

## LOSS CONTROL FACT SHEET - #2009-02

### “THE BLIND SPOT”

Something commonly heard following a motor vehicle collision is that the driver “just didn’t see” the other vehicle, object, etc. (this may actually be the case, especially if the driver is visually impaired in one eye). The blind spot is the area on the retina without receptors that respond to light. The optic nerve exits the eye in this region on its way to the brain. An image that falls on this region will not be seen.

- To check for your blind spot, place your head about 20” away & at eye level, look at the image below:



- Close your right eye.
- With your left eye, look at the “+”.
- Slowly, move closer while looking at the “+”.
- At a certain distance, the dot will disappear from sight.
- This is where the dot falls on the blind spot of your retina.

#### ==== Reverse the process ====

- Close your left eye.
- With your right eye, look at the dot.
- Slowly move closer while looking at the dot.
- At a certain distance, the “+” will disappear from sight.
- This is where the “+” falls on the blind spot of your retina.

To increase your field of vision and minimize the effects of the blind spot, stay alert and keep your eyes moving. Scan ahead and check your mirrors at least every 5 seconds. Most importantly, get a routine physical and eye exam to identify any vision problems as soon as possible.

For more information on driver safety or CDL requirements, contact the Statewide’s Edge at 732-446-5958.