

Mirror Check & Blind Spot Awareness Training Program

For Aegis DSP Owners &
Last-Mile Delivery Drivers



Program Purpose

This training program is designed to reduce backing, sideswipe, and pedestrian strike incidents by improving driver use of mirrors and awareness of blind spots in delivery vans.

Delivery vehicles have significant blind zones on all sides, requiring active mirror use — not passive awareness — to safely operate.

Learning Objectives

After completing this training, drivers will be able to:

- Properly adjust all mirrors prior to departure
- Identify high-risk blind spots specific to delivery vans
- Perform continuous mirror scanning while driving
- Execute safe backing procedures using mirrors and verification methods
- Apply defensive driving habits in last-mile delivery conditions (tight streets, pedestrians, parking environments)



Mirror Setup & Pre-Trip Standard

Drivers must adjust mirrors before every route as part of the pre-trip inspection. Proper mirror setup is a critical control to reduce blind spots and improve hazard detection.

Mirror Adjustment Process

1 Step 1: Safe Positioning

- Identify high-risk blind spots specific to delivery vans
- Perform continuous mirror scanning while driving

2 Step 2: Set Driver Seat Position First (**Do Not Skip**)

Sit in normal driving posture. **Adjust:**

- Seat height
- Distance from pedals
- Steering wheel position

Mirrors must be adjusted **after** seating position is finalized to ensure proper visibility.

3 Step 3: Adjust Driver-Side Mirror

Sit in normal driving posture. **Adjust mirror so:**

- Only a small portion of the vehicle is visible
- Majority of view shows adjacent lane

✓ **Objective:** Minimize vehicle body, maximize roadway visibility.

4 Step 4: Adjust Passenger-Side Mirror

Lean slightly toward center of vehicle.

Adjust mirror so:

- You can just see the side of the vehicle
- Remaining view shows lane and traffic

Passenger side requires additional outward adjustment due to larger blind zone.

5 Step 5: Set Mirror Coverage

Ensure mirrors show:

- Adjacent lanes on both sides
- Rear corners of the vehicle
- Transition areas between mirrors

Traffic should move from mirror to mirror without disappearing.

6 Step 6: Adjust Convex (Wide-Angle) Mirrors

Position mirrors to capture:

- Blind spots not visible in flat mirrors
- Ground area near rear wheels
- Pedestrian zones near the vehicle

Convex mirrors expand visibility into areas flat mirrors cannot cover. Objects in convex mirrors appear smaller and further away than they are.

7 Step 7: Validate Blind Spot Coverage

Observe vehicles passing the van

- Confirm continuous visibility across mirrors
- Adjust if any gaps are identified

8 Step 8: Clean and Inspect Mirrors

Ensure mirrors are:

- Clean (no dirt, ice, or streaking)
- Secure and properly positioned

Visibility is significantly reduced with dirty or misaligned mirrors.

9 Step 9: Recheck After Initial Driving

Reconfirm mirror alignment after departure.

Adjust if:

- Mirrors shift due to vibration
- Load affects visibility

If a vehicle can disappear from all mirrors at once, your mirrors are not properly adjusted.



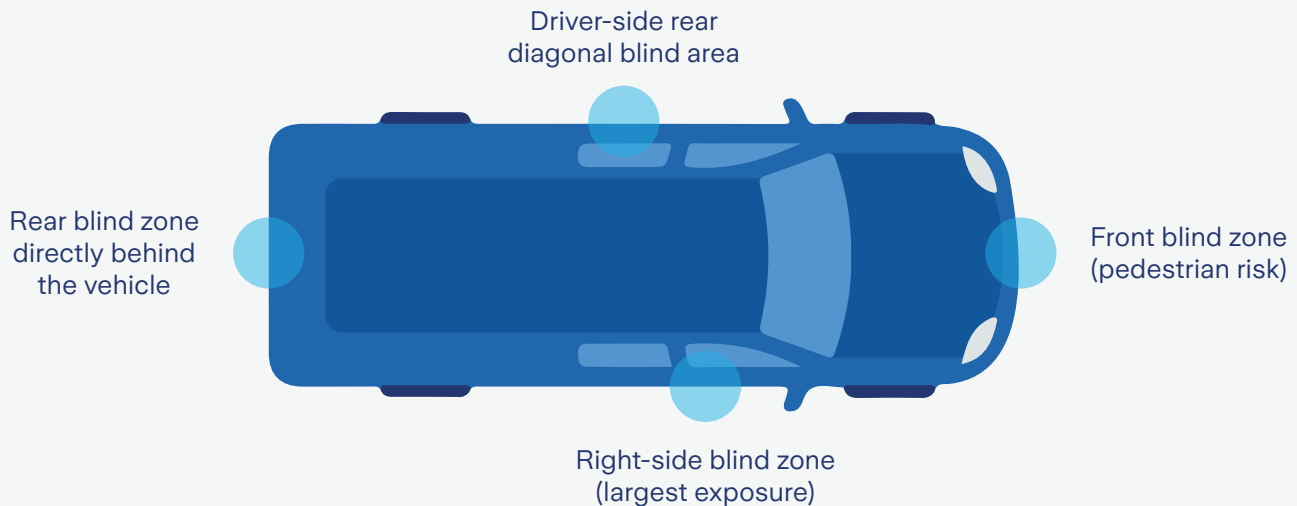
Key Training Points

Mirror adjustment is a required safety step — not optional



Blind Spot Recognition

Delivery vans have the following blind zones:



Blind spots are areas that cannot be seen even with mirrors due to vehicle size and angle. If you do not actively check it, assume something is there.



