



Using a mirror adjustment station

A guide for truck drivers

A mirror adjustment station helps you, as a driver, to adjust your truck's mirrors or cameras correctly so that you will be safer on the road. It is extremely important to use such an adjustment station correctly.

When your mirrors are properly adjusted, you should see as little of your truck as possible reflected in your side mirrors, and you should see two-thirds ground and one-third sky.

Using a mirror adjustment station

The correct sitting posture

Your sitting posture has a major impact on your mirror adjustment. It is therefore important to adopt a correct sitting posture first and only then start adjusting your mirrors.

How do you adopt the correct sitting posture?

- Start with your seat height. Make sure both your feet can reach the pedals properly. The angle between your upper and lower legs should be between 90 and 120 degrees.
- Seat depth is also important while driving. The correct distance between the back of your knee and your seat should be at least 2 fingers.
- Put your backrest in the correct position. The angle between your backrest and the seat should ideally be between 95 and 115 degrees.
- Choose a comfortable, upright sitting position when adjusting the tilt of your seat.
- Stretch out your arms to determine the right distance between your seat and the steering wheel. Are your wrists resting on the top of the steering wheel? Then you are sitting correctly!



Using the mirror adjustment station correctly

The instruction panel at the mirror adjustment station shows the different steps to follow in order to correctly adjust your mirrors.

Drive your truck straight between the demarcation lines. Stop at the eye-level line (on the ground, at the left). Your eyes need to be directly above this line. Put yourself in the correct sitting posture and adjust your mirrors from this position. Look into the mirrors on the right side of your truck.

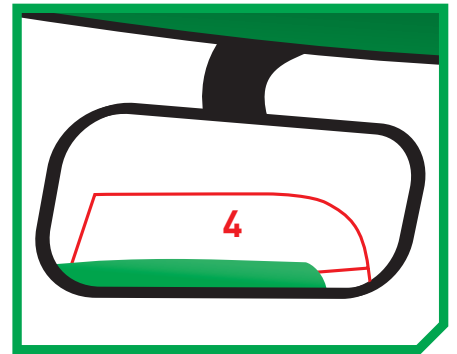
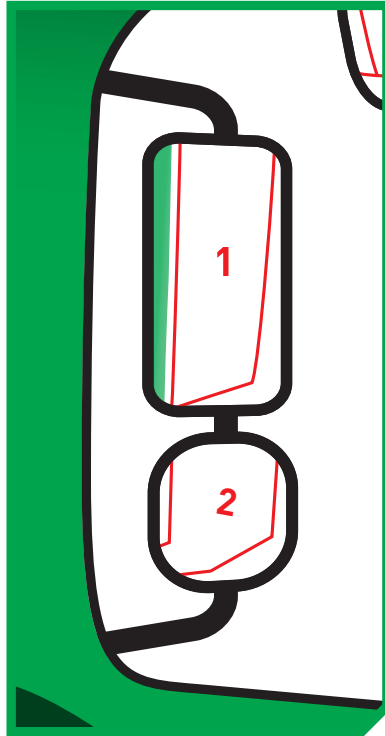
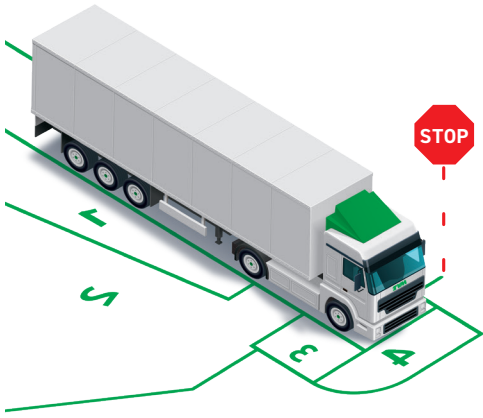
Required field of vision per mirror

- 1 The large right-hand mirror** is correctly adjusted when box 1 is fully visible.
- 2 The right-hand wide-angle mirror** is correctly adjusted when box 2 is fully visible.
- 3 The kerb mirror** is correctly adjusted when box 3 is fully visible.
- 4 The front mirror** is correctly adjusted when box 4 is fully visible.

Camera adjustment at a mirror adjustment station

More and more trucks have a camera system that replaces their wing mirrors. In some cabs, cameras also replace the kerb and front mirror.

Just like your mirrors, your cameras also need to be adjusted correctly. On the display in your cab, you will see reference lines that help you estimate the distance behind your truck. These are 3 fixed lines and a line that you can adjust to indicate the rear of your truck.



It's not just about mirrors

In addition to correct mirror adjustment, good visibility from your cab is also important for safe driving on the road.

So make sure your windscreen is completely unobstructed. Items on the dashboard or decorations on the windscreen can obstruct your view while driving.





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