items hold value they are just one facet of overall prosperity Intellectual Wealth Knowledge education and skills are invaluable assets that can lead to financial success and personal growth Intellectual wealth empowers individuals to seize opportunities and make informed decisions Emotional Wealth Emotional well being contentment and fulfilling relationships are vital components of wealth Money alone cannot buy happiness or emotional fulfillment Time Wealth Wealth is also measured by the control individuals have over their time The ability to allocate time to pursue passions interests and personal growth is a form of wealth Social Wealth A rich social network encompassing friends family and professional connections can provide support opportunities and happiness Strong relationships are a form of wealth Health Wealth Good health is often overlooked but is one of the most valuable forms of wealth It enables individuals to enjoy life work towards their goals and make the most of their resources **Analytical Fleet Maintenance Management** John E Dolce, 2009-06-04 This new edition of Analytical Fleet Maintenance Management the first update in more than a decade details state of the art technologies that can benefit fleet managers and reviews the latest best practices in fleet maintenance management This third edition contains new chapters on fleet management leadership and facility design and maintenance as well as updated arithmetic formulas throughout the book Occupational Health and Safety Management Charles D. Reese, 2003-02-11 Drawing on author Charles Reese's 23 years of experience as a safety manager and educator Occupational Health and Safety Management A Practical Approach presents a total management approach to a broad range of issues in occupational health and safety Reese

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web sample schedule page 5 introduction my workout system and chart may seem easy and that is fine by me if you think that the funny thing is in all my years of high jumping i routinely beat guys that were stronger when training for the high jump think about the motion of jumping you start with long bounding strides a powerful

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season pre season and in season and two versions one for high school athletes and