

Ohio Public Safety

Resource Sheet



Adjusting Your Seat and Mirrors

✍✍ Adjust the seat height so you can see the road ahead of your car.

✍✍ Adjust seat location. The seat should allow the driver to be at least ten inches from the steering wheel. This allows enough distance from the steering wheel to allow the air bag to deploy properly.

✍✍ Short drivers may need pedal extensions or a seat cushion.

✍✍ Adjust rearview and side mirrors before driving. You won't have time to make adjustments in traffic. Adjust the inside rearview mirror to take in as much of the rear window as possible. You should be able to use this mirror by simply shifting your eyes, not moving your head.

Note: If you are more than six feet tall, it may be helpful to turn the mirror 180 degrees so the day/night switch is on top of the mirror, if possible. This raises the mirror about two inches and reduces the blind area.

Reducing side and rear blind areas requires adjusting the outside mirrors outward approximately 15 degrees from the side of the car. This can be accomplished by:

Driver's side mirror—Place your head against the window, and set the mirror so you can just see rear most corner of the vehicle.

Passenger's side mirror—same as driver's side, but position your head at the middle of the car.

✍✍ Move adjustable head restraint so the top of the restraint is slightly above your ears or at the back of your head—not at the base or the curve of your neck. This reduces risk of neck and spine injuries in the event of a rear collision.

✍✍ Use a day/night mirror to guard against headlight glare from cars behind you. Make sure it's in the correct position before driving.

(Source: AAA *Managing Visibility, Time & Space*)