Continuous Mirror Check Habit

Drivers are expected to maintain a structured mirror scanning pattern

Standard Mirror Scan (Every 5–8 Seconds)

- Left mirror
- Right mirror
- Rear view (if applicable)
- Forward road view

Trigger-Based Mirror Checks

Drivers must check mirrors before:

- Braking
- Lane changes
- Turns (especially right turns)
- Pulling away from stops
- Entering intersections
- Approaching delivery stops

Backing & Last-Mile Delivery Procedures

Critical Risk Insight

Backing incidents are one of the most frequent fleet accident types and are highly preventable

Mandatory Backing Procedure

- Step 1: Avoid Backing When Possible**
 - Plan route and parking to pull forward out
- Step 2: Pre-Backing Check (GOAL Method)**

Get Out And Look
Walk full 360° around vehicle

Identify:

 - ✓ Pedestrians
 - ✓ Objects
 - ✓ Low obstacles (curbs, poles, packages)
- Step 3: Mirror Use & Awareness**
 - Use all mirrors continuously. Do not rely solely on camera systems.
- Step 4: Slow Controlled Movement**
 - Reverse at walking speed. Stop immediately if unsure.
- Step 5: Use Spotter (when available)**
 - Maintain visual contact at all times. Stop if contact is lost.

Delivery-Specific Risk Scenarios

Training should include real-world DSP exposures:

- Residential streets with children or pets
- Apartment complexes with tight backing
- Low-light deliveries (early morning, evening)
- Urban routes and double parking

Coaching Focus

- Reinforce proper mirror use habits
- Correct over-reliance on cameras
- Address rushed driving behavior

Program Implementation & Measurement (For DSP Management)

- To standardize across DSPs:
 - Require mirror check station use at dispatch yards.

Include mirror setup verification in:

- Ride-along
- Safety audits

Tie compliance to:

- Backing incident reduction
- Sideswipe claim trends

This creates measurable, controllable behavior tied directly to loss drivers



Performance Metrics

Track program effectiveness using:

- Backing incidents (frequency and severity)
- Sideswipe claims
- Near-miss reporting
- Ride-along observations
- Driver safety scorecards

Reinforcement Tools

- Mirror check station at yard exit
- Monthly safety talks (5–10 minutes)
- Incident reviews tied to mirror use gaps
- Posted blind spot diagrams



Driver Reference & Field Application Guide

The following section reinforces mirror setup using a mirror check station for consistent daily application.

Mirror Check Station – Cone-Based Setup (Driver Procedure)

This process uses fixed cones to create a visual reference system that allows drivers to verify mirror alignment and blind spot coverage before leaving the yard.

Station Layout (Set by Management)

Cones should be positioned to create consistent reference zones:

- **Left Side Cone Row:** Placed along driver side, ~6–8 feet from vehicle path
- **Right Side Cone Row:** Placed along passenger side, slightly wider to account for larger blind spot
- **Rear Corner Cones (2):** Positioned at each rear corner of the vehicle path
- **Optional Rear Center Cone:** Placed directly behind vehicle to reinforce rear awareness

Cones must be placed in fixed positions and not moved. Consistent placement is required for accurate mirror setup:

Driver Mirror Check Procedure (Step-by-Step)

Step 1: Position the Vehicle

- Pull forward slowly into the mirror check station
- Stop at the designated reference point
- Align vehicle centered between cone rows

Step 2: Adjust Flat Mirrors

Driver-side mirror:

- Adjust until left-side cone row is fully visible
- Only a small portion of vehicle should be visible

Passenger-side mirror:

- Adjust outward until right-side cones are visible immediately alongside vehicle path
- Passenger-side mirror must capture the cone line with minimal gap near the rear wheel (largest blind zone)
- Ensure extended visibility into adjacent lane area

✓ **Goal:** Cones should remain visible without large blind gaps.



Step 3: Adjust Convex Mirrors (Blind Spot Coverage)

Adjust convex mirrors to capture:

- Cones near rear wheels
- Ground area along both sides
- Transition zones not visible in flat mirrors

✓ **Goal:** You should see cones that are not visible in flat mirrors.

Step 4: Verify Rear Corner Visibility

Confirm both rear corner cones are visible in mirrors. Cones should appear:

- At the outer edge of mirror view
- Not fully hidden or cut off

Step 5: Confirm Continuous Visibility

Visually “track” cones from:

Driver mirror → convex → rear view(if equipped) → passenger mirror

Cones must remain visible at all times within at least one mirror view and should not disappear completely between mirrors.

