

# SETTING UP YOUR MIRRORS BEFORE A ROAD TRIP

**GOOD VISUAL SEARCH HABITS REQUIRE PROPER POSITIONING AND USE OF MIRRORS LOCATED INSIDE AND OUTSIDE A VEHICLE.**

**ONE OF THE WAYS YOU CAN PROTECT YOURSELF WHILE ON A ROAD TRIP IS BY MAKING SURE YOUR VEHICLE'S SIDE AND REAR-VIEW MIRRORS ARE POSITIONED FOR MAXIMUM ROAD VIEW. IF ALL THREE OF YOUR MIRRORS ARE ALIGNED CORRECTLY YOU SHOULD BE ABLE TO SEE A VEHICLE LEAVING YOUR REAR-VIEW MIRROR SEAMLESSLY TRANSFER TO ONE OF YOUR SIDE VIEW MIRRORS WITHOUT ANY DELAY.**

**ALWAYS ENSURE THAT YOU PROPERLY SET INSIDE AND SIDE-VIEW MIRRORS**

- **INSIDE MIRROR LOCATED ON WINDSHIELD HELPS YOU TO SEE BEHIND YOU AND REDUCE HEADLIGHT GLARE**
- **SIDE VIEW MIRRORS HELP YOU TO SEE WHAT'S BESIDE YOU**
- **PROPERLY SET-UP MIRRORS REDUCE BLIND-SPOTS**



**BC Forest Safety**

Safety is **good** business

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## HOW TO PROPERLY SET INSIDE AND SIDE-VIEW MIRRORS

### THE INSIDE MIRROR

- Adjust the inside mirror so you can see the entire rear window from the driver's seat. You should have to move only your eyes, not your head, when using this mirror.
- Drivers 6 feet tall or taller may find it helpful to reposition the mirror upside down, if possible. This usually raises the bottom edge of the mirror about 1 to 2 inches and can substantially rescue a major blind area to the front for tall drivers.
- When using the inside mirror at night, the cars behind you will have their lights on meaning there will most likely be some glare. Most cars have a night-view setting for this mirror which you can turn on. You can usually find the button attached to the mirror underneath or on the side of it. This setting simply reduces the glare that you will have to deal with.

### SIDE-VIEW MIRRORS

- **To adjust the driver's side-view mirror**, place your head against the left side window and set the mirror so you can just barely see the side of the car in the mirror's right side.
- **To adjust the passenger's side-view mirror**, position your head so that it is just above the center console. Set the mirror so you can just barely see the side of the car in the left side of the mirror. If the vehicle is not equipped with remove mirror-adjustment controls, you may need assistance when properly positioning this mirror.
- **Adjust the left-right plane of the mirrors.** If done correctly, you will only just be able to see the edge of the back of your car. If you can see a lot of your car, the mirror is too far in and if you can see none of your car, the mirror is too far out. Both of these situations will increase your blindspot. You will have a blind spot regardless of how well adjusted your mirrors are, but the aim is to minimize the blind spot.
- **Adjust the up-down plane of your mirrors.** If done correctly, the horizon will be in the middle of the mirror and the road will look flat, rather than angled, going backward. Most people forget that you can also move the wing mirrors up and down. This has a fairly large impact on what you see when you look into your mirrors. This is one setting that will vary greatly with the driver's height so when driving a car for the first time, always check this.

**PROPERLY SET MIRRORS ARE IMPORTANT,  
HOWEVER DO NOT FORGET TO DO YOUR  
SHOULDER CHECKS!!!!**

