



Safety Tips

A five-minute training Series for Pest Management Professionals.

Adjusting Your Mirrors for a Good View

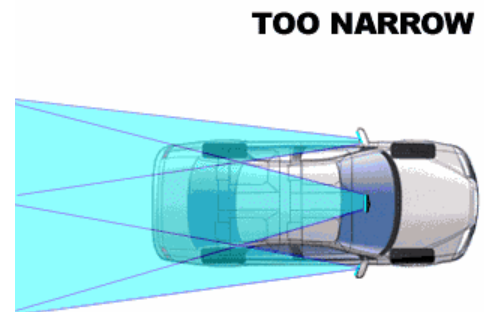
We rely on our mirrors the most when we are changing lanes in traffic. Our goal is to change our position in traffic without getting in another driver's way or being involved in a collision.

The positioning for the inside rearview mirror should allow you to see directly out the rear window. Be sure to adjust the day/night switch found on most rearview mirrors according to the time of day or amount of daylight.

The side mirror or mirrors are a little bit trickier to adjust and many of us adjust them so we can see the side of our own vehicle on the inside edge of the mirror. If you set your side mirrors in this manner, you are overlapping the view from your inside rearview mirror and are missing other areas, thus creating blind spots.

Next time you enter your vehicle, try these steps for proper mirror adjustment:

1. Adjust the side view mirrors just beyond the point where you could see the side of the car on the inside edge of the mirror.
2. For the driver side mirror, roll up the window and press your head against the glass. Adjust the mirror so that you can just barely see the side of your vehicle.
3. For the passenger side mirror, place your head in the center of the car (directly behind the inside mirror) and adjust the outside mirror so that you can just barely see the side of your vehicle. This same procedure should be used with convex mirrors.



When seated in a driving position, you should not be able to see the sides of your own vehicle. However, there is a much greater chance that you will be able to see the vehicles in the other lanes and behind you.

Be sure to scan your peripheral vision as you check your side mirrors. Focus by moving your eyes and develop a scanning pattern that includes all mirrors and the road ahead. A "positive glance" or "shoulder peek" will help assure that you have space to change your position in traffic.