Step 6: Final Check Before Departure

Driver should confirm:

- ✓ Left-side cone line visible along vehicle length
- ✓ Right-side cone line visible with no large gap near rear wheel
- ✓ Both rear corner cones visible at mirror edges
- ✓ Cones can be visually tracked between mirrors without disappearing

If any cone disappears completely from view, a blind spot gap exists and mirrors must be readjusted.

Supervisor Coaching Focus

Verify that:

- Cone lines are visible on both sides
- Drivers do not leave excessive vehicle body in mirrors
- Passenger -side blind zone is covered
- Convex mirrors are being used to capture ground and rear wheel area
- Drivers should be able to explain what each mirror is covering. If not, mirrors are not properly set.



Watch for drivers who:

- Leave too much of the vehicle in the mirror
- Fail to capture right-side cone line
- Do not adjust convex mirrors properly
- Ask drivers to identify which cones represent blind zones

Require re-adjustment if:

- Any cone disappears between mirrors
- Driver cannot explain what each mirror is covering
- If you cannot see the reference zones, your mirrors are not set correctly.



Key Driver Takeaways

- Mirrors are your primary safety tool — not cameras
- Proper setup takes less than 3 minutes
- Blind spots cannot be eliminated, but can be reduced
- What you can't see is what you hit
- Mirror setup must be validated using the mirror check station before beginning each route

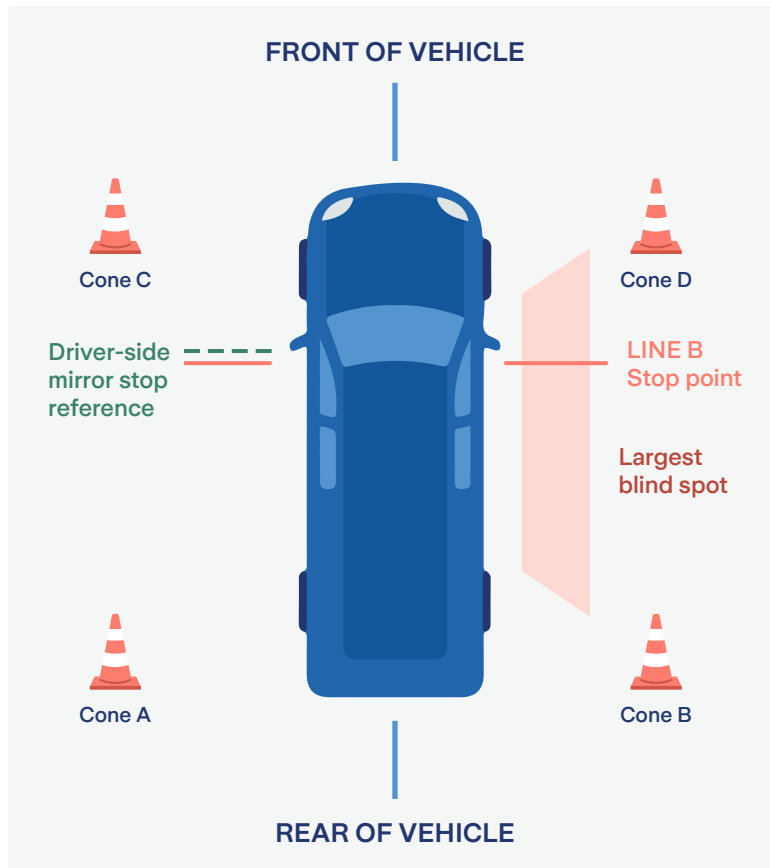
Executive Summary

Standardized mirror setup, active scan habits, and disciplined backing procedures significantly reduce preventable last-mile delivery incidents and improve overall fleet safety performance.

Mirror Check Setup – Driver Visual Card

Mirror Check Station Layout (Top View)

Pull in straight. Stop when the driver-side mirror reaches Line B.



Quick Setup Steps

Pull in straight. Stop when the driver-side mirror reaches Line B.

- 1 Position vehicle along Line A and stop at Line B.
- 2 Set seat, steering wheel, and normal driving posture first.
- 3 Adjust flat mirrors: about 10% van/ 90% roadway.
- 4 Adjust convex mirrors to cover blind spots and ground.
- 5 Confirm overlap: traffic moves mirror-to-mirror with no gap.

What You Should See

Left Flat Mirror

- Small edge of van
- Rear left corner
- Cone A + adjacent lane

Right Flat Mirror

- Small edge of van
- Rear right corner
- Cone B + curb line

Convex Mirrors

- Cone C / Cone D zones
- Pedestrian area near tires
- Cone B + curb line



High-risk reminder

Right side is the largest blind spot. Cameras assist — mirrors prevent collisions

✓ Final Check

- See cones on both sides
- See rear corners
- No mirror gap
- Mirrors clean + secure

✗ Red Flags

- Relying on cameras alone
- No ground near tires
- Vehicle disappears
- Right-side view limited

Driver rule: If you cannot see the cones, you cannot see the hazard.

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